

THUNDERWORD

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Save the republic, again, in 'The Division 2'



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Lady T-Birds head for basketball championships



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Federal Way mayor lays out his vision for the future



STRESSFEST



Roberto Ruiz/THUNDERWORD

With the right approach, students can cope with the stresses of college life

By Samantha Knight
Staff Reporter

Highline student Shiyana Daniels faces stress and anxiety daily.

She said she feels like her biggest stress outside of school is time management.

"It can be a lot, balancing your personal life. Not only trying to keep friends, family

and loved ones as happy and healthy as possible, but keeping yourself healthy and happy too."

Another major source of stress for students is finances.

For some it's the most stressful part of attending college.

"Finances are the biggest stress. Working with financial aid is a struggle every day," Daniels said.

She is not alone.

According to The American Institute of Stress, eight in 10 college students say they have sometimes or frequently experienced stress in their daily lives over the past three months.

"Stress is any type of event, situation or circumstance that threatens your well-being," said Dr. Samora Covington, a clinical psychologist and psychology professor on campus.

Stress is an indicator that something needs to be addressed.

"It's warning us that something is out of place or needs to be shifted," she said.

While college doesn't normally induce the life-or-death type of major stress, it is full of the daily minor stressors that build up on each other, she said.

"Sometimes we don't even notice all of the little things that happen to us during the day that place pressure on us," Dr. Covington said.

"College is inherently stressful," said Dr. Gloria Koepping,

See Stress, page 15



Justice Debra Stephens

Judge discusses law, career in high court

By Mitchell Roland
Staff Reporter

A functioning court system is critical to upholding a democracy, a member of the state's highest court said here Monday.

In a wide-ranging multi-part presentation, Justice Debra Stephens of the Washington state Supreme Court discussed topics including the death penalty, the McCleary case, and her journey to the bench.

The Washington state Supreme Court is made up of nine members elected statewide to serve six-year terms. Her current term ends in 2020, and she said she intends to seek re-election.

Stephens said that these days, the judicial system is under attack.

"We're in a time where I believe the rule of law can not be taken for granted," she said.

Stephens said that there has been attacks on "basic democratic institutions" in America, and it is critical for the judicial system to exist.

Stephens said that "everything is fine if we all agree," but the courts must exist for the times where people disagree.

Born and raised in Spokane and a graduate of Gonzaga Law School, Stephens is the first

See Justice, page 16

Students a mixture of anxious, prepared for finals

By Seattle Valdivia
Staff Reporter

Highline students say they're getting stressed over finals, while others say they're ready.

Many Highline students are preparing for their final exams. Winter Quarter is running out and finals are coming up.

Several students say they are feeling stressed and need more time to study to prepare for finals, saying that some specific subjects are hard for them.

"I'll have my math and biology finals in the next couple of weeks and I don't feel ready

at all," Samantha Maduro said. "I just want this quarter to be over."

"I have my math final coming up. I think it's gonna be ok," Evelyn said. "I just need to be ready, study and prepare myself."

"My psychology test is the hardest right now," Rosita T. said. "I feel kinda ready but I need to study more."

"Statistics and psychology are my upcoming finals," Stephanie Aguilar said. "I need to study a lot. I'm trying to

See Finals, page 15



Jolly Rubin/THUNDERWORD

With finals approaching, students are doing some last minute cramming to quickly prepare for their tests.



Cadets reduce crime

By Caitlin Spurlock
Staff Reporter

Highline's Public Safety cadet internship program has helped decrease car thefts on campus.

"There has not been a car theft on campus since Spring 2018," said Francesca Fender, associate director of Public Safety and Emergency Management.

Cadets are given credits based on how many hours are spent working with Public Safety. They are required to work at least 30 hours.

"[Cadets'] responsibilities include; patrolling the campus and parking lots; assisting with access control; parking enforcement; and providing a professional presence," Fender said.

Giving students an opportunity for hands-on work in the field gives them a better idea of what they might want to do in the future, while gaining experience for their resume, Fender said.

The criminal justice program usually takes three cadet positions per quarter.

Public Safety has hired three cadets since the installation of the program as either part-time officers or office staff.

This course is designed for anyone considering the justice system and administration of justice majors.

The course outline consists of development of workplace contact; measurable learning objectives and related activities; structure and culture of organization; conferences with co-op advisor; and employer evaluation of student performance, said Dr. Steve Lettic, department coordinator for the Criminal Justice program.

Giving students the opportunity to work on campus with hands-on experience gives them an idea of how life would be in the field of their desired degree, Dr. Lettic said.

If you are interested in taking course, contact Dr. Lettic or visit the Public Safety office in Building 6.



Nominate an honorable alumni

Nominations for Highline's annual Distinguished Alumnus award are now open.

Everyone can now submit their nomination on who they think the 2019 honoree should be.

The award honors former Highline students who have made great achievements in their respective fields or communities.

So far, 30 people have received the award. Past recipients include: Norm Rice – the former mayor of Seattle; and the late Ann Rule – a true crime author.

To be eligible, nominees must have been at Highline five or more years ago.

Nominations can be submitted by anyone. Nominees are asked to submit a resume and personal questionnaire to be reviewed by a campus selection community.

The winner will be honored at Commencement on June 13.

Nomination forms are available online at <https://alumni.highline.edu/recognition/nominate.php>.

Submissions are due by April 26. They can be submitted at twilliam@highline.edu.

For questions, contact Tanisha Williams at twilliam@highline.edu.

Enjoy a documentary

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

The film is a documentary *The Mask You Live In*. The mov-

Will it never end?



Stephen Glover/THUNDERWORD
This weekend's great weather was just a tease. The sunny weather reverted yesterday to the wintery mix that produced record February snows and low temperatures. Take heart, spring arrives March 20.

ie is about how today's culture in masculinity is harming the males in society. It will also go over what can be done about it.

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

There will also be a discussion facilitated by Sam Munyaga, a ICC peer facilitator.

It will be in Building 8, room 204 from noon to 1:30 p.m.

Students are welcome to bring their own food and drink.

For more information, email icc@highline.edu.

Visit an open house

Highline's Benefits Hub will host an open house for the community to come visit today.

Students, staff and faculty are all invited to the event to learn more about the opportunities available to them on campus. And attendees can win prizes.

The event will be in Building 1, it will run 10 a.m. to 6 p.m., and you can visit anytime.

Refreshments were provided.

If you need accommodations, contact Access Services at 206-592-3857.

Calendar

- **Daylight Savings Time** – Daylight Savings Time will begin on Sunday, March 10 at 2 a.m. The clocks will be set an hour ahead.
- **Spring Tuition** – Tuition for Spring Quarter is due today.
- **Celebrate International Women's Day** - Highline's International Leadership Student Consultants hope to show appreciation for the women of the community and is collaborating with the President's Office to host a luncheon. Students, faculty, and staff are all invited. Students need to RSVP and the first 70 will be able to attend. The event will be on March 8, in Building 8, Mt. Constance from noon to 1:30 p.m. To RSVP, go to https://docs.google.com/forms/d/e/1FAIpQLScgMIKbBDDQh-PCmrnmSHf8tU0CFIHOb-TAyF1dCC0U74HdpMpg/viewform?usp=sf_link.

Spring JOB FAIR

WED, MARCH 13TH
BUILDING 8
10AM - 1PM

ARE YOU LOOKING FOR A JOB?
ATTEND THE SPRING JOB FAIR AND
BRING YOUR RESUME, DRESS FOR
SUCCESS AND NETWORK WITH
EMPLOYERS TO FIND A JOB!

FREE FOR STUDENTS!
FOR MORE INFORMATION VISIT
[HTTPS://STUDENTEMPLOYMENT.HIGHLINE.EDU](https://studentemployment.highline.edu)

HC Career and Student Employment
HIGHLINE COLLEGE

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POP-UP HOSTED BY

UNITED WAY
BENEFITS HUB
Everyday Financial Tools

STOP BY MT. SKOKOMISH,
BUILDING 8, 10 AM - 1 PM
TO SIGN UP FOR A TIME TO
LOOK THROUGH AND TRY ON
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HC Women's Programs
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Contact us today to learn about programs at CWU-Des Moines.

Building 29 at Highline College
206-439-3800 • cwu.edu/des-moines

Hamilton brings passion, experience to international engagement

By **McKenzie Loiselle**
Staff Reporter

Garvaundo Hamilton wants to make Highline a more welcoming place for international students.



Hamilton

Hamilton has been hired as international engagement leadership adviser.

“I’m super excited about being here,” he said.

The new position was created to benefit international students during their time at Highline.

“The mission is to make campus more welcoming to global students,” Hamilton said.

He has six years of experience from Saint Louis University and University of the Ozarks, assisting international students with housing, orientation and involvement on campus.

The mission is also to make Highline more attractive to global students and more widely known for its global student resources, Hamilton said.

“I encourage students to make [Highline] their home away from home,” he said.

Hamilton urges global students to participate in events on campus as well as form new relationships.

“I encourage students to get involved with clubs and organizations and be open,” he said.

Hamilton was born in Jamaica and was an international student himself. That experience gives him an insight into international student life on campus, he said.

“I have a real passion for working with international students,” Hamilton said.

In his time at Saint Louis University, he helped start a few clubs for South American and Caribbean students.

The issues facing global students do not vary among campuses, he said.

“The issues are the same, the challenges are the same and the passion for me is always the same,” he added.

However, Hamilton has already noticed a slight difference in the relationship between the domestic and global students at Highline.

“Domestic students are more welcoming here,” he said.

Hamilton’s passion for assisting global students brought him to Highline, as well as his love for travel.

“I like to travel. I’ve lived in Canada, Belize and Guyana,” he said.

“My favorite places are Australia, Spain and Ireland. People are nicer in Australia than they are in Britain,” he added.

For more information, Hamilton can be reached in Building 8, room 314 and his email is ghamilton@highline.edu.



Matt Thomson/THUNDERWORD

Nothing but smiles as students get to interact with therapy dogs in an effort to reduce their finals stress.

The hustle and bustle of Highline

This week Highline showcased students getting active and participating on campus by hosting multiple events, such as a talent show demonstrating students unique skills, stress reduction with therapy dogs , health care education, and showcasing honors projects.

Winter Showcase Feb. 27, allowed students to show off their talents to their peers. Therapy dogs wandered around campus March 5 helping students with anxiety. The health info fair March 5, offered various screenings for attendees. The honors program presented their honors posters March 6.



Jolly Rubin/THUNDERWORD

Left: A student presenting his honors project.

Bottom: Professionals teach students show to preform intuition procedure.



Jolly Rubin/THUNDERWORD
Top: Makayla Daniels performing Baby by Clean Bandit at the Winter Showcase.
Right: Christan Dale Napper-Mercer performing Taiko Drumming.



More BAS degrees will help students

Highline and its students would greatly benefit from expanding their current offerings of applied bachelor's degrees.

Highline as of right now offers six programs for an applied bachelor's degree, which are Cybersecurity and Forensics, Global Trade and Logistics, Respiratory Care, Teaching and Early Learning, Youth Development and soon, Integrated Design.

These programs that are offered are in growing industries, but there are many other educational opportunities that could come from wider ranging programs.

Many programs already at Highline could be expanded to have more bachelor degrees options.

Serving some 17,000-plus students, expanding our current offerings would allow for students to have even more choices in their educational experience.

