

THUNDERWORD

In this issue

Campus Life	2-3
Views	4
Puzzles	5
Food	6
Sports	7-9
News	10-12

Page 3

Low enrollment numbers threaten Highline funding



Page 7

Men's basketball team off to 1-1 start in league play



Page 10

Local legislators set goals for upcoming session



Too sweet to cheat

Students say they wouldn't cheat, but know people who have

By Thunderword Staff

Copying. Plagiarism. Fabrication.

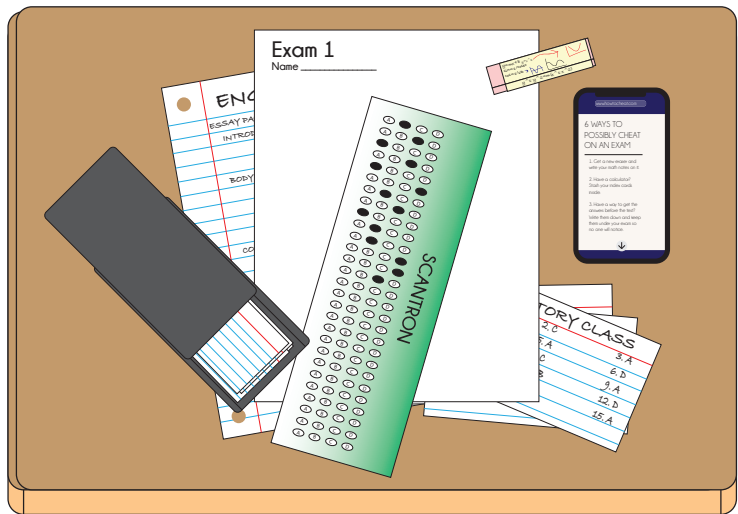
Although they're different words, they are all forms of cheating.

All students have seen these words at least once, whether it was on a syllabus or online.

At Highline, students say they won't cheat in college because they are afraid of the consequences.

A student who asked to be anonymous said, "I do my best to study, but sometimes during a test you blank out and sometimes you might look up and look around, but I wouldn't go in with the intent to cheat."

"There's worse consequences. You can get kicked out. You're paying to go to High-



Deyaneira Rivera/THUNDERWORD

line. In high school there were so many tests that were pointless," an anonymous student said.

Other students said that cheating would be acceptable under certain circumstances.

Another student said that if their classes were all difficult courses like chemistry, biology, or physics, they would consider cheating.

"I feel like there's certain circumstances. Like if the teacher taught a class on World War II and then gave a test on the Vietnam War. If the teacher didn't prepare you enough,"

an anonymous student said.

Many students haven't witnessed cheating first hand, but one anonymous student said that they had seen it many times.

"Here, high school, middle school, elementary, everywhere. Cheating through the years. Bad kids, or just uninformed kids," she said.

Although most students have said they don't cheat, there have been popular methods of getting away with cheating. The

See Cheating, page 12

Tuition program underfunded, legislators say

By Mitchell Roland
Staff Reporter

A program to fund college tuition for some students in the state is underfunded by \$100 million a year, local legislators say.

During its 2019 session, the Legislature passed the Workforce Education Investment Act, which provided some students with discounted or free tuition. In the legislation, students whose families make less than \$50,000 a year are provided two years of free education at a community college, while students whose families make less than \$75,000 are given a discount.

But the program is facing several obstacles. Multiple local legislators said that there has been difficulty implementing the Business and Occupation tax used to fund the program. As a result, Sen. Karen Keiser, D-Kent, said that there



is a significant gap in what the program was projected to cost, and what it actually costs.

"It's coming up about \$100 million a year short every year," Sen. Keiser said.

Sen. Keiser said that the issue lies with the Department of Revenue.

"Department of Revenue is having a very difficult time administering the higher tax," she said.

The tax was designed to be levied on businesses that

See Legislative, page 10

VP finalist forums to help Highline decide

By Izzy Anderson
Staff Reporter

Highline's administration makeover continues with hearings for finalists for the vice president of student services.

This is just one of several positions Highline will fill in the upcoming year.

Other positions expected to be filled are vice president of equity, diversity and inclusion, and vice president of academic affairs.

The first search taking place is for the vice president of student services.

The current interim vice

president of student services is Dr. Saovra "Sy" Ear.

Dr. Ear was appointed to the position in October 2018.

The search for this vice president is continuing through the VPSS search committee, which consists of 12 students, staff, and faculty members.

As of right now, all is going smoothly, said VPSS Screening Committee Chair Tim Wrye.

"We have qualified candidates we're happy with in the pool," Wrye said. "So far, I think everybody feels like it's gone well."

Three finalists had been officially selected by the commit-

tee.

These are Dr. Ear, Aaron Reader, and Dr. Terry Lindsay.

Before Dr. Ear became the interim VPSS, he served in several positions at Edmonds Community College, Green River College, and South Seattle College.

In total, he's worked in higher education for almost two decades.

Dr. Ear holds a doctorate in educational leadership from UW Tacoma, a master's in student development theory and practice from Seattle University, and a bachelor's degree in sociology and ethnic studies from

UW Seattle.

Reader is another candidate who has had some history at Highline.

His start in education as a career began at Highline in women's programs and as Inter-Cultural Center coordinator in 2005.

Reader currently works as the dean of student success for Renton Technical College, and has served at Bellevue College as well.

He received an associate of arts at Highline, a bachelor's in

See Searches, page 11

STUDENT SERVICES



SEARCH

Generous donor gives college \$550,000

By Mitchell Roland
Staff Reporter

A woman with no connection to Highline has given it the largest single contribution in its history.

Highline was one of 17 community and technical colleges in the region selected by Eva Gordon to receive the donation. Gordon, who died in 2018 at the age of 105, donated nearly \$10 million to various schools around Puget Sound.

Gordon grew up in Oregon, and did not attend college herself. After high school, she moved to Seattle where she began to learn



Josh Gertsman

how to invest wisely.

The donation came as a surprise to the Highline College Foundation, the private, non-profit that fundraises on behalf of the college, who accepted the donation.

Foundation Executive Director Josh Gertsman said that when Gordon decided to make the contribution, she did so without informing the schools who would receive it.

"When she did this, she didn't tell anyone. There wasn't a lot of fanfare," he said.

Gertsman said that he was first made aware of the donation

a year and a half ago, after Gordon died. At that point, Gertsman said he was told a donation was coming, but not how much it was going to be.

In late November, the foundation received a letter and a check for \$550,000. Gertsman said the foundation was among the first in the region to receive the money, and that this type of donation is out of the ordinary.

"It's not something that happens every day," he said.

Gertsman said that the foundation is still assessing how to best use the money, and that

no decisions have been made. But he said that they are free to spend it as they best see fit.

"She didn't designate how the money should be spent," he said.

Gertsman said that the donation is "a landmark gift for the foundation" and it will be "generational impacting."

Gertsman said that this donation shows the potential of what can happen when people get involved and donate.

"If this is the power of what one person can do, imagine what five or 10 people can do?" he asked.

Clubs Fair will happen today

A Highline Clubs Fair will be held today from 11:30 a.m. to 1:30 p.m. in the Mt. Constance/Mt. Olympus room in Building 8.

"Clubs at Highline range from athletic and recreational like our Handball Club or Table Tennis Club to clubs focused on faith and spirituality like Cru Club and Way, Truth Life Club," The Clubs Team said. "Other clubs that we are very excited for the Highline community to get more involved with are Indigenous Student Association (ISA), Mom's Elevated, K-Pop Club, ASL Club and Business Club."

The fair will host 42 recognized clubs and organizations. Clubs are open to all students and representatives from the Clubs Team will be present to answer any questions, they said.

CCIS seeking winter clothing

Tomorrow is the last day to donate to the winter clothing drive.

The Center for Cultural and Inclusive Studies has organized a clothing drive where Highline students, faculty and staff can donate new or gently used winter clothing for students in need at five locations around campus.

There are bins in the Center for Cultural and Inclusive Studies on the second floor of Building 8, between the TRiO and Women's Program offices in Building 6, the Benefits HUB in Building 1, the Community Pantry, and the first floor of the library.

Students in need of winter clothing can contact Geomarc Panelo at 206-592-3901 or gpanelo@highline.edu.

Science of Sleep

The Science Seminar will return tomorrow.