Giving students the chance to earn a bachelor's degree in different fields would allow for students to be more committed in their educational goals here at Highline.

Currently, Highline is seen as a pit-stop on the way to a different university or college. That view makes it hard for students to focus on the now, and leads to them worrying about the next school.

Introducing more four-year degrees would allow for the growing community around Highline to be fully committed the whole time getting their degrees.

For many, the reality of leaving the community to go off to some college hours away or even states away is not always possible.

This would give those students the opportunity to get a four-year degree in their own backyard, and allows more people a chance at a better education.

The thing that stops many people from attaining a degree is the fact that they don't wish to commute as far, or that they just cannot leave, and this could be a solution to that.

Earning an applied bachelor's degree will help students gain skills and knowledge that would allow for an easier path to higher wages and promotions.

The benefits of a bachelor's degree are widely known, from having more opportunities in life, to having higher job security when actually employed.

The move would be smart for Highline because it would attract a new group of people to the school and would create a community of learners who are here to stay until they have their degrees.

Highline would benefit from the money that would come from students who have two more years here, instead of just the two years and done.

Perhaps it's time for Highline to graduate to being a bigger, better college.

Have something to say? Write to us!

Have something you want to say to the student body?

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

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

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



Having black friends fixes little

Michael Cohen, once President Trump's personal lawyer and adviser, was questioned this past week in a House Oversight Committee hearing.

The hearing had a lot of things happen, from North Carolina Republican Rep. Mark Meadows using a black woman who works for Trump to prove he is not racist, to the closing statements of the chairman, Maryland Rep. Elijah Cummings.

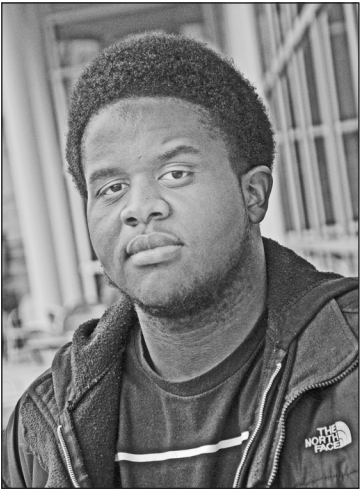
In a more than seven-hour hearing, Cohen was questioned about his role in the Trump organization and possible illegal activity in the 2016 election.

In a moment that has been greatly criticized since it happened, while questioning Cohen on his statements that Trump was a racist, Rep. Meadows decided to use the oldest excuse in the book - He has a black friend so he could never be racist.

With his black woman prop in the background he said, "She says as a daughter of a man born in Birmingham, Alabama there is no way that she would work for an individual who was a racist." Meadows continued, "How do you reconcile the two of those?"

Just because one black person may approve of a person, that does not take away for the fact that the person has a long

The Moore you know



Donnie Moore

history of racial prejudice like Trump.

The fact that in a congressional hearing, one of the members would use one black woman to try to prove that Trump is not prejudiced against a whole group of people is horrible.

The woman, Lynne Patton, was a former Trump employee and a current Housing and Urban Development official in the Trump administration.

The congressman was later called out by a fellow congressman, Michigan Rep. Rashida Tlaib, who called the act racist.

Rep. Meadows then went on to defend himself by using a similar excuse, that he could not be racist because he has

nieces and nephews that are people of color.

The mindset that Meadows applies is very damaging because he can always rationalize racist behavior, as long as there are still black people on his side.

Another moment that may have had a great impact were the closing statements of the chairman, Rep. Cummings.

In his statement he called on all those in the chamber and beyond to get back to normal.

"If I hear you correctly, it sounds like you're crying out for a new normal — for us getting back to normal. It sounds to me like you want to make sure that our democracy stays intact," said Rep. Cummings.

We as a country have allowed a president who continues to lie and undermine every American institution to a point that they are being weakened.

It seems that most of Trump's agency appointees have violated some conflict-of-interest rule and yet there is little outrage among Trump's supporters.

Rep. Cummings' remarks show that if we do not call on our elected officials to change things for the better, we will not have a democracy to protect.

Donnie Moore is the opinion editor of the Thunderword.

THE STAFF

Do you think this is the first boot I've been hit by?

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WEEKLY SUDOKU

BY LINDA THISTLE

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

DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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1. GEOGRAPHY: What is the capital city of the Yukon territory in Canada?
2. LANGUAGE: What is the ending to the proverb that begins, "All roads lead ..."?
3. GENERAL KNOWLEDGE: Which country's flag is a red circle on a white background?
4. SCIENCE: What gas with a distinctive odor is created by a lightning strike?
5. GEOMETRY: How many sides does a decagon have?
6. COMICS: What is the full name of Batman's butler?
7. MOVIES: What was the name of Johnny Depp's character in the *Pirates of the Ca-*

ibbean movie?

8. BIBLE: On what mountain did Moses receive the Ten Commandments?

9. U.S. STATES: Which state's nickname is "The North Star State"?

10. HISTORY: Who was the first spouse of a former U.S. president to be elected to public office?

- Answers
1. Whitehorse
2. "... to Rome."
3. Japan
4. Ozone
5. 10
6. Alfred Pennyworth
7. Capt. Jack Sparrow
8. Mount Sinai
9. Minnesota
10. Hillary Clinton

Puzzle answers
on Page 15

KING CROSSWORD

ACROSS

- 1 Final bio
- 5 Enervate
- 8 Venomous vipers
- 12 Hawaii's capital
- 14 Onetime head of Iran
- 15 "What Not to Wear" specialty
- 16 Greek vowel
- 17 "— the season to be jolly"
- 18 Improvised musically
- 20 Pacific or Atlantic
- 23 Presidential "no"
- 24 Drink all at once
- 25 Time between connecting flights
- 28 Pitch
- 29 Lively dance
- 30 Spot on a domino
- 32 Hollow pastry
- 34 Grown-up nits
- 35 Rewrite, maybe
- 36 Luxury boat
- 37 Forcible restraint
- 40 A billion years
- 41 Acknowledge
- 42 Morning-after ailment
- 47 Viral video, e.g.

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49					50				51			

- 48 Imagine in detail
- 49 Scruff
- 50 24 hours
- 51 Grandson of Eve

- 8 "I, Robot" author
- 9 Buy stuff
- 10 — de foie gras
- 11 Roe provider
- 13 Pork cut
- 19 On
- 20 Tenth mo.
- 21 Fellow
- 22 Franc replacement
- 23 Man's man
- 25 Bestowed profusely
- 26 Grand tale
- 27 Opulent
- 29 Pantheon group
- 31 Favorite

- 33 Paul Reubens' character Herman
- 34 Woolly
- 36 Boo-Boo's buddy
- 37 Rhett's shocking word
- 38 Eye layer
- 39 Cavort
- 40 A deadly sin
- 43 Literary collection
- 44 Moving truck
- 45 Id counterpart
- 46 Notes between dos and mis

DOWN

- 1 Resistance unit
- 2 Squeezy snake
- 3 Pen pal?
- 4 ID on "CSI," maybe
- 5 Yukon and Tahoe, for ex.
- 6 Beer cousin
- 7 Seller of food, often

For the week of March 11

ARIES (March 21 to April 19) Take time from your busy schedule to check out what's going on around you. You might find that someone has been secretly trying to pull the wool over those beautiful Sheep's eyes.

TAURUS (April 20 to May 20) Once again, the Bovine's boldness pays off in uncovering the source of a disturbing workplace situation. Your personal life calls for patience, as a certain matter plays itself out.

GEMINI (May 21 to June 20) Forget about going all out to impress someone in your personal life. Just being yourself is all that matters. A workplace decision will need more time. Don't rush into it.

CANCER (June 21 to July 22) Some supersensitive Crabs might take offense at what they perceive as a slight. But a closer look points to a simple misunderstanding. The weekend holds a welcome surprise.

LEO (July 23 to Aug. 22) Sure, you can roar your head



off over someone's failure to keep a promise. But the wiser course would be to ask why it happened. Be prepared for an answer that might well surprise you.

VIRGO (Aug. 23 to Sept. 22) A developing relationship needs time to find its direction. So please be patient and resist pushing things along. A recently cooled-down workplace situation could heat up again.

LIBRA (Sept. 23 to Oct. 22) Congratulations. Your well-thought-out proposal seems to be working. Someone who hasn't agreed with you on most things in the past could turn out to be one of your major supporters.

SCORPIO (Oct. 23 to Nov. 21) Things seem to be going well. However, you can still expect criticism -- some of it pretty heavy. But as long as you can back up your position, you'll be able to rise above it.

SAGITTARIUS (Nov. 22 to Dec. 21) Getting together with people who care for you is a great way to get that ego boost you might feel you need at this time. Things start to look brighter by week's end.

CAPRICORN (Dec. 22 to Jan. 19) You should be able to continue with your plans once you get past those temporary delays. Surprise, surprise. An offer to help comes from a most unlikely source.

AQUARIUS (Jan. 20 to Feb. 18) Prioritizing your tasks is important this week because of all those demands you have to deal with. The pressure eases in time for you to enjoy the weekend.

PISCES (Feb. 19 to March 20) Save your energy and stay focused on what has to be done, despite all those distractions you're likely to face. You should see some evidence of real progress by week's end.

BORN THIS WEEK: You are a generous, giving person who is always ready, willing and more than able to help others in need.

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GO FIGURE BY LINDA THISTLE

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

DIFFICULTY: ★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

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20		11		10	

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Learn a new twist on cooking fish

If you’ve been timid about preparing fish, try the steaming method. Cooking “en papillote” -- meaning “in paper” in French -- is a method in which you seal the food in a pouch and bake it. The food essentially steams in the oven in its own juices.

Eating fish is an excellent way to add a low-fat, good-quality protein, omega-3 fatty acids, minerals and vitamins to your diet. Two servings of fish per week will greatly benefit your health. The high amounts of protein in fish also aid in the regulation of blood sugar for those with diabetes.

This Jamaican-Style Steamed Fish recipe is a beautiful dinner party dish because it’s easy to prepare in advance and cooks quickly. Present each diner with their own aromatic packet of steamed fish and beautifully cooked vegetables in a delicious sauce. Jamaican-Style Steamed Fish done “en papillote” is a new twist on cooking fish.

JAMAICAN-STYLE STEAMED FISH

You also can prepare this recipe using sheets of aluminum foil or in small, lunch-sized paper bags. Twist or fold the ends to seal the foil or the paper bag closed.

- 4 (8-ounce) fillets, use red snapper, tilapia, salmon, catfish, orange roughy, perch, whiting or whitefish
- 1 tablespoon olive oil
 - 1 small yellow onion, peeled and sliced into rings
 - 1 1/2 teaspoons salt, divided
 - 1 1/2 teaspoons ground black



- pepper, divided
- 1 teaspoon ground allspice, divided
 - 1/2 teaspoon cayenne pepper
 - 4 cloves garlic, peeled and coarsely chopped
 - 1/4 teaspoon fresh, peeled, minced ginger
 - 12 cherry tomatoes, sliced
 - 12 white button mushrooms, sliced
 - 2 cups broccoli florets
 - 1 small red bell pepper, stemmed, seeded and diced
 - Leaves from 4 sprigs fresh thyme
 - Grated zest and juice of 1 lemon
 - 1/2 cup water
 - 1 tablespoon soy sauce
 - 4 (12 by 14-inch) sheets parchment paper

1. Heat oil in a medium skillet over medium heat. Add onions to the pan and season with a teaspoon each of salt and pepper, 1/2 teaspoon allspice and the cayenne pepper. Add garlic and ginger and continue cooking until the onions are slightly wilted. Set pan aside.
2. Pre-heat oven to 350 F. Fold the four pieces of parchment paper in half. Cut each folded sheet into half of a heart shape, staying close to the outside edges of the paper when cutting out the shape. Place opened, heart-shaped pieces of



Depositphotos

Eating fish is an excellent way to add protein, omega-3, minerals, and vitamins to your diet.

parchment on a rimmed baking sheet. Place each fish fillet to one side of the fold line of the heart-shaped parchment, at least 2-inches from the paper’s edge. Place equal amounts of the onion mixture with any remaining liquid on top of the fish fillets. Place equal amounts of the cherry tomatoes, mushrooms and broccoli florets on the fish. Sprinkle vegetables with an equal amount of bell pepper, thyme and lemon zest.

3. Fold the top half of the parchment paper over the fish and vegetables to enclose. Starting at the top of the heart-shape, fold about 1/2 inch of the edge toward the center. Seal the paper

closed by rolling, pinching and flattening the edges of the paper to form a “hem.” When the hem reaches the bottom tip of the heart, leave a small opening so you can add the steaming liquid.

4. Mix together lemon juice, water and soy sauce. Pour equal amounts of the liquid into each packet. Twist the bottom inch or two of the parchment to seal it, then fold it underneath to complete the seal.

5. Bake 11 to 12 minutes, or until the packets have puffed up. Remove the pan of fish from the oven and let the fish rest for 2 minutes before opening the packets. The fish should be opaque and flake easily in the

center. If the fish is not fully cooked, bake an additional 2 to 3 minutes. Serve immediately. Serves 4.

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

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Double down with cornbread

Frozen corn enhances the texture and flavor of hearty cornbread without a lot of extra expense.

Bake and freeze the cornbread, tightly wrapped, up to one month. Thaw; then, when ready to serve, reheat, covered, at 450 F for 15 minutes. Cut into 24 serving pieces.

Double Cornbread

- 1 1/2 cups all-purpose flour
- 1 1/2 cups yellow cornmeal
- 1/4 cup sugar
- 4 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon salt
- 2 1/2 cups buttermilk
- 3 large eggs
- 1 package frozen corn
- 6 tablespoons butter or margarine, melted
- 2 jalapeno chiles

1. Heat oven to 450 F. Grease 13-by-9-inch metal baking pan.



2. In large bowl, combine flour, cornmeal, sugar, baking powder, baking soda and salt. In medium bowl, with wire whisk or fork, beat buttermilk and eggs until blended.
3. Add corn, melted butter and jalapenos to buttermilk mixture; then add to flour mixture. Stir until ingredients are just mixed.
4. Pour batter into prepared pan. Bake 22 to 25 minutes, or until golden at edges and toothpick inserted in center comes out clean. Cut lengthwise into 4 strips, then cut each strip crosswise into 6 pieces. Serve warm.

Tip: Baking Powder

Baking powder is a com-

bination of baking soda and a dry acid, such as cream of tartar.

Most commercial baking powders are double-acting: They start to produce gas bubbles as soon as they are moistened, then release more when heated in the oven.

Baking powder can stay potent for up to six months if stored airtight in a cool dry place. Inactive baking powder has been the cause of many a baking failure.

To test it, stir 1/2 teaspoon baking powder into 1/4 cup warm water; if it bubbles, it’s ready for action.

Excerpted from “The All New Good Housekeeping Cookbook.”

2019 Hearst Communications

Try tuna in a new cheesy way

Cheesy Tuna Pie

- 1 cup shredded Kraft 2 Percent Milk cheddar cheese
- 1 cup frozen peas, thawed
- 1 (6-ounce) can white tuna, packed in water, drained and flaked
- 1 (2-ounce) jar sliced pimiento, drained
- 3/4 cup Bisquick Heart Smart baking mix
- 1/2 cup fat-free milk
- 1/2 cup fat-free half & half
- 2 tablespoons non-fat sour cream
- 3 eggs or equivalent in egg substitute
- 2 tablespoons dried onion flakes
- 1 teaspoon dried parsley flakes
- 1/8 teaspoon black pepper

1. Heat oven to 400 F. Spray a 9-inch pie plate with butter-flavored cooking spray.
2. In medium bowl, combine cheddar cheese, peas, tuna and pimiento. Evenly spread mixture into prepared



pie plate. In same bowl, combine baking mix, milk, half & half, sour cream and eggs. Mix well using a wire whisk. Stir in onion and parsley flakes, and black pepper. Carefully pour batter over tuna mixture.

3. Bake for 30 to 35 minutes or until a knife inserted in center comes out clean. Place pie plate on a wire rack and let set for 5 minutes. Divide into 6 wedges.

* Each serving equals: 220 calories, 8g fat, 17g protein, 20g carbs, 505mg sodium, 228mg calcium, 2g fiber; Diabetic Exchanges: 2 Meat, 1 Starch; Carb Choices: 1.

2019 King Features

Traditional festival invites audiences to sing

Join in the singing at Grace Lutheran Church's fourth annual Gymanfu Ganu.

Gymanfu Ganu is a traditional Welsh singing festival. Gymanfu Ganu traditionally consists of a community group led by a soloist, leading the group in four-part harmony.



FAITH ELDER

"Our hymn-singing festival is very similar to other gymanfu ganu programs and we incorporate a number of outstanding guest artists to perform with the traditional singing of hymns in Welsh and English," said event promoter Dennis Steussy.

The audience-involved songs will be led by Nerys Jones.

"Nerys has traveled the world singing and has played soprano roles with many of world's leading opera companies, including the Welsh National Opera, The Scottish Opera and the English National Opera," said Steussy, who worked in Educational Planning at Highline for many years and sang in the Chorale.

Jones also performs as a harpist. Along with leading the singing, Jones will perform as a special soloist.

Special soloists and performers include tenor Kim Cooney, coloratura soprano Megan Renae Parker, soprano Annette Dennis, baritone Laird Thornton, and soprano Jessica Miller.

"Dennis sang Sun Gan, a traditional Welsh ballad, in last year's Gymanfu Ganu program," said Steussy.

The performance will be followed by a te bach, meaning little tea. Refreshments will be provided along with the tea.

The event will also host the Puget Sound Welsh Association, which will have a table with information about local Welsh affiliates. The association will also be selling a variety of Welsh items.

The festival is free, family friendly, non-denominational, and free to everyone.

"We will be singing a real lullaby and would like all children to come up and participate," said Steussy.

The Gymanfu ganu is held at 2 p.m. on March 9.

The address for Grace Lutheran Church is 22975 24th Ave S, Des Moines.

Division 2 faces BETA issues

Tom Clancy's *The Division 2*, published by Ubisoft. Action, role-playing, survival, third person shooter, multiplayer. Available on PlayStation 4, Xbox One, Microsoft Windows, \$60 Standard Edition.

Rogue factions are battling over the broken pieces of Washington, D.C. in a power struggle that is leaving Americans starving in the streets.

Tom Clancy's *The Division 2* is Ubisoft's next installment in The Division series, that was released to record-setting sales but was not without issues.

The Division 2 takes place in a highly accurate model of the capital, which gives a truly immersive feeling to the game. Players control a Division agent; these specially trained civilians remain the last defense of the city.

As you wander the capital streets that lay in ruin, you can get a sense for what regular life is like here. The streets look amazing, the detail put into the surroundings is astounding, and the animals and plant overgrowth is a nice touch.

The problem is it looks as if the developers spent more time on the buildings than the characters. The hair, clothes and facial features tend to not render correctly and this can pull a player out of that immersion.

This issue may just be an issue due to gameplay being in BETA, but with the game so close to release it's a bit of a concern.

The weapons in game look and sound realistic, when you fire the Scar MK17 you know it by the damage difference and sound. Players can choose to modify weapons as they unlock parts through the perk system. They can also find and craft parts in their safe house after recruiting the proper person to their base to unlock the crafting table.

The game's soundtrack is a nice compliment to the action and adds more to cut scenes, but again, the bugs show themselves with the sound cutting in and out throughout gameplay.

During a mission, weapon fire for players would cut out or sound would just stop all together.

Players can give their agent multiple skills to aide in combat. Each skill has multiple variants that can give a special modification to that skill.

Players can use an attack drone, a portable turret, and a chemical launcher, just to name a few. The attack drone can drop bombs on your designated enemies or fix your team's



Washington, D.C. is overrun by criminals vying for power.



armor. The chemical launcher can be changed from firing a flame gel to a sticky gel to immobilize the enemy. The portable turret is a high-powered death machine capable of spitting fire or a small caliber round at a rapid rate for some high damage.

These extra skills make killing the waves of enemies a little easier when fighting alone, and can make playing on a team with the right set up fun and exciting.

The cover system for the game is at times a little broken. This can be frustrating as you can move around objects and expose yourself to gunfire. This can lead to some serious frustration during a huge raid or boss fight where minions are everywhere.

The environment is any-

thing besides eye candy. Players will be able to explode gas tanks, propane tanks and other smaller explosives to injure the enemy. Combat is evenly paced and has a lot to offer. Enemies are color coded and have health bars that let you know how hard the fight will be.

If you are fast enough you can shoot an enemy while they prepare a grenade and make them drop it at their own feet. Players will need to keep their eyes open for potential snipers, whose rifle lenses give off a bright flare, and for radio-controlled cars packed with explosives.

Agents will come across weapon caches and dropped loot from fallen foes to make yourself hit harder and take more damage. The armor repair system is simple and acts the same as a typical first aid kit in most games.

The diverse weapon selection will allow players to optimize their kits for multiple different mission needs.

The Division 2 has some potential and it does look like the developers have a plan to release a decent amount of content from

the start. But with the sale of a season pass, this feels like they will also be holding back content to sell later instead of just putting out a complete game.

Tom Clancy's *The Division 2* comes in a variety of different editions for fans to grab some extra digital and physical content.

Gold Edition, \$100, gives players 3-days early access to the game, 7-day early access to year on pass to all the new content as it releases, a Steelbook, each platform has special exclusive character customization items.

Ultimate Edition, \$120, comes with everything in the Gold Edition along with some extras, Elite Agent Pack which gives players access to an assault rifle skin and an exclusive skill effect, Battleworn Secret Service Pack comes with a Battleworn secret service outfit for your agent and a matching emote, First Responders Pack gives players a first responders outfit and weapon skin, and also includes extra exclusives for each console.

The Ubisoft store has an exclusive Phoenix Shield Collector's Edition for \$250 only on their webstore. The PC and Xbox One versions are sold out already but a few PlayStation 4 editions remain available.

The box set comes with everything listed above and figurine of Brian Johnson with full battle gear, selected game soundtrack, and a Washington, D.C. map.

Tom Clancy's *The Division 2* is not without its faults and controversy, especially deciding to only sell the game on the Epic game store and not on the very popular Steam store for PC players.

The BETA was just that a test of what can be and not what is.

If Ubisoft has taken the time to improve the game and learn from other developers' mistakes, this game can actually turn out better than the first version.

Tom Clancy's *The Division 2* arrives March 15. Get ready to save the capital.