The seminar will be held



each Friday this quarter from 1:30 to 2:35 p.m. in Building 3, room 102.

The first seminar will be presented tomorrow by Dr. Bob Baugher on the science of sleep. He will cover sleep stages, how sleep affects people, and how to get better sleep.

"Science Seminar brings together students, faculty, staff, and members of the community in order to learn and interact with each other and with science," Dr. Aaron Moehlig said.

The seminar is free to attend for the Highline community as well as the general public.

No classes for Monday holiday

In celebration of the Martin Luther King, Jr. Holiday, there will be no classes and all offices will be closed on Jan. 20.

Two conferences, one application

Highline students can apply for two conferences using one application.

Students interested in participating in the Students of Color Conference 2020 and/or the QTOPIA summit must apply by Jan. 24 at 5 p.m.

Students who want to attend must have a GPA of 2.5 and enrolled in at least one credit.

The Students of Color Conference will be April 23-25 in Yakima. The conference will allow students to explore identity through workshops, activities, and conversations.

QTOPIA will engage students in creating pride in queer culture and community. The summit will be May 8-9 in Olympia.

Students can apply at bit.ly/SOCCQTOPIA20.



Izzy Anderson/ THUNDERWORD

The new Building 26 will have its grand reopening on Jan. 31

Students with questions can visit the Center of Cultural and Inclusive Studies in Building 8, email Edwina Fui at efui@highline.edu or Geomarc Panelo at gpanelo@highline.edu, or call 206-592-3296.

Panel scheduled on internment

Highline will host a panel discussion on Japanese-American internment during World War II.

The event, part of the NEA Big Read: King County series, will be on Jan. 27 from 1:30 to 3 p.m. in Building 2.

The panel will feature experts on Japanese-American internment, including former Highline faculty member, Mira Shimabukuro.

The NEA Big Read: King County is sponsored by the National Endowment for the Arts, King County Library System, Seattle Pacific University, and Highline.

Personal statement workshops

Two workshops to assist students planning to transfer will be offered at the end of the month.

The workshops will help students on brainstorming and

writing their personal statement essays for four-year university applications.

The workshops will be on Wednesday and Thursday, Jan. 29 and 30 from 12:15 to 1:15 p.m. in the Mt. Constance-Mt. Olympus room in Building 8.

The Wednesday workshop will focus on admissions expectations and what universities may expect when reading student's personal statement essays.

The Thursday workshop will discuss tips for writing and revising essays. The workshop will also cover Highline's and other outside resources to help students during the writing process.

Last day to withdraw

The last day to withdraw from Winter classes without a "W" on a permanent transcript is Jan. 27. The last day to withdraw from classes is Feb. 28.

Building 26 grand reopening Jan. 31

The grand reopening of Highline's Health and Life Sciences Building, Building 26, will be Jan. 31 from 2:30 to 4 p.m. Light snacks will be provided as well as a tour through the state-of-the-art, 46,000 square-foot building.

Get help with transfer portfolios at workshop

By Samuel Watson
Staff Reporter

If you or someone you know is hoping to transfer from Highline to a four-year college or university following winter or spring quarter, you may be interested in Transfer Portfolio Review Day.

Highline will be having its bi-annual Transfer Portfolio Review Day on Wednesday, Feb. 5, from 1:30 p.m. to 4 p.m.

This event is meant to help students who are hoping to transfer get tips from university representatives on their transcript portfolios.

"Students who attend are expected to have their transcript portfolios ready so that when they meet with the university representatives, they will be able to look at their portfolios and let them know what needs to be done," said Blia Xiong, program assistant with TRiO Student Support and Retention Services.

TRiO is designed to provide services to first-generation college students such as advising, tutoring, and coaching.

Most students who attend Transfer Portfolio Review Day are involved with one of the programs offered by TRiO, but everyone is welcome.

The deadline to register is Friday, Jan. 24. Registration can be done online by going to http://bit.ly/tprd_winter20.

Further questions can be directed to Program Manager and Academic Adviser Kathy Nguyen. Her phone number is 206-592-4504, or by email at kanguyen@highline.edu.

MLK Week has full lineup of speakers

By Dominique Johnson
Staff Reporter

A former KING 5 television journalist and equity advocate will present the keynote address at Highline’s annual Martin Luther King Jr. celebration on Jan. 21.

Jenna Hanchard will speak on “Courageous Stories in the Face of Change and Resistance,” at 11 a.m. in Building 7 as the college begins its week-long salute to the slain civil rights leader.

“Radical Vision 20/20: Reclaiming Our Past, Rewriting Our Present, Re-imagining Our Future,” is the theme of the this year’s program.



The program consists of 8 diverse events chosen by Highline’s MLK Week 2020 Committee.

The lineup includes lectures, movies, and workshops with the common goal of educating students on multicultural social issues through the means of art,

music, and discussion. Monday is the 25th annual MLK Day of Service. Highline will take 35 students to volunteer at Garfield High School in the company of the Seattle MLK Jr. Organizing Coalition.

Also on Tuesday will be “Art, Power, Resistance: Critical Voices of Children,” a workshop that will provide insight on different social issues through the lens of art produced by children.

It will be led by Highline faculty member Jennifer Young in the Student Union building from 6:15 to 8 p.m.

On Wednesday, in the Student Union, at 10 a.m., Dr. Claudia Garcia Louis will pres-

ent her lecture, “Rupturing From the Black-White Racial Binary: AfroLatinxs Bridging the Black-Brown Divide.”

The University of Texas professor said she will “underscore how the social investment in racial differences is foregrounded by ahistorical accounts of American blackness and mestizaje.”

In Building 8 at 1:30 p.m. “Seize Your Moment,” a lecture by rapper, Harvard graduate, and Google software engineer Obasi Shaw.

Students will learn how to use their own unique strengths and voices to inspire greatness.

Thursday in Building 7, Dr.

Maurice Dolberry will present “Dr. Martin Luther King, Jr., Revolutionary and Scholar.” The educator, coach, and education consultant’s presentation will lecture on Dr. King’s legacy, who he was, his message, and the core of his teachings.

“Our Mo’olelo of Liberation,” a lecture by poet Dr. Jamaica Heolimeleikalani Osorio, will also be held in Building 7 at noon on Thursday. She will share indigenous accounts of resistance and activism.

A movie in Building 7, *Blackklansman*, followed by discussion, will conclude Highline’s 2020 MLK Week. This will take place at noon, presented in collaboration with The Inter-Cultural Center.

Declining enrollment threatens state funding

By Samuel Watson
Staff Reporter

Highline’s enrollment is down for the third year in a row.

As of Jan. 15, Highline had 4,040 FTEs (full-time equivalent). This is down from 4,374 FTEs the same time last year, which was down from 4,566 FTEs the same time in 2018.

Low enrollment could threaten state funding for the college, officials say. Tuition accounts for no more than half of Highline’s budget, with much of the rest coming from state funds. Those funds are allocated based on projected enrollment.

“In a general sense, if enrollment declines, our resources from the state decline as well,” Dr. Emily Lardner said.

Dr. Lardner is the interim vice president for academic affairs.

Across the country, college enrollment has fallen for eight straight years. Possible factors could include rising tuition as well as fears of student loan debt.

Highline is not alone, with College enrollment down statewide, but that may not make a difference in the state’s funding formula.

Highline is seeking answers on how to raise its numbers. One way that Highline is by talking to current students. The college recently sent out a survey asking for feedback regarding the specific pathways currently being offered at Highline.

This survey is just one way that the college is working on asking more questions of its students instead of simply assuming what they want, Dr. Lardner said.

“Students gave amazing feedback on how we could im-



Izzy Anderson/THUNDERWORD

Despite falling enrollment, students still had to wait in line at the cashier’s desk in Building 6 in the first week of the quarter.

prove,” said Dr. Lardner.

Dr. Lardner is one of many working to find out how the college can get their numbers back up.

A common suggestion made by students was that Highline begin offering some sort of exploratory pathway for students who aren’t sure of their major.

While numbers have dropped for students in all areas, international student enrollment has dropped the most.

“Students who’ve been here since last year may notice that

we have less international students,” Dr. Lardner said.

As of Jan. 15, 2020, Highline had 294 international students. This is down from 330 international students this time last year, which is down from 502 in 2018.

Comparatively, basic skills numbers have also dropped, with 752 basic skills students as of Jan. 15, 2020, which is down from 1052 this time last year.