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Local symphony whisks audiences to Paris

By Keanu Terrado
Staff Reporter

The Federal Way Symphony Chamber Ensemble hopes to take audiences on a trip to the city of light.

The ensemble will perform *An Afternoon in Paris* this Sunday at the Federal Way Performing Arts and Event Center.

The program includes Ravel's *Sonata for Violin and Piano*; Debussy's *Bon Soir*; selections from Gershwin's *An American in Paris* and *Porgy and Bess*; Piazzolla's *Le Grand Tango*; and *The Swan* from Saint-Saens' *Carnival of the Animals*.

These pieces will be performed by the Symphony's Chamber Ensemble, which is made up of pianist William Chapman Nyaho, cellist Mara Finkelstein, and violinist Marjorie Kransberg-Talvi.

Nyaho studied music at Oxford University, and has performed on four continents. Nyaho has also performed with the Moscow Chamber Orchestra and the San Francisco Chamber Orchestra.

Finkelstein studied cello at the Gnessin College of Music and the Tchaikovsky Conservatory in Moscow before coming the United States in 1989. Finkelstein also principal cellist for the Northwest Sinfonietta Chamber Orchestra and performs with the Pacific Northwest Ballet Orchestra.

Kransverg-Talvi is concert master for the Federal Way Symphony and the Rainier Symphony. Kransverg-Talvi studied at Julliard and has performed with the Kennedy Center Orchestra, The Boston Symphony, and the Los Angeles Chamber Orchestra.

The Ensemble performs *An Afternoon in Paris* on Sunday, March 10 at 2 p.m. at the Federal Way Performing Arts and Events Center.

Tickets range from \$34 to \$49 depending on the seating arrangement.

The Federal Way Performing Arts and Events Center is at 31510 Pete von Reichbauer Way S.

For more information, visit the Federal Way Symphony website at Federal-WaySymphony.org.

Staff Reporter Faith Elder contributed to this story.

Seattle hosts Cabaret Month

By Faith Elder
Staff Reporter

March is Cabaret Month in Seattle, and local performers are lined up to appear in venues around the city.

Cabaret Month is a series of events set up by the Northwest Cabaret Association. The series was first set up in New York by cabaret clubs to bring more awareness to the art. As the event became more popular, clubs in other cities followed.

For performer Maureen Mershon, Cabaret Month is a time when Seattle's little-known cabaret scene comes alive.

"When I first came here and looked for cabaret, it didn't seem like there was much going on," she said. "Now places all around town open up for Cabaret Month."

Mershon has performed in cabaret acts around the country since the 1970s and says cabaret is an understated art.

"Cabaret performers write their own acts and perform," she said. "Acts are so diverse, but we are known for cabaret singers only."

Cabaret is a performance art, typically performed in short sets in intimate venues.

"Typically, cabaret is solo musical entertainment, although there are a lot of variations," Mershon said. "The au-



Maureen Mershon is one of many performers involved with Seattle's Cabaret Month events.

dience is usually very close to the performers."

Cabaret acts can include stand up comedy, drag performances, dance, and music.

But for all types of acts, Mershon says the key to a great cabaret act is showing honest personality.

"Cabaret should be a truthful and educational experience, where the audience gets to feel the performer's personality and

soul," she said. "Since performers write their own acts, the audience should feel like they know you by the end of the act."

For Cabaret Month, the Northwest Cabaret Association is presenting events every weekend in March at both the Triple Door and Egan's Jam House. Additional cabaret events will be hosted at other venues but won't be presented

Twitter photo

Highline rewards 10 student poets

By Faith Elder
Staff Reporter

The results are in from Highline's Student Poetry Contest, with 10 students' poems being recognized.

"It was very difficult to choose the winning poems from the 106 poems that were submitted to the contest this year," said Deborah Moore, who is a reference librarian and part of Highline's National Poetry Month Committee.

The contest is in honor of National Poetry Month, which has been celebrated at Highline for seven years.

Alyssa Konopaski won first place with her poem *Expect Sadness Like Rain*.

Moore said the poem's repetition caught the committee's eyes.

"Expect Sadness Like Rain incorporates vivid imagery and a memorable repeated line to showcase rain as a metaphor for sadness," she said.

Second prize was awarded to Anlorey Alvarado for her poem *Flee*, which shares the experience of refugees.

Third prize was awarded to Gabrielle Geiger for the poem *Father*.

"The poem *Father* recreates a memory based on a simple gesture as well as the feelings, thoughts, and sensations connected with that gesture," said Moore.

The committee also recog-

nized seven honorable mentions: *This Black Baggage* by Tevlin Britten, *The Food Runner* by Joshua Hamilton, *The Color Yellow* by Tamar S. Manuel, *Roslyn* by McKenzie Loiselle, *Retrospect* by Dio Jean-Baptiste, *Break Away* by Irene Tran, and *Calls From Grandma* by an author know as "E."

Moore said the all of the selected poems were chosen for their use of rich language.

"We looked for poetic devices such as images, similes, metaphors and the use of juxtapositions, rhyme, and form," said Moore. "In particular, winning poems showed a strong use of language as well as voice and tone."

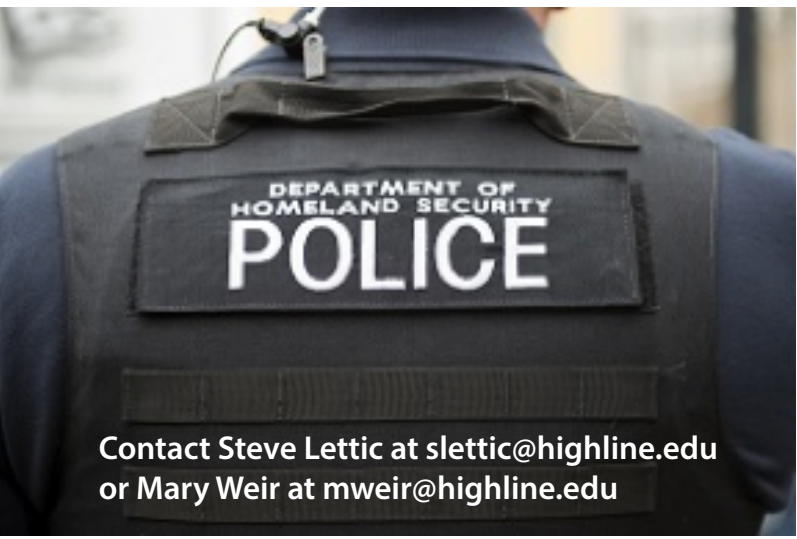
Moore said the subject and

feel of the poem were also considered.

"All 10 of these poems help thee reader to see, feel, or experience something in a new way," she said. "The committee was looking for poems that were meaningful and interesting."

All of the winners will receive their prizes at the Poetry Reception on April 9 at 1:30 p.m. on the fourth floor of Building 25. First place will receive \$200, second place will receive \$150, third place will receive \$100, and honorable mentions will each receive \$75.

"Everyone is welcome to attend that reception, as well as the other National Poetry Month Events," said Moore.



Contact Steve Lettic at slettic@highline.edu or Mary Weir at mweir@highline.edu

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Lady T-Birds win spot in playoffs again

By Calvin Domingo
Staff Reporter

In a season without their best player, the Lady T-Birds are still in the playoffs for the second consecutive year.

No. 4 seed Highline is set to face No. 1 seed Peninsula this Saturday, March 9 at 8 p.m. at Everett Community College in the Sweet 16 of the Northwest Atlantic Conference Playoffs.

The winner of that goes on to play the winner of the match-up between No. 3 Clackamas and No. 2 Wenatchee Valley in the Elite Eight, which is on Sunday, March 10 at 7 p.m.

Even as an underdog seed at No. 4, guard Braeanna Estabillo says that they don't feel any pressure heading into the tournament.

"We don't feel anything at all because we have nothing to lose and we're really just trying to prove all the non-believers wrong," Estabillo said.

If not for the 58-51 victory against the traveling Centralia Blazers on Wednesday, Feb. 27 in the Thunderdome, the Lady Thunderbirds wouldn't even be in the postseason.

Guard-forward Jazmina Lafitaga led Highline with 13 points (4-14 from the field). She also chipped in with 4 rebounds.

Guard Lindsey Nurmi led Centralia with 14 points (5-9 from the field) and 4 assists.

More importantly, the shooting of guard Estabillo was vital as she knocked down multiple threes to ice the game in the final minutes.

When it mattered most, her teammates trusted her to keep her composure and pull through.

"[My teammates] helped me pull through out of a slump [that] I was in, and I know that every time I'm on the court, I know they're trusting me to not mess up," the guard said.



Jolly Rubin/THUNDERWORD

No. 4 seed Highline will face No. 1 seed Peninsula this Saturday, March 8, in Everett.

The Highline women's basketball team finished the regular season at 8-6 in league play, 12-13 overall.

Having gone 5-5 in their final 10 games, the Lady Thunderbirds have been everywhere in the standings, ranging from first to even out of the playoff race altogether.

With sophomore forward Sharon Ajayi missing most of the season to a torn ACL, multiple players stepped up for the Lady 'Birds this season.

Among them was the solid all-around play of guard-forward Lafitaga, as she consistently filled up the box score on a nightly basis.

She led Highline in scoring, rebounding, assists, and steals with averages of 11 points, 6.8 rebounds, 2.4 assists, and 2.1 steals a game.

Lafitaga also led the team in average minutes played at 29.8 as well as total number of games played and started, at 25 each.

Estabillo, who played a vital role in off the bench for Highline this season, said that they were able to weather the storm that was Ajayi's absence because they stuck together as a team.

"We all pulled together and played for each other, not individually. We all have the same mentality in winning," Estabillo said.

As Lafitaga was the only player to average double figures in scoring average, Highline's struggles on the offensive end of the floor were offset by their stingy defense.

They finished in the top three in the entire NWAC in points allowed, with 1504.

Despite entering the NWAC

Tournament as an underdog as a No. 4 seed and without the services of their star player, the Lady T-Birds are still seen as a potential threat by rival teams.

"I think they are well coached, and have a balanced attack, which is tough to stop. They have great guards and playmakers, as well as big strong posts, so we are going to have our hands full," Peninsula Pirates Head Coach Alison Crumb said.

Highline isn't the only non-No. 1 or 2 seed that could potentially make a cinderella run in this year's playoff festivities.

Walla Walla and North Idaho, the No. 3 and 4 seeds respectively (East Division) have also gained buzz amongst NWAC coaches who are playoff participants.

"I could see North Idaho and

Walla Walla being tough teams to play in March, even though they are 3 and 4 seeds. They live in a tough conference, so I don't think their seeding is a reflection of their talent," Coach Crumb said.

"I don't know that there is a surprise team. The NWAC has a lot of parity this year and we will see who plays the best come tournament weekend," Lower Columbia Head Coach Lucas Meyers said.

"Peninsula, I think is the team people don't know how hard and structured they play. They will run their offense to the [T] and when you fall asleep, they will kill you. They are coached very well and the players play with a lot of energy," Whatcom Head Coach Anthony Slater said.

As far as favorites go, Big Bend (No. 1 seed of East Division), Wenatchee Valley (No. 2 seed of East, 13-3), and Lane (No. 2 seed of South Division, 14-2) are teams that are commonly mentioned amongst coaches in the playoffs.

"I think Big Bend, Wenatchee, and Lane are the favorites, but there are several really good teams in the tournament so anything can happen," Coach Crumb added.

"Potential favorites would be anyone on the top of the NWAC Women's Poll. Big Bend is really talented and has the size and bodies to make a deep run. Lane and Umpqua are probably your most balanced teams heading into the playoffs, but I wouldn't count out teams like Wenatchee Valley and Lower Columbia College," Coach Meyers said.

Head Coach Anthony Slater listed a couple of favorites, however he said because it's a tournament, it can be had by any team participating in the tournament.

"Lane, Umpqua are the favorites but it's [the NWAC] Tourney [so] I feel it's anybody's tourney," Coach Slater said.

Highline softball starts season with 20-17 win

By Eddie Mabanglo
Staff Reporter

The Highline softball team's 2019 season is off to a good start following their 20-17 victory over the Chemeketa Storm.

Soraya Seumalo gave up 8 runs in the first two innings. She was replaced by Ashley Hendrickson, who remained on the mound for the rest of the game. Hendrickson fanned 5 over the course of 6 innings.

Hendrickson is ranked No.

18 in NWAC number of strikeouts this season.

Right-fielder Alyssa Avilla showcased some great batting, going 3 for 5 while earning 5 RBI's. Avilla also got two doubles.

Center-fielder Sydney Wallstrum got 4 hits out of 5 at-bats, earning 2 RBI's. She also recorded 3 stolen bases as well.

Jordyn Judge recorded her first stolen base of the season, as well as scored a run and an RBI.

Shortstop Shaily Moses went

2 for 6 with 2 RBI's, only striking out once in the game. She nearly hit a home run, but the ball bounced off the top of the fence for a double.

At first-base, Kamalie Hanawahine went 1 for 5, scoring 3 runs during the game.

Alexis Royal at third-base got 2 RBI's going 2 for 5.

"Denise Nagayama, starting at catcher, also had a big game for the T-Birds with three hits, one a home run, and four runs batted in," Head Coach Jason Evans said in his online update.

Nagayama also scored 4 runs of her own.

Ashlyn Fleek went 2 for 5 with 3 RBI's. One of her hits was a double. Left-fielder Eleseana Quintanar scored a run as well.

In the top of the fifth inning, Moses dropped a line drive to short after what initially looked like a catch. She appeared to be in a great deal of pain, but elected to continue playing.

The second game was called at 5-3 Highline due to lack of light. The game will not be made up.

Coming up next, the Thunderbirds will spend the weekend in Lacey for a three game series. The first game will be played against Lower Columbia Friday at 3 p.m.

The second game will be played following the conclusion of the first game against Big Bend. The third game will be the following morning against Clark at 9 a.m.

The Thunderbirds return home on Thursday, March 14 for a double-header against Douglas.

Franich an All-American in Iowa

By **Eddie Mabanglo**
Staff Reporter

The Highline wrestling season has concluded with six national qualifiers and one All-American.

Three weeks ago at the west regional championships, six of Highline's wrestlers, Ketner Fields (165), Ben Gore (184), Shandon Akeo (133), Connor Rosane (174), Dan Allen (197), and Josh Franich (141) punched their tickets to the national tournament in Council Bluffs, Iowa.

Akeo got things started in the first round with a 9-3 win over Western Wyoming's Joey Revelli.

He then lost a 12-10 decision to Northwest Kansas's Munkhat Bat-erdene in the second round.

"[Akeo] wrestled a very competitive match," Head Coach Scott Norton said. "He was in a position to beat the No. 1 seed. However, he wrestled his butt off. I was proud of the way he competed."

Akeo then pinned Manny Ramierz from Harper within 95 seconds in the third round. In



Joshua Franich

the fourth round, Akeo pined Jamestown's Nick Kozlowski (5:49).

In the next match between Akeo and Iowa Western's Jacob Ruiz, things did not go as planned.

"[Akeo] pretty much got robbed of being an All-American," Norton said. "His opponent was given a point because the referee said that Shandon poked him in the eye."

Toward the end of the match, it appeared as if Akeo had Ruiz

pinned. The referee, however, did not agree, and a fall was not awarded. To Norton, Akeo was the real winner.

"It's frustrating when referees get involved. I don't feel like Shandon lost that match," Norton said.

"I'm not one to make excuses," Akeo said. "I thought I put him on his back and got a near fall, but the referee didn't award it. So it is what it is."

Fields started the first round with a victory by fall against Joliet's Nick Dado (6:41). Dado had competed on a team that won the 2017 Illinois State High School Wrestling Championships.

Fields then lost to Travis Willers of Iowa Central by major decision (9-1). In his next match, he lost to Cloud County's Noah Aziere.

"Fields was in a pretty close match and tried to force a chin whip," Norton said. "Unfortunately, he was not able to convert it into a takedown and lost 6-4."

Allen lost by fall (6:29) against Middlesex's Farhan Khan, then lost 8-7 to Harper's Austin Parks.

Rosane won his first match 9-7 against Tsogtbayar Tserendagua of Northwest Kansas. Tserendagua is nationally ranked at No. 4.

Rosane then fell to Rochester's Shane Siewert (4:42), and then again to Western Wyoming's Jace Anderson (6:40).

Gore lost his first match to Hayden Wempen of Northeastern (10-7).

"He just kind of shut down," Norton said of Gore. "It was a winnable match for sure."

An arm injury early on in the second match against Reldon Miller of Niacc ended the tournament for Gore.

"Unfortunately, Ben had to medical forfeit out of the tournament," Norton said. "It's unfortunate because it's Ben's last year. He has done a great job at Highline over the last two years."

Joshua Franich, who is deaf, pinned Sullivan's Robert Satriano (2:08), then was pinned by Northwest Kansas's Bat-erdene Boldmaa (1:20). Boldmaa, like many of his teammates at NWKU, is from Mongolia.

"Their team is comprised

of mainly older wrestlers from Mongolia that have a lot of free-style experience," Norton said of Northwest Kansas. "Some of their guys are very tough."

Franich pinned Matthew Lipka (1:09) of Muskegon, then Anthony Pencook of Rowan (1:14). He then pinned Hunter Luke from Niacc (1:36).

Franich lost by fall to Western Wyoming's Kyle Evans (1:47) then to Freddy Eckles of Niagara (7-5). With his eighth-place finish, Franich is Highline's only All-American this year.

"Josh had a tremendous tournament," Norton said. "This was actually the only time he had to go the entire match through the whole tournament," he said. All of Joshua Franich's wins were by fall and took an average of about 92 seconds.

Clackamas, ranked No. 1 in the nation, took the first-place title at the tournament.

"Overall, our guys competed well and did the best they could," Norton said, "As a team, we finished 22nd in the nation. I'm proud of their hard work and what they accomplished this year."

Highline tennis ready for Bellevue

By **Eddie Mabanglo**
Staff Reporter

The Highline Thunderbirds tennis team took another loss, this time to Pacific Lutheran University, 6-3.

"Even though we lost, every match was in it," Danielle Mendoza said.

"We were all grinding the ball and playing on our toes. Intensity was high and we all left each match confident."

Mendoza's excited to begin NWAC play against Bellevue.

"As far as preparing, we all have to recover healthy and smart," said Mendoza.

"The season started off with long and intense matches, and recovering smart is crucial to continue."

"Following our past matches, I want to keep the energy high as well as continue to play aggressive. That's where I think our team shined the most."

The first home match of the Highline 2019 tennis season will take place tomorrow night at 8 p.m. against Bellevue College.

Highline previously played on the road against Pacific University, Willamette University, and the University of Puget Sound.

Tomorrow's match will be the first conference match as the Thunderbirds are looking for their first win.

All home games are played at the Boeing Employee Tennis Club located at 6727 S. 199th Place in Kent.

Admission to the game is free.



From left: Miriam Cabrera, Kaylin Phan, Nikelle Price, Asst. Coach Makoa Rosa, Head Coach Laura Rosa, Lexi Maison, Danielle Mendoza, Mikyla Olsen.

5

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The future looks bright for Thunderbird men’s basketball

By Calvin Domingo
Staff Reporter

Despite finishing 8-6 in a stacked West Division and 19-10 on the season, the Highline men’s basketball team will be missing out on the playoffs this season.

“We were inconsistent and certainly lost focus and sense of urgency at times. I take responsibility for that,” Head Coach Che Dawson said.

“I definitely feel a little responsible. As a leader on the team, there’s always things I look back on and wish to change. However, I really am proud of how my guys handled the season when a lot of off-the-court stuff hit us,” Captain David Harris said.

The No. 4 seed in the West Division, Lower Columbia, also finished at 8-6.

However, the tie-breaker favored them, as they had the better record against the top seed in the division, South Puget Sound (1-1 against compared to 0-2 for the T-Birds).

While finishing at 8-6 in league competition would normally be enough to clinch a playoff spot in other divisions, not every team plays in the mighty West.

If anything, the competitiveness of the division only enhanced and motivated players when it came time for league play.

“It didn’t bother us that we had a tough division. If we would have made the tournament, I think we would have been in a good position to go far. Everyone in our league knows it has the most competition so it drives us to really go at it during league games,” guard-forward Nathan Yockey said.

“Having done well in the region is an accomplishment on its own. We went 4-4 against the West Region playoff teams. We have to be better than that if we want a title and our guys know that,” Harris said.

“It also is a bother that we competed with this region and beat a number of the playoff teams and are still sitting at home. All in all, [it’s] an experience for the young guys to learn from. It just sucks to be home watching another year,” Harris added.

However, the Thunderbirds put on a display of grit, dedication, focus, and determination in their final regular victory at home against the Centralia Blazers, who finished the season as the No. 3 seed (9-5).

On Wednesday, Feb. 27, the T-Birds outdueled the traveling



Stephen Glover/THUNDERWORD
Freshman guard Mahlik Hall smiles in the victory against the Centralia Blazers. Although Highline won’t be in the playoffs this season, the future is bright.

Blazers, 83-68 in a must-win game.

On a night where four of five members of the starting lineup scored in double figures, Yockey led the charge for Highline, with 22 points (7-12 from the field, 6-10 from the three-point line).

He also chipped in with 5 rebounds, 2 steals and a block.

Forward Marqus Gilson paced Centralia with 15 points (7-10 from the field) and had 4 rebounds.

Yockey, who usually comes off the bench for the ‘Birds, has come on strong in the last two games that he has started, both of which were games with high stakes involved.

“I knew those games were do-or-die and someone needed to score after a lot of our scorers went down to injuries. So, to score like I did carries a lot of confidence into next season,” Yockey said.

By intermission, Highline led, 37-33.

Highline used a late second-half run to put the game out of reach for the Blazers, highlighted by guard Coby Myles’ back-to-back lay-ups in transition off Centralia turnovers to make it 68-58 with 4 minutes and 30 seconds to go in the second half.

To ice the game, Yockey hit two of his six three-pointers in the corner to extend the lead at 76-62 in the final minutes.

Although the Thunderbirds closed out the season with two critical victories, it wasn’t enough to punch them a ticket into this season’s NWAC tournament.

Overall, there are still plenty of positive takeaways and learning opportunities that came from the season, as a few Thunderbird players and coaches can attest to.

“I’d give the season an A grade. With all our injuries and all the adversity we faced, we did all we could,” Yockey said.

“We can take away a lesson in things that you can’t control getting in the way of your goals no matter how hard you work.”

Leading scorer David Harris would give the season a ‘B’ grade.