Running Start enrollment is also somewhat down.

As of Jan. 15, 2020, Highline had 1,277 Running Start stu-

dents, which is down from 1,353 this time last year, and 1,377 in 2018.

Regular enrollment has not dropped by much over the last two years.

Nonetheless, students reported the usual challenges in the first week of the quarter, such as the eternal hunt for parking.

Students said that the later they arrived at school, the fewer parking spaces were available.

“When I have to get to school for an 8 a.m. class, I never have trouble with parking. But for the

days that I get to school for any class after 9 a.m., parking is very difficult,” said Highline student Mary Belay.

“It takes me at least 20-30 minutes just to find a spot, which has sometimes affected my attendance.”

In addition to parking, students said that their classes are still somewhat full despite declining enrollment.

“My classes are all pretty full. I have between 30-40 students in each,” said Highline student Eunice Ndungu.

Involvement of young voters is paramount in light of recent events

With no shortage of coverage on recent events in Iran, the potential for war is on people’s minds, even with the last week’s apparent de-escalation of tensions. As large and out of reach as these issues—and others like them—may feel, we, the common people, specifically students, are not powerless.

Quite the contrary, widespread protests (many organized and carried out by college students) that began in 1965 are often credited as a major factor in ending the Vietnam war much sooner than it might have ended otherwise.

At a time when most Americans seemed to support the administration’s acts regarding Vietnam, the student protests marked one of the earliest examples of a vocal minority standing up to the government and effectively influencing policy.

A more recent example of protest dominated by young people was the Occupy Wall Street movement of 2011. These protests, beginning in New York and spanning all across the United States, raised awareness of the wealthy 1 percent’s light taxing despite their holding more than 40 percent of American wealth.

President Obama winning his second term can be at least partially attributed to his suggestions to increase taxes on the wealthy, often considered a direct result of Occupy Wall Street.

Both of these instances, one taking place nearly a decade ago and the other more than 50-60 years ago, invoke images of a divided country not too dissimilar from what we hear so much discussion about today.

Though the threat of war has lessened as the United States and Iran mutually acknowledge the potential toll it could take, and even if you set aside the effect this has had on Iran’s relationship with its neighboring countries of Iraq and Afghanistan, those who care about the issue should still be prepared to take to the streets simply because of the precedent this event has set.

The government will not be accountable unless the American people hold it accountable. If you disagree with the actions taken in Iran, you may protest, you may write your elected officials, you may even write the president himself.

Above all, however, you may vote. The lack of young voters is probably one of many reasons we continue to have people in office who don’t have young people’s best interests at heart.

This is the world that we’re inheriting. It falls on us to ensure that it’s a world that we want to live in.

Have something to say?

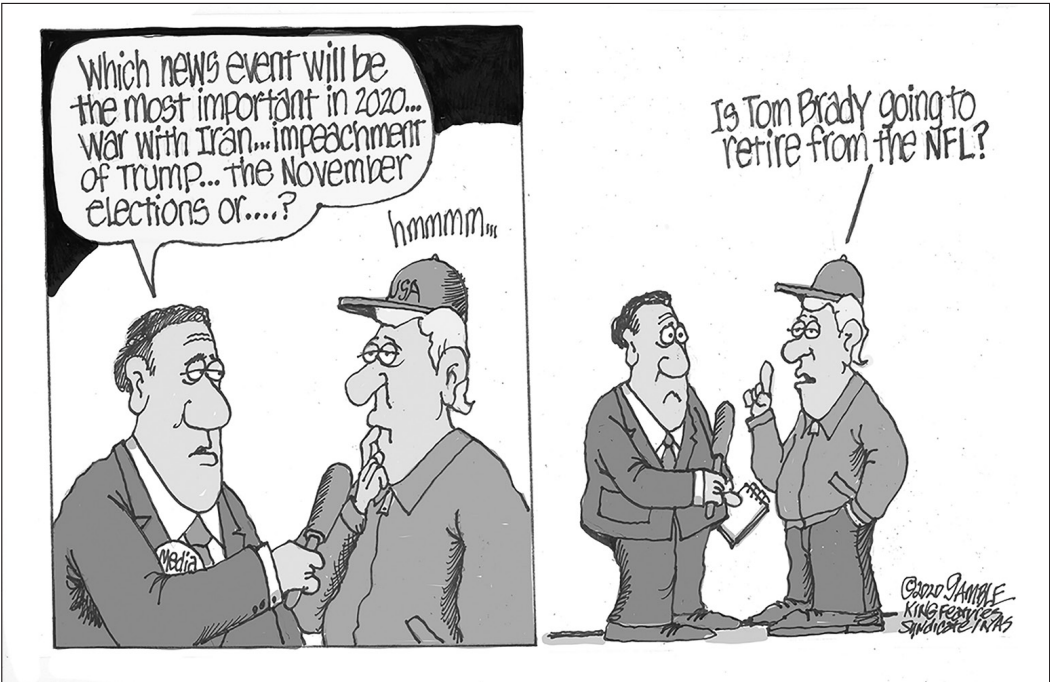
Write to us!

Have something you want to say to the student body?

The Highline Thunderword is asking for students to voice their opinions on what matters to them. We’re accepting submissions in the form of letters and columns.

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.



Sometimes the best choice is to re-evaluate

In a column that I wrote at the end of Spring Quarter last year, I said that my plan was to move to Cheney and study journalism at Eastern Washington University.

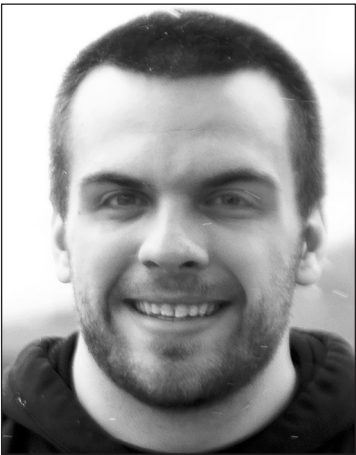
Since last February, I thought I had it figured out. Transfer to Eastern, major in journalism and work for its student newspaper. And I did, for a quarter.

Once I arrived on campus, I became the news editor for *The Easterner*. During my first week or so, I was told that funding for the paper had been cut by a third over the summer. Over the next several weeks I began to see the impact that it was having on the paper: a lack of reporters, photographers and a reduction in how many pages the paper could produce per week.

At that time, I called my mom and told her that while the program was losing funding, I was still committed and comfortable with my decision. I enjoyed my classes, the campus and the small-town atmosphere that Cheney provided. But then I saw that there would be additional cuts coming this year, and funding for the paper was likely to be reduced again.

Over the course of the quarter I began talking nearly daily to my friends about frustrations

Roland Back



Mitchell Roland

I was having with the program and expressing regret about being there. Through these conversations I began to realize that I needed to make a change.

In late October I placed an ad online trying to sublet my apartment. Over Thanksgiving dinner I told my family that I wasn’t returning to campus when classes resumed in January. In early December, I told the editor in chief, managing editor and the paper’s adviser I wasn’t coming back.

While it may not be easy, you have to do what you think is best. It wasn’t easy calling my parents and telling them that even though I had an apartment lease through mid-August of this year, I needed to make a

change. But sometimes you have to make a difficult decision.

Admitting you made a mistake is OK. Changing your path is OK. Making your own decisions and doing what is best for you is OK.

When you find yourself in a hole, the first thing that you have to do is stop digging.

I believe that the far worse option would have been to stay — simply tough it out for two years and stay in a place that I knew deep down was not going to best prepare me for my future.

I consider myself lucky. My family understood and supported my decision. I already have my next school picked out and will be transferring in time for Spring Quarter.

I told one of my friends about how relieved I was to be making this change, and she simply responded, “It’s almost like you weren’t happy there.”

And that’s simply it. I think that at the end of the day that’s a question people need to ask themselves: Are you happy doing what you are doing?

If you aren’t happy, and you don’t think you are in the right place, why stay?

Mitchell Roland is the managing editor of the Thunderword.