“I would give us a B. We had some games where we played like a championship team and some where we just didn’t show up to play at all,” Harris said.

“We lacked some consistency but finished 19-10 in the toughest region and missed out on the playoffs [because] of a tiebreaker.”

While some of the players were generous in their team grades, Coach Dawson said that while it wasn’t a great season, it wasn’t the worst.

“We had a pretty good season. Not outstanding, but pretty good. Part of life is getting things done at the right time. We didn’t get some things done in league play when we needed to,” Coach Dawson said.

Individually, there were four players that averaged double-figures in scoring for the season, with guard-forward David Harris chief among them at 19.7 points per game.

Harris also led the ‘Birds in rebounding (7.1), minutes per game (34.7), and three-point shooting percentage (38.4 percent).

Despite the lofty season averages, Harris said that there’s another aspect of his game that he hopes to continue working upon.

“Statistically, I’ve had a solid career at Highline but being a stronger leader is definitely something I have to work on. As far as improving on the court, I’ll be talking to my coaches on things I can do individually to elevate my game,” Harris mentioned.

Part of what can be attributed to the Thunderbirds missing out on this season’s playoffs is the lack of veteran leadership on the team, as more than half of the team were compromised of freshmen.

With that being said, the future is bright and next year’s team is brimming with potential with most of the freshmen expected back.

One of them, Nathan Yockey, has plenty of goals for his sophomore season.

“Goals for next year’s season would be to do what we did this season. We had a great team dynamic, we all worked hard, and we put ourselves in a great position to make the post-season. If we can have another season like this one, then my goals will be met,” Yockey said.

To stay hungry for next season, Coach Dawson said that the team and individual players will set goals to use as further motivation.

“We will set individual and team goals and will spell out what steps need to be taken to accomplish them, the coach said.

As for the players who are moving on, sophomores David Harris, Coby Myles, Trent McCall, Tristan Miguel, and manager Jason Holler will all be missed.

Harris is currently weighing all of his options in regards to his future and where he plans on playing basketball next season.

“There are some schools who I am reaching out to and I’m considering my options as of right now,” the star swingman said.

“They are all high character kids who have given a tremendous amount of themselves to the program. They created a culture with this year’s group that we will be very motivated to maintain with next year’s team,” Coach Dawson said.

3835
4514

Scoreboard

Women’s Basketball

WEST		
Team	League	Season
Lower Columbia	12-2	20-9
Grays harbor	9-5	15-11
Centralia	8-6	14-14
Highline	8-6	12-13
Tacoma	7-7	10-17
Pierce	7-7	9-19
South Puget Sound	5-9	7-20
Green River	0-14	0-22
EAST		
Team	League	Season
Big Bend	14-2	25-4
Wenatchee Valley	13-3	24-5
Walla Walla	10-6	20-9
North Idaho	10-6	20-8
Yakima Valley	7-9	16-12
Spokane	6-10	17-11
Treasure Valley	6-10	13-15
Columbia Basin	5-11	14-14
Blue Mountain	1-15	3-23

NORTH		
Team	League	Season
Peninsula	11-3	18-8
Olympic	10-4	11-17
Whatcom	9-5	17-9
Skagit Valley	8-6	14-13
Bellevue	8-6	12-14
Edmonds	5-9	10-12
Everett	5-9	10-19
Shoreline	0-14	2-22
SOUTH		
Team	League	Season
Umpqua	14-2	25-4
Lane	14-2	26-3
Clackamas	11-5	15-10
Mt. Hood	11-5	20-9
Chemeketa	8-8	13-14
Linn-Benton	6-10	12-16
SW Oregon	5-11	10-17
Clark	3-13	5-22

Men’s Basketball

WEST		
Team	League	Season
South Puget Sound	12-2	25-4
Green River	10-4	19-10
Centralia	9-5	19-10
Lower Columbia	8-6	18-10
Highline	8-6	19-10
Pierce	5-9	13-15
EAST		
Team	League	Season
North Idaho	16-0	27-2
Walla Walla	13-3	19-10
Spokane	11-5	20-9
Wenatchee Valley	8-8	16-11
Big Bend	8-8	18-9
Treasure Valley	8-8	10-16
Yakima Valley	4-12	7-21

NORTH		
Team	League	Season
Everett	14-0	22-7
Edmonds	10-4	19-9
Peninsula	7-7	10-18
Whatcom	7-7	13-13
Bellevue	6-8	15-12
Skagit Valley	6-8	14-14
SOUTH		
Team	League	Season
Lane	14-2	25-3
Umpqua	13-3	20-9
Chemeketa	12-4	18-8
Clackamas	10-6	20-8
Linn-Benton	9-7	15-12
Clark	6-10	14-13
Portland	4-12	7-20

Mayor looks back to the future of Fed Way

By Mitchell Roland
Staff Reporter

In a Back to the Future-themed speech, Federal Way Mayor Jim Ferrell said the present and future of the city is promising.

Ferrell proclaimed this in his annual state of the city speech on Feb. 28, which took place at the Federal Way Performing Arts and Event Center. When explaining his choice for the theme, Ferrell said that “time travel is something everyone has thought about at some time.”

In the speech, Ferrell discussed the city’s plan to open a joint campus Highline-UW Tacoma in Federal Way.

“It really is an exciting endeavor,” he said.

Ferrell said that three staff members have already been hired for the new campus, and classes are scheduled to start in fall after a “soft opening this summer.”

Ferrell said that the new campus will be located “just north of here [The Performing Arts and Events Center]” at the Hillside Plaza.

The new campus in Federal Way “creates opportunities to expand partnerships,” Ferrell said.

Ferrell also talked about



Mayor Jim Ferrell

the recently opened Performing Arts and Event Center in downtown Federal Way. He said that the building “is a gem for our community,” and 80 percent of its construction cost has been paid off in the two years since its opening.

Ferrell said that the Sound Transit Light Rail will have a positive impact on surrounding businesses.

Sound Transit 3 was passed by voters in 2016, and it adds 62 miles of line and 37 stops. Eventually, the line will go all the way from Everett to Tacoma.

The Federal Way stop will be the last stop on the line for nearly five years, and Ferrell said that this will increase business near the stop.

“Light Rail’s arrival will put a spotlight on Commons Mall,” he said. “The future is a large-scale business development in Federal Way”

Ferrell also highlighted tourism in Federal Way, saying that the city has played host for major events such as the Pac-12 swimming tournament and the swim portion of the 2018 Special Olympics. Both events took place at the Weyerhaeuser King County Aquatic Center in Federal Way.

“We’re really creating something special in Federal Way,” Ferrell said.

Ferrell said that overall crime in Federal Way is down 11 percent from 2017 to 2018, and that this decrease is a part of a trend.

“The future of Federal Way is a safer city,” he said. “Overall crime is down four out of the last five years.”

Ferrell also highlighted the lack of murders in Federal Way over the last year.

“We did not have one gun-related murder in Federal Way last year,” Ferrell said.

Ferrell thanked city workers

for their response to the recent snow storms that impacted the region. During the storms, city crews laid down 670 tons of salt and 560 tons of sand while working 12-hour shifts, he said.

“I’m really proud of our folks,” he said.

Ferrell said that during the storms, the city opened the community center to act as a warming center for the homeless of Federal Way.

One thing that Ferrell did not address in his speech was the lack of an overnight homeless shelter in the city. Ferrell has faced criticism for buying bus passes for homeless people to get to a shelter in Seattle during the recent storms.

While he has denied doing this, in a Feb. 8 Facebook post Ferrell said that “I’ve also authorized up to \$1,000 in emergency spending on bus passes to get people to a shelter in Seattle.”

Ferrell said that the city has requested \$50,000 from the state legislature to create a pilot program where the city would partner with a local nonprofit to pay “panhandlers and others experiencing homelessness an hourly wage” to do city projects. After the project, the participants would

be taken “to pick up payment and would be connected to other services.”

Ferrell cited the city of Albuquerque, N.M. as a city where a similar program has worked. In Albuquerque’s program, people are paid \$9 an hour to pick up garbage around the city.

Ferrell said he also requested \$150,000 to support a “comprehensive and regularly updated online website containing local and regional services for those in need.”

But Ferrell said that the city must still enforce its laws.

“Responding to homelessness is a balancing act. We must uphold the rule of law as well,” he said.

He said that over the last few years, city workers have cleaned up two dozen homeless encampments around the city.

Ferrell said that the city also must look at creating more affordable housing in the city.

“It’s one of the biggest issues facing this country and this region,” he said.

Ferrell ended his speech on an optimistic note.

“We will work together to make the present and the future all that we can dream of,” he said. “Ladies and gentlemen, the future is now.”

Bill that would help student veterans passes Senate

By Grace Kuhnly
Staff Reporter

A bill that is aimed at helping student veterans and active military members is now making its way through the state Senate.

The state Legislature is in the middle of a 110-day session in which it must write a new two-year budget for the state, as well as pass other new laws.

SB 5428 requires public colleges to provide a full-time trained and experienced mental health counselor to work with active members of the military and veterans.

More than 200 students at Highline are veterans.

This bill passed the Senate Higher Education and Workforce Development committee, and it now waits in the

Ways and Means Committee to decide whether it will move forward.

The Legislature is considering others bills that could also affect students, one of those being SB 5738.

This bill will require community and technical colleges, and four-year schools to plan for housing for homeless students.

The bill requires colleges to renovate an existing building that must include laundry facilities, storage units, showers, and lockers for homeless students.

Each college will submit a plan to the Office of Financial Management and could receive money from the state to pay for the project.

Meanwhile, it’s not clear what will happen to higher education funding in this year’s

budget.

Some 44 percent of Highline’s budget come from the state.

Legislators on the House College and Workforce Development Committee say they’re aware of the need to control college costs.

“It’s kind of our job on the College and Workforce Development Committee to grow that workforce of the future. We’ve got to anticipate the future needs, and then we’ve got to make sure that we’re applying state resources in the proper manner to meet those future needs of our future workforce,” said State Rep. Chris Gildon, R-25th district and the assistant ranking minority member of the committee.

One of Rep. Gildon’s goals on the Higher Education and Workforce Committee is to bring down the cost of tuition and textbooks for all students.

“I want to look at what has caused, what are the drivers that have led to the increased cost of tuition and books over, you know, the last 20 years,” said Gildon.

“The cost of tuition is made up of two things. There’s the



Rep. Chris Gildon

cost, but in the state schools the Legislature contributes a certain percentage of every tuition dollar to the schools,” he said.

The state is paying less percentage of higher education costs than they used to, he said.

This is why tuition has gone up significantly over the years, said Rep. Gildon.

Many bills have been proposed to increase grants and scholarships, but they are lim-

ited to certain groups of people, he said.

“The most benevolent form of financial aid is a lower cost of tuition and books for everyone,” said Rep. Gildon.

One bill that relates to this is HB 1702.

This bill requires community and technical colleges to tell students when they register whether the materials for the class are low cost.

Low cost means required materials are less than or equal to \$50.

This bill has passed the House and has been sent to the Senate Higher Education and Workforce Committee.

Many bills have been proposed to increase grants and scholarships.

SUNDAY

Daylight Saving Time begins March 10

At 2am turn your clocks ahead ONE hour

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Seminar focuses on the little things

Biology professor talks about bacteria's role in atmosphere's oxygen levels

By Carlos Carrillo-Sandoval
Staff Reporter

Bacteria can usually make you sick, but if someone were to tell you that bacteria are responsible for the oxygen that is in the atmosphere would you believe them?