THE STAFF

“ I’ll join literally any cult I’m invited to. ”

Editor-in-Chief	Izzy Anderson	Senior Reporters	Seattle Valdivia, Emmitt Sevores, Eddie Mabanglo	Photographer	Stephen Glover
Managing Editor	Mitchell Roland	Reporters	Marta Barlow, Katrina Bennett, Patrick Caldwell, Harry Espinoza, Dominique Johnson, Joseph Locher, Maria Marshall, Joseph Robeye, Empress Robinson, Mark Stasyuk, Samuel Watson	Business Manager	Cameron Sarrett
Associate Editor	Ally Valiente			Advertising	Thy Nguyen
News Editor	Caleb Ruppert				
Arts Editor	Lillie Ly				
Sports Editor	Calvin Domingo	Graphics editors	Kayla Calso, Samuel Hernandez, Deyaneira Rivera-Torres		
Opinion Editor	Jack Fishkin	Advisers	T.M. Sell, Gene Achziger		

Weekly SUDOKU

by Linda Thistle

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

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!

© 2020 King Features Synd., Inc.



1. LITERATURE: What is the motto of The Three Musketeers in the 19th century novel?
2. MUSIC: What were the first names of the Allman brothers?
3. GENERAL KNOWLEDGE: New York City is divided into how many boroughs?
4. GEOGRAPHY: What is the capital of Malaysia?
5. HISTORY: Which was the first U.S. state to be admitted to the union after the original 13 states were admitted?
6. MATH: What is the first number in which the letter "a" appears in its spelling?
7. GEOLOGY: What kind of rock likely would form at the bottom of a river?

8. U.S. PRESIDENTS: Which president once worked as a fashion model?
9. MOVIES: How many people were killed in the 1996 movie *Scream*?
10. FAMOUS QUOTATIONS: Which ancient Roman philosopher once said, "Every new beginning comes from other beginnings' end"?

1. One for all, and all for one
2. Duane and Gregg
3. Five
4. Kuala Lumpur
5. Vermont
6. 1,000
7. Sedimentary
8. Gerald Ford
9. Seven
10. Seneca

(c) 2020 King Features

Puzzle answers on Page 12

GO FIGURE! by Linda Thistle

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

DIFFICULTY: ★★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

	÷		+		13
+		×		-	
	×		-		12
×		+		×	
	×		+		12
14		13		15	

1 2 3 5 6 6 7 8 9

©2020 King Features Syndicate, Inc.

King Crossword

ACROSS

- 1 Cleans the floors
5 Pouch
8 One of the Three Bears
12 Admitting customers
13 Time of your life?
14 Change for a five
15 Draped dress
16 Sailor
17 Western state
18 Deceptive
20 Melody
22 Lengthwise, to 16-Across
26 In spades
29 Actress Farrow
30 Mai — (cocktail)
31 Exceptional
32 Corral
33 Check
34 Film trickery, for short
35 One of the Brady Bunch
36 Cartoonist Trudeau
37 Everywhere
40 Surround
41 Attachments
45 Blunder
47 Rowing need
49 Help in crime
50 Padlock faster
51 Oilfield struc-

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

- ture
8 100 pence
9 Enemy of an "army"?
10 Shade of green
11 Shade of blonde
19 Plaything
21 Actress Merkel
23 Make corrections
24 Equitable
25 Wee
26 St. Louis landmark
27 Creche trio
28 Annoyingly proper
32 Internet radio
33 Numbers to be crunched
35 Cookie container
36 Deity
38 Ballerina in "Fantasia"
39 Ginormous
42 Last write-up
43 "Finding —"
44 Flight component
45 That girl
46 Fond du —, Wis.
48 Have something

DOWN

- 1 Rolling stone's lack
2 Colorful fish
3 Graceful woman
4 Cold symptom
5 Attendant of Bacchus
6 — Khan
7 Foolproof

ARIES (March 21 to April 19) Use that Arian charm to help make a difficult workplace transition easier for everyone. News about a long-awaited decision can be confusing. Don't jump to conclusions.

TAURUS (April 20 to May 20) Although you might well be tempted to be more extravagant than you should be at this time, I'm betting you'll let your sensible Bovine instinct guide you toward moderation.

GEMINI (May 21 to June 20) An opportunity for travel could come with some problems regarding travel companions and other matters. So be sure you read all the fine print before you start packing.

CANCER (June 21 to July 22) Make an effort to complete your usual workplace tasks before volunteering for extra duty. Scrambling to catch up later on could create some resentment among your colleagues.

LEO (July 23 to August 22) A financial matter could have you rethinking your current spending plans. You might



want to recheck your budget to see where you can cut back on expenses until the situation improves.

VIRGO (August 23 to Sept. 22) One way to make your case for that promotion you've been hoping for might be to put your planning skills to work in helping to shape up a project that got out of hand. Good luck.

LIBRA (Sept. 23 to Oct. 22) Be careful about "experts" who have no solid business background. Instead, seek advice on enhancing your business prospects from bona fide sources with good success records.

SCORPIO (Oct. 23 to Nov. 21) Standing up to support a colleague's viewpoint — even if it's unpopular — can be difficult if you feel outnumbered. But you'll win plaudits for your honesty and courage.

SAGITTARIUS (Nov. 22 to

Dec. 21) While progress continues on resolving that recurring problem, you might feel it's taking too long. But these things always need to develop at their own pace. Be patient.

CAPRICORN (Dec. 22 to Jan. 19) Someone close to you might have a financial problem and seek your advice. If you do decide to get involved, insist on seeing everything that might be relevant to this situation.

AQUARIUS (Jan. 20 to Feb. 18) A personal matter takes an interesting turn. The question is, do you want to follow the new path or take time out to reconsider the change? Think this through before deciding.

PISCES (Feb. 19 to March 20) Moving into a new career is a big step. Check that offer carefully with someone who has been there, done that, and has the facts you'll need to help you make your decision.

BORN THIS WEEK: Your warmth and generosity both of spirit and substance endears you to everyone.

(c) 2020 King Features

Keep up with your favorite puzzles weekly in the Thunderword

Small changes build healthy eating habits

A new year brings about a desire for change, so let's start with your health.

When it comes to our daily meal routine, change can sometimes be challenging. Studies have shown that it takes from two to eight months to form a new habit. You can create a positive eating habit by making small changes over time, like eliminating sugary drinks and high-sodium foods.

Consider making healthy changes that reflect your personal preferences, culture and traditions. Think of each change as a win as you build good habits and find solutions that reflect your new healthy eating style. Use the tips below courtesy of My Plate (www.choosemyplate.gov/start-small-changes) to find little victories that work for you.

Fruits and veggies

Focus on whole fruits more often than drinking 100 percent juice. Snack on fresh, frozen, canned or dried fruits instead of cookies, brownies or other sugar-sweetened treats. Offer whole fruits without saturated fat, sodium or added sugars as dessert.

Vary your veggies to include green, red and orange choices. Add fresh, frozen or canned veg-



etables to salads, side dishes and recipes. Prepare your vegetables without sauces, gravies or glazes to lower the amount of sodium, saturated fat and added sugars.

Whole grains

Choose whole-grain foods more often than refined grains. Make at least half the amount of grains you eat each day whole grains. Find high fiber, whole-grain foods by reading the Nutrition Facts label and ingredients list. Some common whole grains include oatmeal, whole-wheat flour and popcorn.

Low-fat and dairy-free

Choose low-fat or fat-free milk and yogurt. Buy low-fat or fat-free cheese more often than regular cheese. Regular cream cheese, butter and cream are not in the dairy food group because they have little or no calcium. They also are high in saturated fat.



Depositphotos

Greek Pork Chops are a healthy way to incorporate fresh fruit and juices into your diet for the new year.

Vary your proteins

Mix up protein foods to include seafood, beans, nuts, seeds, soy, eggs, lean meats and poultry. Select seafood twice a week, including fish and shellfish. Add beans or peas, unsalted nuts and seeds, and soy in main dishes and snacks.

Healthy alternative recipes

When planning your daily

meals, try healthy new ways to prepare family favorites. This recipe for Greek Pork Chops incorporates fresh fruit and juices into savory dishes.

Greek Pork Chops

- 1 pound pork cutlets (or 4 boneless pork chops)
- 2 tablespoons vegetable oil
- 1/2 cup orange juice
- 2 teaspoons soy sauce

- 1 tablespoon dried oregano
- 2 cloves garlic (peeled and minced)
- 1/2 teaspoon salt
- 1 teaspoon black pepper
- 1/4 teaspoon dried crushed red pepper
- 4 (1/4-inch-thick) orange slices

1. Make a marinade for the pork by combining 1 tablespoon of the oil, the orange juice, soy sauce, oregano and garlic in a glass bowl or re-sealable plastic bag; mix well. Cover bowl, if using, and refrigerate the pork chops for at least 4 hours or overnight.