A Highline biology professor explained during last week's Science Seminar how microorganisms create the atmosphere's oxygen and how they are the oldest living organisms on the planet.

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

Bacteria are the oldest living organisms on the planet, Joy Strohmaier said.

"There is evidence of organic material [that started] to form about three and a half billion years ago," she said. "Those are some of the oldest fossils that we know of."

The fossils are microscopic and exist in stromatolites that were found off the coast of Australia, Strohmaier said.

"Those organisms as they evolved they utilized nitric acid. They could breathe sulfuric acid. They could take raw sulfur and convert it to hydrogen sulfide acid. They could create all kinds of intermediates," she said.

The organisms spread out and found various temperature locations where they could survive best, Strohmaier said.

"They had evolved to where they can utilize manganese, or they could utilize iron," she said.

"They could utilize all kinds of inorganic molecules, metals and elements in order to get their energy."

As the organisms did that they, diversified, Strohmaier said.

"And these organisms that lived in some of the most extreme environments, we still find evidence of them in the extreme environments that still remain on earth," she said.

Scientists call them the archaea.

"They are bacteria. They're single-celled, but they are called the ancient one," she said.

Half a billion years later, the first bacteria that could take energy from sunlight appeared, Strohmaier said.

"They were able to utilize certain molecules in their membranes to capture that energy from sunlight and use

it to split a water molecule, and to release oxygen as a waste product and to use the hydrogens to build hydrocarbons," she said.

The oxygen that the bacteria produces was released for about another billion years, Strohmaier said.

"They were able to produce enough oxygen that it was raised to 21 percent, that is [how much] oxygen exists in our atmosphere," she said. "Bacteria made it all originally."

Although trees play an important part of creating oxygen, even today photosynthetic bacteria help create oxygen, Strohmaier said.

The creation of oxygen on the planet allowed other microbes to use the oxygen to be able to burn carbohydrates, which is aerobic respiration.

"And that makes a bunch of energy," she said.

Once the organisms were able to use aerobic respiration, they were able to receive more energy from the environment, allowing them to break down carbohydrates, sugars, some fats and also grow bigger and spread out more into the environment, Strohmaier said.

"We begin to see the development of some of those organisms that got big, and then were able to engulf other organisms. And they would invaginate their membranes and they created these vesicles inside of the cells that were specialized," she said.

Due to that, eukaryotic cells were formed.

"These cells could get bigger and they were easily adjusting to become multicellular," she said.

The first eukaryotic fossils are from one billion and a half years ago, Strohmaier said.

"It took almost another half a billion years to get to those multicellular fossils," she said. "And they are still pretty much microscopic."

"At that point, we begin to see the development of multicellular plant that can still do photosynthesis living in the oceans [and] fresh water beginning to develop on land," Strohmaier said.

"We begin to see the development of the variety of different kinds of plants that we do see on the planet."

"We begin to see additionally, other multicellular organisms that are able to do aerobic respiration and are able to grow and form multicellular organisms similar what we find in Puget Sound," Strohmaier said.



Joy Strohmaier teaches biology at Highline, and held a seminar on the role of microorganisms in the atmosphere's oxygen.

Sea squirts, tunicates, sea anemones, sea stars and invertebrates are the main ones, she said.

"Those invertebrates began to develop different strategies of life. Some of them crawled

up on land and were some of the earliest amphibians," Strohmaier said.

"Others began to develop even further into the land masses and could reproduce on land," she said. "They de-

veloped into some of the earliest reptiles."

Later the dinosaurs began to walk the earth, Strohmaier said. Until whatever it was, caused a climate change that wiped out the food for dinosaurs.

"And there was a massive extinction of almost all the dinosaurs that we know existed in those times," she said.

Yet, reptiles and amphibians are still around after the mass extinction, she said.

Dr. Eric Baer will present a geology focused talk *Why Buildings Fail in an Earthquake and What Can Be Done About It* at the next Science Seminar.

The seminar will take place in Building 3, room 102, on Friday, March 8, from 1:30 to 2:35 p.m.

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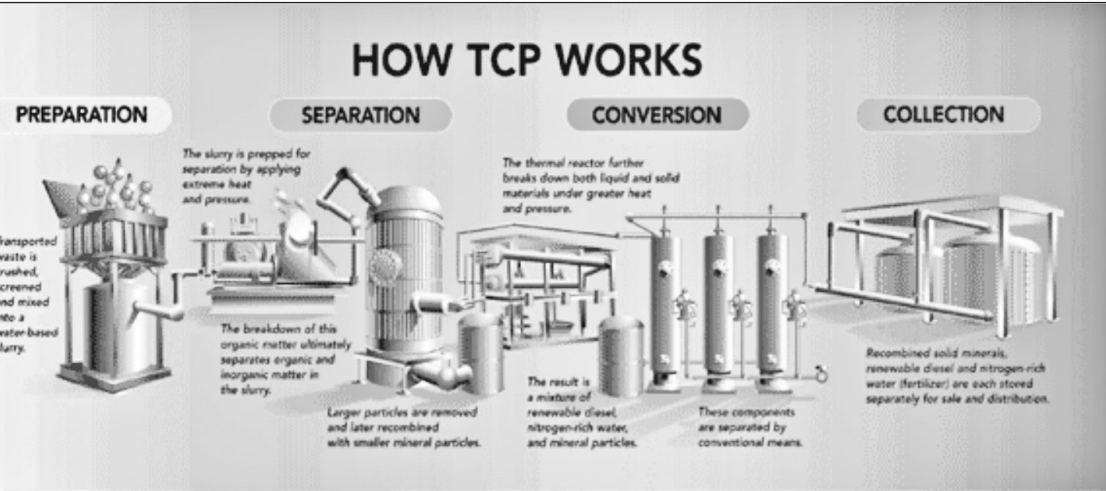


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Slide from science seminar explaining how we can utilize our waste with the Thermal Conversion Process.

Professor outlines plan for utopian society

By Carlos Carrillo-Sandoval
Staff Reporter

The human race has the potential to create a utopia - a perfect place, a Highline engineering professor said at last week's Science Seminar.

Science Seminar is a weekly series of science-related presentations made by professors, local scientists and sometimes students.

Chris Boudreaux recently presented How to Solve Humankind's Problems.

"We have the technology for Utopia," Boudreaux said.

Energy need is one issue that makes the current world imperfect.

Humans keep digging up resources from the ground and burning them to produce electricity, he said. "We need a better [method]."

"Hydroelectricity and wind turbines are clean and efficient [methods] to produce electricity," Boudreaux said. "[But] they do require a lot of maintenance."

"A problem is that they are potentially harmful to wildlife," he said. "You [also] can't ramp up production."

And searching for a perfect alternative, a good solution would be solar panels, Boudreaux said.

"They are expensive, but they pay for themselves," he said.

"They are getting cheaper



Chris Boudreaux every year though," Boudreaux said.

Actually, solar panels will still even work when covered in snow, Boudreaux said.

Solar panels work better in cooler temperatures, he said.

Nuclear energy could be another good energy source, Boudreaux said, but some people still have their doubts.

Many people still have a fear about nuclear energy.

"It is due to possible meltdowns," he said.

But if nuclear power plants were to use thorium instead of uranium it can be avoided, Boudreaux said.

"Mainly uranium is used because we want plutonium," he said.

Plutonium is used to make nuclear weapons.

The design of a thorium-powered power plant has a freeze plug, Boudreaux said.

"When the system gets too hot, the freeze plug will melt and then dispose the components of

the reactor into dump tanks, preventing a meltdown," he said.

Another barrier to utopia is food.

One of the main issues with food going to waste is its transportation, Boudreaux said.

If the farms were closer to the city it wouldn't be an issue, he said.

"It is possible to have farms in cities," Boudreaux said. "Iron Ox has developed [artificial intelligent] robots that farm hydroponic plants."

These farms are in warehouses, Boudreaux said.

"It also requires 90 percent less water than standard farming," he said.

Also, a big issue humans face concerns their health.

"Antibiotics kill 99.9 percent of bacteria," Boudreaux said. "The other point 1 percent is drug-resistant."

Cancer is also another problem, he said.

The only potential solution to cancer is by poisoning the body with radiation or chemotherapy, Boudreaux said. "We need a better solution."

"A virus can kill bacteria," he said. "This is called phage therapy."

A specific virus is used to terminate certain bacteria, and then a person's immune system is in charge of getting rid of the virus, he said.

Washington state choked by smoke

By Grace Kuhnly
Staff Reporter

Smoke from wildfires is leading to spikes in fine particle pollution, an air quality forecaster told a MaST Center audience recently.

Erik Saganic spoke at the monthly Science on the Sound presentation that brings experts to the MaST Center to talk about topics of scientific interest.

He works for the Puget Sound Clean Air Agency as the air resources specialist and forecaster.

The Puget Sound Clean Air Agency monitors King, Kitsap, Pierce and Snohomish counties, publishing air quality smoke reports from those areas.

"In terms of wildfire smoke context, we provide air quality forecasts and education," Saganic said.

Since the 1960s, the level of fine particle pollution in local air has decreased steadily, he said.

Before the adoption of tougher air quality standards, you could burn anything such as waste or tires. There was no filtration.

However, the Clean Air Act changed this, he said.

The original act was passed in 1963, but changes were made in 1970 and 1990.

The air quality since then has changed for the better, Saganic said.

"A lot of those industrial sources, you know used to be 80 percent of the [air] pollution and now it's probably 10 percent of the pollution," he said. "And our general volume has gotten a lot cleaner."

Different standards for cars and trucks also make the air cleaner, he said.

The problem that the Northwest now has is the smoke from wildfires worsening the air quality, Saganic said.

"We are now facing a little more wildfire smoke than historically, at least in the last few decades," he said.

The impacts on air quality could cost the Pacific Northwest \$1.4 billion annually by 2090, Saganic said.

This is estimated if the Pacific Northwest does not make any changes to prevent this, he said.

Higher concentrations of fine particles were found in the air in the last two summers due to smoke from wildfires, Saganic said.

Fine particles are smaller than fine beach sand. Particles can cause cancer, heart attacks, strokes, asthma, eyes, nose and throat irritation, and reduced lung function, he said. These health effects can lead to a premature death.

The smoke that the people in the Northwest see is not just the smoke from the wildfires in the here, it is also smoke that is from wildfires in the British Columbia and California, he said.

Last summer there was also smoke from Siberia that made its way through British Columbia and then down into Washington, Saganic said.

Heavily forested, areas such as Vancouver Island and the Olympic Peninsula, could cause even more trouble down the road if wildfires were to happen there, he said.

And the problem is not just confined to warmer summer months, Saganic said.

One thing that was unique in the 2017 concentrations of smoke was the spike in the winter months from people burning wood for heat, he said.

"We have a program where we try to prevent wood smoke from home heating in the winter time. It's called burn bans, and we will do that for air quality in the winter months to try to prevent, especially when it is really stagnant. You get the right set up and you can have similar concentrations [to particles in wildfire smoke]," Saganic said.

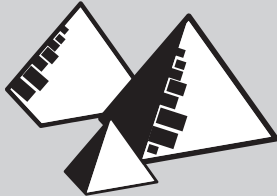
The best thing to do when there is lots of smoke in the air is to avoid going outside or doing outdoor activities, check the air quality reports regularly, and make sure you have plenty of supplies and medication for you and your family, Saganic said.