2. Remove the pork chops from the marinade and discard the marinade. Sprinkle pork chops with the salt and the black and red pepper.

3. Place a large skillet on the stove over high heat. When hot, add the remaining tablespoon of oil to the skillet. Add the pork chops to the pan, waiting about 30 seconds between each addition.

4. Cook about 3 minutes on each side until crispy. Set pork chops aside on a plate and add the orange slices to the pan; cook on each side about 30 seconds. Serves 4.

Angela Shelf Medearis is an award-winning children's author, and culinary historian.

(c) 2020 King Features

Pizza recipe features feta cheese, zucchini

This is for all you feta cheese lovers. It's also for all you zucchini lovers. And all you pizza lovers, too.

- 1 (11-ounce) can purchased refrigerated crusty French loaf bread
- 2 teaspoons Italian seasoning
- 1 3/4 cups (one 15-ounce can) tomato sauce
- 2 1/2 cups chopped unpeeled zucchini
- 3/4 cup crumbled feta cheese
- 3/4 cup shredded reduced-fat mozzarella cheese



1. Heat oven to 425 F. Spray a 10-by-15-inch rimmed baking sheet with olive oil-flavored cooking spray. Unroll French loaf and pat into prepared baking sheet. Bake for 5 minutes.
2. Stir Italian seasoning into tomato sauce. Evenly spread sauce mixture over partially baked crust. Arrange zucchini evenly over sauce. Sprinkle feta and mozzarella cheeses evenly over top.
3. Continue baking for 12 to 14 minutes or until crust is golden brown. Place baking sheet on a wire rack and let set for 5 minutes. Cut into 8 large pieces. Serves 8.

* Each serving equals: 173 calories, 5g fat, 9g protein, 23g carb., 758mg sodium, 2g fiber; Diabetic Exchanges: 1 starch, 1 meat, 1 vegetable.

(c) 2020 King Features Syndicate

Got news?
We've got space!
Contact us at Thunderword@highline.edu

TIRED OF HUNTING FOR PARKING?

RIDE THE BUS AND GET REIMBURSED

Highline credit students are eligible to receive a \$60 Bookstore gift card when they spend \$60 or more on transit expenses during the current quarter.

For more information visit: adminservices.highline.edu/public-safety/commuting-to-highline/#orca-card

Men's hoops off to 1-1 start in league

By Calvin Domingo
Staff Reporter

After finishing the preseason 8-6, the Highline men's basketball team find themselves sitting in fourth place in the ultra-competitive West Division after splitting their first two league games against Green River and Lower Columbia.

Prior to the New Year and league play beginning, the Thunderbirds were off to a great start to the season, starting off 4-1 in their first five games.

Throughout the month of December however, the team stumbled to a 4-5 finish.

"December was a tough month for us. We dealt with a lot of injuries and sickness, especially towards the end," sophomore forward Nathan Yockey said. "Even though we came up short in a few of those games, it was a blessing in disguise. We were down a lot of starters and it gave the guys that come off the bench a chance to step up and contribute and get their confidence up before league play started."

Although Head Coach Che Dawson likes the direction his team is headed in right now, he said that preseason revealed that his team needs to do a better job of finishing games.

"We've been consistently inconsistent," Coach Dawson said. "We've played really well for stretches of games regardless of opponent. We have to put together entire games against good teams."

Heading into league play, the T-Birds talked about what they needed to do to accomplish their goals in league.

"In advance of league play, coach and us sophomores broke it down for the freshman about how league works," Yockey said. "How the games are so much more intense and the competitive nature really comes out. We told everybody that league is where you find out who is a real dog and who is blowing smoke, so to speak. And we saw that in our first two games."

2020 didn't only bring upon a new year for the T-Birds. In their final preseason game against Peninsula and first game of 2020, sophomore super-sub Ryder Kavanagh was recently inserted into the lineup.

"Ryder has the ability to shoot the ball and to make good decisions handling the ball," Coach Dawson said. "He is getting back into game shape and will be good for the team coming down the stretch."

As teammate Yockey can attest to, Kavanagh brings a lot to the table.

"Ryder coming back into the lineup is huge," Yockey said. "His shooting contribution is obvious, he stretches the floor and is a huge scoring threat who



Stephen Glover/THUNDERWORD

Highline freshman guard Micah Jessie driving hard to the hoop against a few Green River defenders.

can put up 20 points and five plus threes on any given night. His lesser known contribution is how well he controls the ball and passes it."

Last week on Wednesday, Jan. 8, the Highline men's basketball team hosted their first league game of the year against Green River, which resulted in a 90-85 come-from-behind overtime victory.

Freshman guard Micah Jessie led the charge for Highline with 25 points (6 for 9 from the three-point line) in addition to 9 rebounds, and 2 blocks.

Meanwhile, Connor Woodward's 30 points (9 for 13 from the three-point line) wasn't enough for Green River.

Woodward, a transfer from Washington State University who was just playing in his first game with the Gators, wasn't previously on the scouting report.

"He had 8 threes in the first half before we even knew what hit us," Yockey said. "In the second half, we tightened up on him and held him in check and then that allowed us to get back in the game and eventually take it."

In the fourth quarter, with the Thunderbirds nursing an 87-85 lead with less than 30 seconds to go, Highline's Fayson made the highlight reel play of the game with a game-saving LeBron-style chase-down block on Green River's Pa'Treon Lee as he attempted to tie the game on a fast-break layup.

"I saw that we had turned the ball over and for us to secure the win, I had to take a risk to challenge a very good player at the rim for my team to end the game with the victory," Fayson said. "As soon as the block happened,

I felt like I impacted the whole overtime because they didn't score many points afterwards."

Coach Dawson had nothing but praise to heap upon Fayson afterward.

"Jalen has no idea how good he can be if he commits to working hard and having a sense of urgency everyday on the court and in the classroom," Coach Dawson said. "He has a chance to be a very good player at the next level."

This past Saturday, on Jan. 11, the T-Birds hosted the Lower Columbia Red Devils and came away with a loss, 74-65.

Star sophomore guard Mahlik Hall had a season-high 36 points (10-16 from the field, 15-17 from the free throw line) in addition to 8 rebounds to carry Highline.

"It feels good to get out what you put in," Hall said about his stellar performance. "All the work I put in, I'm not surprised. Obviously, I'd rather have the win, but it felt good to score that much."

Lower Columbia had three players tie for the team lead in scoring with 11 points apiece as Cody Young, Samaaad Hector, and Alexis Angeles did most of the heavy lifting.

"We spotted them 12 points then it was a ball game," Coach Dawson said. "They are really good defensively and tough on the glass. We were right there, but we have to eliminate breakdowns defensively and not have wasted possessions offensively."

Zevenbergen didn't hold anything back in terms of how poorly the 'Birds played.

"They capitalized on our turnovers and got a lot of points out of it," Zevenbergen said. "They also challenged us by

crashing for rebounds every time a shot went up, which we haven't seen from another team other than so far. We had a slow start, which hurt us in the long run because we beat them in the second half. They are the team to beat in our conference. We now know what we need to fix and tune up to beat them on their home court later in the season."

Hall echoed his teammates sentiments.

"Lower Columbia is the team to beat, but I feel like we're better if we collectively do what we know we can do," Hall said.

With league play in full swing, Coach Dawson would like to see a few things from the T-Birds as the season rolls along.

"Intensity, toughness, and attention to detail."

Fans can catch the Thunderbirds in action as they travel to Centralia this coming Saturday for a showdown with the Blazers at 7 p.m.

Next, they welcome the South Puget Sound Clippers into the Thunderdome next Wednesday, Jan. 22 at 8 p.m.



TEACH STEM
CENTRAL WASHINGTON UNIVERSITY

STEM Teachers are in High Demand



Now Enrolling Fall 2020

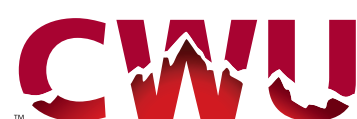
Earn your Bachelor's degree, Teaching Certification and two high demand endorsements in Middle Level Mathematics and Science in 6 quarters (after your community college DTA with approved prerequisites) at CWU-Des Moines, located at Highline College.

Darin Knapp

STEM Master Teacher
darin.knapp@cwu.edu
206-718-5979

cwu.edu/teachstem/des-moines

CWUteachSTEM:



Central Washington University

CWU is an EEO/AA/Title IX Institution.
For accommodation email: DS@cwu.edu.

Wrestlers look to improve in second half

By **Eddie Mabanglo**
Staff Reporter

The Highline wrestling team wrapped up 2019 in the great state of Nevada for the Reno Tournament of Champions on Dec. 15.

The “Biggest Little City in The World” played host to 25 colleges, from Pac-12 programs to NJCAA teams alike. John Sowers (157) led the team, taking home a pair of wins.

Sowers beat Logan Meek of Oregon State University via fall (3:31) before losing to Wyoming’s Dewey Kruegger by a technical fall.

Sowers then pinned Dalton Jenson out of Grand View before losing to Oklahoma State’s Chance McLane in a 7-6 decision.

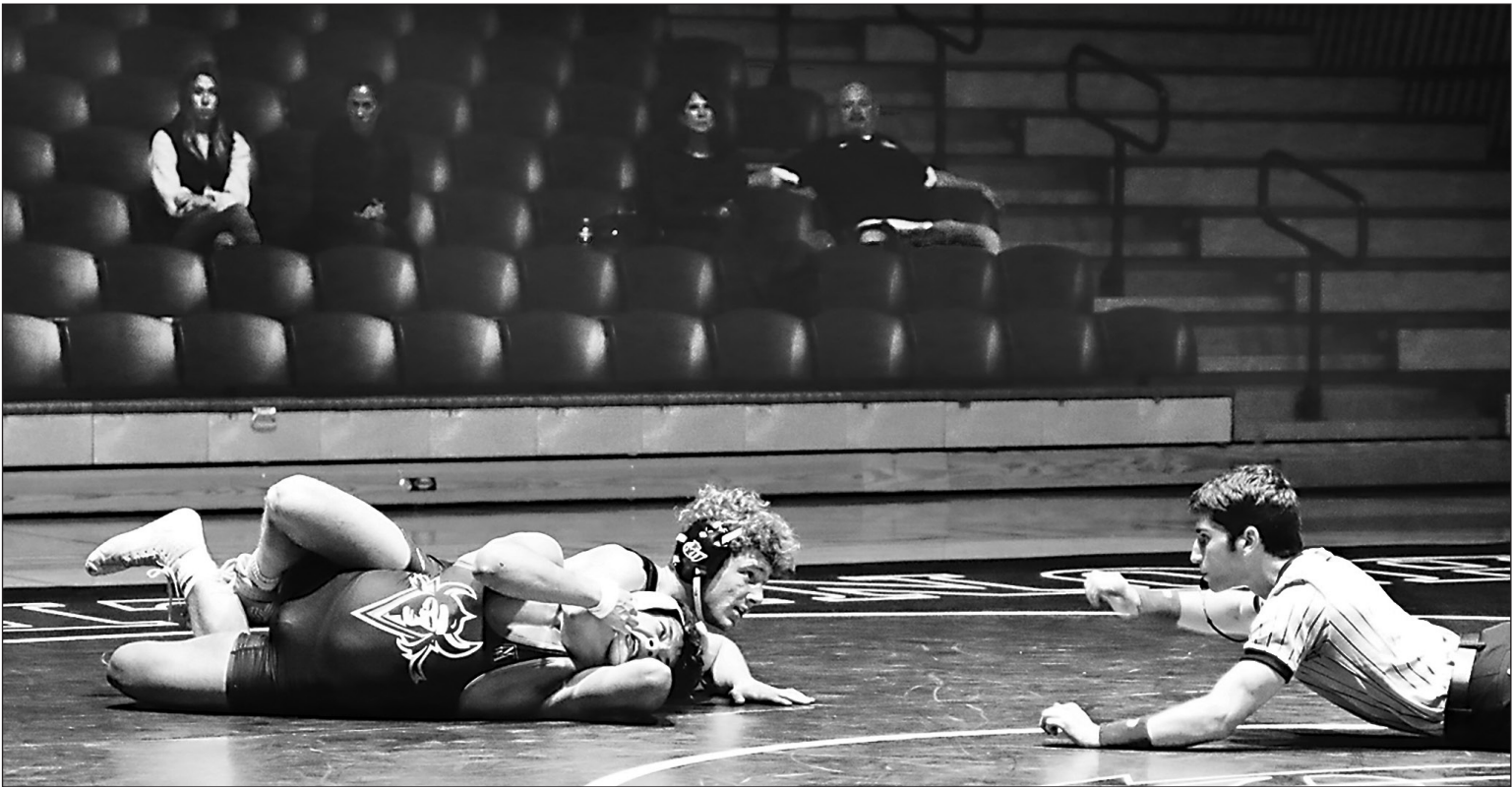
Gerardo Suarez (141) pinned Eastern Oregon’s Nathaniel Rodriguez in three and a half minutes. He then lost a 6-5 decision to Lorenzo De La Cruz of California Baptist before losing to Colorado Mesa’s Bracken Lovell.

Mesa’s Kyle Kintz beat Austin Cleland (141) in a 6-3 decision, then lost to Edrich Nortje of Hastings by 6-5.

Jeramias Sandoval (149) beat Simpson’s Elijah Blake by fall (4:49) before losing to Daxton Gordon of Oregon State University.

Nico Torres (174) beat Carlos Rodas-Lara of Treasure Valley (1:34) before losing to Josh Nummer of the Arizona State Sun Devils following an injury three minutes into the round.

Kai Olson (197) won by



Jack Harton photo

John Sowers (157) left Nevada with a pair of wins against both Grand View and Oregon State. Here he is pictured against Big Bend.

technical fall to Southwestern Oregon’s Abraham Mamizuka before losing to ASU’s Cade Belshay by pin (1:20).

Head Coach Chad Beatty said that the team is going into the second half of the season with emphasis on “small technical adjustments” to the program.

“Things like hand placement when we’re hand-fighting or driving at the correct angle when finishing leg attacks,” he said. “And really, trying to elevate each other by continuing to wrestle through all positions during practice.”

Last weekend, the Thunderbirds kicked off the 2020 portion of their season with duals against Southwestern Or-

egon Community College and Umpqua Community College.

Austin Cleland (141) won a 5-0 decision over Southwestern Oregon’s Frankie Harlow and pinned Umpqua’s Kobe Olson (6:34)

Jeramias Sandoval (149) won a 3-2 decision over Southwestern Oregon’s AJ Lira and an 8-2 decision over Umpqua’s Titus Mejia.

John Sowers (157) pinned Southwestern Oregon’s Noah Wusstig and Umpqua’s Garrett Russell.

Hayden Henry (184) won a 6-2 decision over Southwestern Oregon’s Jacob Westfall and a 12-2 decision over Umpqua’s Jullian Stone.

Kai Olson (197) lost to Southwestern Oregon’s Ben Hughes, then beat Umpqua’s Hunter Hillard by a technical fall.

Anthony Rawson (174) said that the first half of the season has gone well for him and his teammates, sans a few bumps and bruises along the way.

“Wrestling is just a pretty tough sport so we run into some stuff here and there, but our team is very healthy and sharp,” he said.

Rawson says he will be spending the next few days staying in shape in preparation for the next competition.

“[I’m] just staying healthy and getting ready to go this coming weekend at my last

open of the season,” he said.

Staying healthy is important to Coach Beatty as well, especially with the Council Bluffs national tournament on the horizon.

“We’re also putting an emphasis on recovery, overall health and nutrition as we prepare for the final push towards Iowa,” he said. “We have a really good group that’s supportive of each other and that loves to play dodgeball... and wrestle,”

The Thunderbirds are back in action tomorrow in Clackamas, Ore against Clackamas Community College.

On Jan 28, the team will be back in Oregon for the 2020 Boxer Open in Forest Grove.

Women’s basketball downs Green River in OT

By **Emmitt Sevores**
Staff Reporter

The Lady T-Birds basketball team won their first conference game of the season in an overtime thriller against the Green River Gators last Wednesday.

This game is a big win to start off conference play for what has been an unproductive season so far for Highline.

Starting their season 2-8, Highline has struggled in stretches with having two separate three-game losing streaks.