The last issue of the Thunderword for Winter Quarter will be March 14.
Ad deadline: March 12.
News deadline: March 11.
thunderword@highline.edu

Hist 116: Western Civilization I (Item #1240) Daily, 8-8:50 am, Spring 2019

Did You Know?

- The ancient Code of Hammurabi decreed that bartenders who over-charged for their beer could be executed.
 - The Egyptian pyramids were not built by slaves, but by paid laborers.
 - So many wild animals were killed during the games at the Roman Colosseum that several species of elephants, tigers, and lions became extinct.
 - Athletes in the ancient Olympic Games competed in the nude. It was later decreed that trainers and spectators should be nude as well.
 - Cyrus the Great of Persia is the only foreigner in the Hebrew Bible identified as a "messiah" (or anointed one).
- History is full of surprises. If you're looking for a fun class this spring, consider History 116: Western Civilizations I. You can earn Social Science credit while feeding your imagination and broadening your horizons.



Stress continued from page 1

a counseling psychologist on campus.

It's stressful because colleges expect a lot from people, she said.

Some students are required to work a part-time job on top of their college course load in order to support their education, and these students often want to go to school full-time and work full-time, which can be difficult to make work, Dr. Koepping said.

"Figuring out how to pay for books, classes and fees is a big deal for most students here on campus," she said.

She stressed the importance of being realistic about how much workload you can handle while still staying on top of your classes.

Alternatively, to help manage their stress, students should consider taking fewer credits in a quarter in order to do well in those classes, even if it means pushing back graduation time, she suggested.

In fact, too much stress can influence people to make choices on how to handle that stress, which then have their own unintended consequences.

"We may not sleep as much as we need to, we may eat too many sweets, drink too much caffeine, or make other choices that feel good in the moment, but don't help us get our work done on time," Dr. Koepping said.

College is stressful and there's no avoiding that, but there are ways that you can make your stress work for you, instead of against you.

Identifying the source of the stress, is the first step to dealing with it.

"It's really important to be able to identify and categorize your stress, so that you can begin coping with and managing it effectively," Dr. Covington said.

"Managing stress is not something you should do when you get stressed out, but something you should be doing all the time," Dr. Koepping said.

The key to stress management is self-care, Dr. Covington said.

It comes down to the little things people can do for themselves every day, and it's important for individuals to explore what works best for them, she said.

"You should be taking care of yourself – falling asleep and waking up around the same time each day, eating the right kinds of foods, and taking up a mindful practice like yoga, meditation, or deep breathing," Dr. Koepping said.

She said that having a routine can be really helpful for stress management because it keeps your body regulated/functioning more optimally as well as being an outlet to build healthy habits.

"Exercise is a big one too.

Working through uncomfortable emotions and stressors though physical activity helps to release them," Dr. Covington said.

To lessen the negative impacts of immediate stress, students can change the way they think about stress.

"It's not the actual stressor or event that is harming you, but the it's the way that you think about it," Dr. Covington said.

Instead of feeling trapped by life's stress, students are encouraged to change the way they approach their stress by considering what their stress is trying to bring awareness to, and what kind of actions their stress is asking them to make.

One effective way to help manage stress is by getting organized.

Dr. Koepping said that using a daily or monthly planner will help students stay on top of deadlines and other important dates/events that otherwise have the potential to sneak up on them, leaving the student unprepared and creating additional stress.

"There are a lot of things that can make ordinary stress more stressful," Dr. Koepping said.

With all the stressful little things that add up, Shiyana Daniels said she understands the importance of knowing yourself.

"I do a lot of meditation, especially outside [during the warmer seasons]. It really grounds me and forces me to go inward and center," Daniels said.

Daniels said anxiety was completely dictating her life.

"I didn't want to take medications, so I said, 'I'm going to find my own ways to get through it,'" she said.

She discovered and explored remedies such as going out into nature, spending time with animals/pets, taking hot baths, and enjoying a relaxing cup of tea.

"Working out is such a big stress reliever," Daniels said, "When I'm pissed or pent up, I go outside to my punching bag and let it all out."

To keep herself organized, Daniels said she uses a big whiteboard calendar to help stay on top of deadlines as well as the Highline Canvas app, which she found really helpful to keep her up to date on what's going on in her classes.

Self-awareness can prevent stress by helping people to realize what is and isn't working in their lives. She recommended that students trust their gut.

"Trust your gut instinct. If you get into a class and you feel like it is not working for you, drop it," she said.

Above all else, Daniels said that she feels stress management is all about making the time and effort to know and take care of yourself.

"Take at least an hour a day for yourself and see what happens," she said.

Finals continued from page 1

study in advance and trying not to fail."

"I'm planning to study a lot for my accounting final since it is one of my most important classes," Josue Bardales said. "I'll study from Thursday to Sunday to get ready."

"I have math, chemistry and history finals," Isaak said. "I don't feel confident, I feel stressed. These classes are hard."

"Three finals coming up, math, sociology and political science," Hayoung J. said. "I'm gonna study like two to three hours a day. I don't feel confident and actually my main focus now is math."

"My next final exams are math and history. I don't feel ready yet, but I know if I study more I can get thru it," said Angela.

"I have finals on math and chemistry. I do always study a couple of days before the test," H.C. said. "I'm a little stressed by my chemistry exam, because I'm kinda lost right now."

Other students say they feel ready and confident for their coming up exams.

"I have math and chemistry finals and I feel good and ready," Bella Beserra said.

"I'm going through three finals now, counting, history and ceramics," Jessica Larsen said. "I feel pretty good, confident. I'm ready."

"I'm gonna have my test on nursing assistant," Heidi Russell said. "There's a practical portion, and I do feel confident about it and generally, I'm good at testing."

"My next finals are for English and public speaking. This is my first quarter here at Highline," Jadrizk said. "I feel ready and confident. No stress about it."

"I have my math and French finals coming soon," Fatima Romero said. "I think I'm good at math so I hope there's no surprises in the final."

Various students wanted to share their tips for studying and get a better grade.

"I would say that you just have to focus on your future," Evelyn Olvera said. "That's what I'm doing, I just see my goals."

"I say that you have to turn off your video games and turn on your mind," Leonardo Sanchez said. "Just open your books and get focus on your subjects."

"I make notes about everything I don't understand and I read them to study later," Vania G. said. "That also helps me to study for my tests."

King Crossword Answers

Solution time: 21 mins.

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

Go Figure! answers

3	-	1	x	7	14
x		x		÷	
8	-	5	x	7	21
-		+		+	
4	x	6	-	9	15
20		11		10	

Weekly SUDOKU Answer

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

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Following the Supply Chain
Global Security

TUESDAY

Let's Learn About...

Securing the Supply Chain through Health Care
Studying Abroad!
The Current Industry Movers and Shakers!

WEDNESDAY

Let's Chat About...

Financing Global Trade - WA State Exports
Local & National Economy through Global Trade
Country & Trade Briefings

THURSDAY

Join us in Building 2 at 11am-1pm and Let's Meet...

The Centers of Excellence
Industry Students & Professionals
Colleges/Universities that offer Supply Chain Management Programs
The Study Abroad Team

FRIDAY

Let's Get...

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Business Matchmaking & Trade Mission information
Student Giveaways
Available programs and Opportunities



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Justice

continued from page 1

woman from Eastern Washington to serve on the state’s highest court.

Stephens said that she doesn’t believe she could have served on the court, had she not been first appointed by Governor Christine Gregoire, as she was not well known outside of legal circles in Eastern Washington.

Stephens is used to being the first to do things.

She said she is not only the first lawyer in her family, but she’s “the first person in my family to get a college degree.”

Stephens said while there is growing diversity on the court, it is a recent development.

“It’s still a new phenomenon,” she said.

Stephens said she went to law school as a fallback plan and was “unsure what I was going to do with it.”

But when she got there, she became fascinated.

“It was like a world opening,” she said. “What could be a more interesting thing to study?”

Stephens said that at law school she learned that “each of us know something about the law,” and through law

school she was able to get a “more complete understanding.”

Judges for the state Supreme Court in Washington are non-partisan and one-third of the court is up for election every two years. Stephens said that these elections are normally “a snoozefest,” and the only time she has had an opponent was against a “disbarred Zamboni driver” who she had worked to remove from practicing law.

But she said “there is growing concern” due to the amount of money being spent in elections. While judges are not allowed to solicit donations for their campaigns, political action committees that are not associated with candidates are able to raise money on their behalf.

“Money is speech, and television ads sway people,” she said.

Stephens said that it is critical for judges to not be impacted by money or campaigns against them.

“Judges need to be independent,” she said.

But still, Stephens said that there is no perfect method for appointing judges. For example, in some other states judges are appointed by governors.

“I don’t think there is a perfect method to appointing

judges.”

Just like with law school, Stephens said her original plan wasn’t to become a judge. A practicing attorney and law professor at Gonzaga at the time, the idea first came to her early in the morning while waiting in line for basketball tickets.

Stephens said that in life, she has learned “Don’t tie your own hands by being too specific with what you want to do.”

Stephens said that she tells legal students that their education will continue for the rest of their lives.

“The legal education that you get in the courtroom supplements the legal education you get in society,” Stephens said. “You’re going to be a student your whole career.”

Stephens said that throughout her career, she has learned that practicing the law requires shrewdness.

“A large part of applying the law correctly is applying a little common sense,” she said.

But Stephens said that if you have a strong feeling about who should win in a case, “you’re gonna screw up the law.”

“You can’t be too vested in the outcome,” she said.

During her time on campus, Stephens talked about

some recent notable cases the court has decided.

The state Supreme Court ruled last fall that as it was, the death penalty in Washington is unconstitutional. The court found that the death penalty in Washington was four times more likely to be given to an African American than a Caucasian individual convicted of a similar crime.

“We’re not going to tolerate a racially biased death penalty,” she said.

Stephens said that the death penalty is a “policy choice,” but if there is going to be a death penalty, it has to meet “constitutional minimums.”

Stephens said that if there is going to be the death penalty, it would have to be proven that it was only given to the “worst of the worst.”

“We did not say that it is off the table,” Stephens said.

A bill to ban the death penalty in Washington has passed the State Senate and is under consideration in the State House. Governor Jay Inslee has said that he intends to sign it if it reaches his desk.

Stephens also talked about the court’s recent McCleary decision.

Stephens said that the McCleary decision is “an example of where the courts and the Legislature have to communi-

cate.”

The McCleary decision was a ruling that the state Legislature was not fulfilling its constitutional duty to fully fund K-12 education. The Legislature was held in contempt of court and was fined \$100,000 a day until it fully funded K-12 education.

Stephens said that the fine was a way to treat the Legislature like they would any other defendant. When someone is held in contempt, typically they are either fined or held in jail.

“Why should the Legislature be different than an individual?” Stephens asked.

Stephens said that while some states don’t have an enforceable right to education, “We have for 40 years.”

Stephens said that when the court is deciding if they are going to take a case, they’re “looking for cases that have broad impact.”

“I always tell people if your case is in the state Supreme Court, it’s probably not a good day for you,” she said.

Stephens said that for the system to function, it is important for everyone to pay attention to the law and the courts.

“We should all be paying attention to the justice system, and in that way it is a personal matter,” she said.

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