An offensive turnover by the Gators with seconds remaining set up the Thunderbirds with an opportunity to tie the game.

Freshman guard Patrea Topp hit a 3-point shot with 0.7 seconds left in regulation to tie the game 51-51, and send it to overtime.

“We called the play for her,” said Head Coach Daimen Crump.

“It was really nice to know that my teammates and coaches trusted me to make the shot,” said Topp.

After being down by as much



Stephen Glover/THUNDERWORD

Freshman guard Catherine Sunny has 12 rebounds this season.

as 15 points, Highline got its first lead of the game in overtime on a shot from sophomore forward Alani Sinclair, and they never looked back.

“We came out flat and we just couldn’t get it going. Our problem

was that we weren’t attacking the basket,” said Crump.

Crump also said that they were settling for jump shots instead of layups when their center was being triple-teamed.

The Lady T-Birds outscored

Green River 8-2 in the extra period, winning the game 59-53.

Highline’s success late in the game could be attributed to center Kylie Lunday, who had 10 points and 20 rebounds, including 8 offensive rebounds, as much as Green Rivers’ entire team.

“When you really want something, you and your teammates do everything you can to come out on top,” said Lunday.

Catherine Sunny was a key contributor to the Thunderbird’s late rally.

The freshman guard put up 9 points in the fourth quarter alone and had 21 overall, leading the team.

Coach Crump said that the turnaround for the Lady Thunderbirds started when they realized that they were about to lose.

“After every halftime we always say ‘it’s a new half, the first half is over and done with,’” said Sunny.

Highline had another game on Saturday where they weren’t able to keep their mid-week momentum going as they fell to Lower

Columbia.

The team struggled mightily shooting from behind the 3-point arc, shooting 2 of 12 as a team.

Highline again put itself in a large hole but couldn’t find a way to climb out.

Topp said that the team can succeed if they start communicating more and “pass up good shots for great shots.”

The team turned the ball over 30 times, marking the fourth time the team has registered 30 or more turnovers in a game this season.

“I feel as if we all weren’t mentally prepared. We weren’t focused on adjusting from our mistakes,” said Sunny.

Highline’s next game will be on the road against the Centralia Trailblazers on Saturday, Jan. 18 at 5 p.m.

The Lady T-Birds also play against South Puget Sound at the Thunderdome on Wednesday, Jan. 22 at 6 p.m.

Results from Highline’s game against Pierce College on Wednesday were not available at press time.

Everything You Always Wanted to Know About Exercise (But Were Afraid to Ask!)

By Darin Smith
Special to the Thunderword

Many people want to start up a new exercise routine with the arrival of the new year, but they may have some questions about the details.

Here is your guide to some of the most frequently asked questions about exercise to help you start off on the right foot.

What time of the day is the best to work out?

Some research suggests that training in the evenings (4-7 p.m.) might have some slight advantages for muscle growth based on hormonal levels and core temperature variations.

However, your guiding principle should be to pick the most convenient time that will best enhance your adherence (ability to stick with the exercise schedule).

Another big consideration is to choose the time of day where you personally feel your energy levels and strength are optimal so that you can perform at your best.

Lastly, it is a good idea to schedule workouts at the same time of day to allow for better adaptation to the workouts and to reinforce a consistent habit of training.

Should I do cardio or weight training first?

First of all, no one says you have to do both on the same day.

If you can schedule them on separate days, that might be the best way to go. However, if your time is limited and you need to get both cardio and weight training in during the same session, your first consideration should be determining what your goal is.

If you are focused on developing strength or muscle mass, then put your energy toward performing the weight training first. This will allow you to devote more of your limited energy to maximiz-



Darin Smith

ing your lifts and performing them with good form.

If your focus is on improving your cardiorespiratory endurance, it would be best to spend your energy on your cardio session first.

Will cardio reduce weight training gains?

It depends. If you are doing concurrent training of cardio and weight training, you may see some reduction in muscle building gains if you are frequently doing a lot of long duration, low-to-medium intensity steady state cardio with very little rest between sessions.

This type of cardio tends to build slow-twitch type 1 muscle fibers, whereas weight training tends to build fast-twitch type 2 fibers. This may hinder the growth of the type 2 fibers since it is difficult to stimulate both of these competing adaptations at the same time.

Ideally, the best practice for concurrent cardio and weight training practice would be to incorporate more short-duration (< 20 minutes), high-intensity interval training (HIIT) for cardio since this training would be better for stimulating type 2 muscle fibers.

It would also be helpful to have at least 24 hours of rest between cardio and weight training sessions and to avoid doing

cardio (e.g. running, biking) on your leg day weight training workout.

Should I use free weights or weight machines?

Both of these training methods have pros and cons.

Weight machines are easy to use, generally safe, and the weights can be adjusted very quickly, so they are great for people new to weight training.

They also are useful for isolating specific muscles that a person may want to develop. Unfortunately, these machines are unable to replicate realistic body movements and are limited in their range of movement.

They often only focus on one muscle, whereas free weights allow for more complex movements that use several muscles at once. Free weights also allow for explosive movements and tend to have better results for muscle development and functional performance.

My advice would be to start out with some machines if you are new, and then try to work in more free weight exercises into your routine as you gain more experience.

Is there an exercise that can remove fat from a specific area?

Unfortunately, no. The idea

that you can selectively remove fat from specific body areas with exercise (or anything else short of liposuction) is a myth known as spot reduction.

Although focused weight training exercises can help build up muscle in specific areas like your abs or triceps, it will not selectively burn off the fat on your belly or under your arms.

Genetics and gender tend to be determining factors in where your fat is stored and also have a say in where your fat is removed first.

If you want to remove fat, you can try to improve your diet and engage in more cardio and weight training exercises. This will help you lose fat throughout your body, however you won't be able to specifically control where it is removed from.

Will weight training make me big and bulky?

Only if you train specifically for that, and even then, it is not easy.

Developing muscle mass, also known as hypertrophy, requires a combination of proper nutrition, specific training programs, hormones, and genetics.

If you want to build hypertrophy, you will likely need to lift heavy weights (70-80% of your 1 rep max) for 3-6 sets of 8-12 reps at least 2-4 times a week.

Hormone levels (e.g. testosterone) as well as genetic dispositions to hypertrophy (e.g. higher proportions of type 2 muscle fibers) will also determine whether or not a person easily develops muscle mass.

The short answer is that weight training generally helps most men and women strengthen and tone their bodies, but it typically does not result in big, bulky muscles unless you train specifically for it or have biological factors that help you add muscle quickly.

How often do I need to exercise?

It really depends on your goals.

If you are just focused on gaining some health benefits, the minimum physical activity recommendations are 30 minutes/day of moderate intensity cardio, 5 days a week or 20 minutes/day of vigorous intensity cardio, 3 days a week.

As for muscle-strengthening, it is recommended that at least one set of 8-10 resistance-training exercises be performed on two non-consecutive days using the major muscles.

A resistance (weight) should be used that results in substantial fatigue after 8-12 repetitions of each exercise. Of course, these are minimum recommendations, so if you would like to improve things like fitness, weight loss, and muscle gains you will likely need to do more.

This might include cardio sessions of longer duration (60-90 minutes) or of higher intensity, and more frequent resistance training sessions (2-4 sessions/week) involving more sets (3-6 sets) and greater resistance.

Do I need to stretch before I exercise?

Not usually.

Unless you are engaging in an activity that requires a greater range of motion (e.g. gymnastics, martial arts), you are probably far better off just doing a good warm up of light cardio for 5-10 minutes including things like jumping jacks, jogging in place, or jump roping.

Static stretching before a workout has not been consistently shown to reduce injury, it does not contribute to properly warming up the muscles for activity, and may limit the strength and performance of the stretched muscle for a length of time during the workout.

In addition, stretching cold muscles prior to a warmup may result in damage to the muscle. A better recommendation would be to focus on a good warm up and then do some stretching at the end of a workout while the muscles are still warm.

New and improved wellness center now open

By Eddie Mabanglo
Staff Reporter

The new Health and Life Sciences building is a week and a half into its inaugural quarter at Highline as students are now eligible to use the building's new Wellness Center.

The facility, formerly known as the "fitness center" was previously located in Building 21, and is now located in a much more roomy Building 26.

Wellness Center staff member Nick Mamonov said that other than the larger space, the new 3,000-square-foot facility distinguishes itself as being a

more inclusive environment.

"I think it's the atmosphere," Mamonov said. "And calling it the 'Wellness Center' gives off a more welcoming vibe."

Mamonov added that it was more than just a vibe to make a welcoming atmosphere, as a deliberate effort had been made to make the space all-encompassing for those who have physical disabilities with the new machines.

"I like the new machines because you can go heavier, but that's just for me," he said. "But they also can accommodate wheelchair access."

This was a feature that had

been lacking in the previous fitness center, with its older machines and smaller space.

As of this morning, the old machines are still in the now dark and quiet space that is the old fitness center.

Mamonov said that he believes none of the old machines will be continued to be used at Highline.

"As far as I know, the administrators say that the old machines will be given away, sold, or thrown away," he said.

Most of the new machines are more accessible versions of the older ones, but regulars at the old fitness center will be quick

to notice that the new Wellness Center is missing a few of the older workouts.

The triceps extension, bicep curl, and standing calf raise machines of the older gym do not have any updated counterparts in the new space.

Instead, these workouts can be done with free weights and dumbbells.

"This place has more free weights and fresh faces," said student Joshua Denney. "It keeps me motivated because there's a positive environment here."

Denney says that he likes the space and plans on visiting the

wellness center daily, but feels that the new space lacks the visual information and workout guides found in the old space.

"I feel like they need more information displayed on tips for working out, that'd be my only suggestion," he said.

Mamonov said that the new year should encourage students to spend more time working out on campus.

"Highline decided to make a new gym, that shows that they want to take care of students to encourage them to work out more," he said.

The new Wellness Center is open 8 a.m. to 6 p.m.

Legislators lay out goals for session

By Mitchell Roland
Staff Reporter

Even though this session is low on both time and funding, legislators still have several things they hope to accomplish during their time in Olympia.

The Washington state Legislature began its 60-day session on Monday, and local legislators are hopeful they can pass a variety of bills. While the Legislature will pass a supplemental budget during this session, legislators do not expect there to be any major changes.

State Sen. Karen Keiser, D-Des Moines, said that she does not expect any major differences between this year's budget and the biennial budget that was passed last year.

"Generally, not. Submental budgets are pretty modest," she said. "There's just not enough

time."

But even with the limited time and resources, Sen. Keiser said that some bills could end up being passed.

"We have some interesting bills on housing, and we have some interesting bills on prescription drugs," she said.

One of the bills that Sen. Keiser said she thinks can be revived from last year's session is a bill that would force employers to give employees more notice when their schedules change.

"What we want to do is require employers to be more predictive in their scheduling," she said.

State Rep. Mike Pellicciotti, D-Federal Way, said that he is constantly looking at what his district needs.

"I'm always focused on ways to provide additional funding for needs in our district," he said.



Sen. Karen Keiser

One of the projects that Rep. Pellicciotti said he hopes to get funding for is the damaged pier at Redondo Beach.

"I want to begin the process on that," he said.

Rep. Pellicciotti said that he has been in communication with administrators at Highline about the needs of the college.

Even with limited time and resources, Rep. Pellicciotti said

that there is time to work on other projects.

"There's always an opportunity to work on new policy bills," he said.

One of the bills that Rep. Pellicciotti said he will introduce is a bill he said would "stop the lobbyist revolving door," and prevent legislators from becoming paid lobbyists immediately after leaving office. And while he has introduced the bill each of the last three years without success, Rep. Pellicciotti said he's optimistic this year's attempt will be successful.

"I'm a big believer on issues like this," he said. "I'm hopeful the timing is good."

State Rep. Tina Orwall, D-Kent, said that she is working on several bills. One bill would work to prevent suicide, while another would help sexual assault survivors,



Rep. Mike Pellicciotti

she said.

"We're trying to make sure we have a system that protects survivors when they come forward," she said.

Rep. Orwall said that she hopes the legislature will build on their work in 2019's session.

"We're just so proud of the work from last year, and we just want to keep building on that success," she said.

Highline administrators hope to build and maintain relationships in Legislature

By Mitchell Roland
Staff Reporter

While they may not be pushing for major policy requests in the new legislative session, Highline administrators are still reminding local legislators of the college's needs.

The Washington State Legislature kicked off their 60-day session on Monday, and Highline President Dr. John Mosby hopes to use this time to develop and maintain relationships with local legislators.

"This time is really more about cultivating relationships," he said.

Dr. Mosby said that in his interactions with local legislators, he likes to remind them of the food, housing and financial



Dr. John Mosby

difficulties that many students face.

"These are the things that I always like to remind our legislators of," he said.

Dr. Mosby also said that he tells legislators about the challenges that students in America face.

"This isn't just a Highline thing. This isn't just a Washing-

ton thing. It's a national thing," he said.

Highline Vice President of Institutional Advancement Josh Gertsman said that during this session, administrators are not looking for any major legislation.

"We're not seeking any big bills," he said. "There's not specific legislation that we're pushing for right now."

Instead, Gerstman said that this time is an opportunity to talk to the legislators about the needs of the college.

"This is an opportunity for us to interact," he said.

Gertsman said that over the past several months, administrators have worked to meet with legislators.

"We've taken the time," he said. "The president's taken the time."

Gertsman said that these interactions are critical because they're "about reinforcing the importance of the funding for higher education."

But with turnover in several local districts, Gertsman said that administrators will also have to work to build new relationships.

"We're going to have some new people to work with," he said.

Rep. Kristine Reeves resigned from her seat in December and announced her run for congress on Jan. 6, and Rep. Mike Pellicciotti is running for State Treasurer and is not seeking reelection. Jesse Johnson, a Federal Way city council member, was selected to serve the remainder of Reeves' term.

Both Dr. Mosby and Gerts-

man stressed the importance of 2021's session.

"The eyes on next year being a really pivotal year," Gertsman said.

Gertsman also credits Highline students for their involvement in telling local legislators about their needs.

"The Associated Students of Highline College did an amazing legislative breakfast this year," he said.

The annual breakfast where students have a chance to interact with local legislators had a record turnout last year, Gertsman said.

Highline administrators and trustees had an opportunity to meet with local legislators in a reception hosted by Highline, Green River College and Renton Technical College Tuesday evening in Olympia.

Legislative continued from page 1

benefit from a larger educated workforce. But categorizing which employees the tax applies to is still being worked out. Companies may have some jobs that the tax applies to, while other jobs at the same company may not qualify for the tax.

Sen. Keiser said that adequately funding the program is "probably the biggest" issue the Legislature will have to tackle this session, and this will likely be the only major change to

higher education this year.

Another issue is that more people are eligible for the free and discounted rates than expected. The official number of eligible recipients has not been determined, but estimates from the Caseload Forecast Council, which program managers are using to project costs are rising.

Sen. Keiser said that while they are still working on how to close the gap, her colleagues remain committed to the policy without cuts.

"The program is something we're all committed to," she said.

State Rep. Tina Orwall, D-Kent, said that the Legislature will work to keep the program as is.

"I think there's a really strong feeling we need to keep it intact," she said. "We're all going in trying to fix it and not change the policy."

Rep. Orwall said that legislators are still sorting through several potential solutions, but the plan is to fully fund the program.

"Our top priority goal should be to make that fix without impacting the program," she said.

Instead of abs this new year, you should get ads.
Nearly as good, no trips to the gym required.
thunderword@highline.edu

You can help aid 2020 Honor Flights

Last year the Honor Flights Network took 21,000 World War II, Korean War and Vietnam War era veterans from around the country aboard flights to Washington, D.C.

Over the years, non-profit HFN has taken over 200,000 veterans on these flights to see the memorials dedicated to them in the nation's capital.



by Freddy Groves

Because of donations, the veterans themselves paid nothing for their trips.

The 2020 season will be starting in a few months. Are you able to go as a volunteer escort to help three veterans for one day? Can you host a fundraiser or donate money?

With over 20,000 veterans on a wait list for a trip, volunteers and donations are the most crucial at this point. Your first step is to look at the Honor Flight Network website at www.honorflight.org.

Click on Hubs/Flights and find the black dot closest to you.

All but five states have hubs with a total of 140 locations. Click on a dot and you'll find contact information. Click on the website link for your hub. You'll learn about the local group: fundraisers, links to refer a veteran and more.

If you're a veteran who wants to go alone or with your family, you can go solo and meet up with the larger group in Washington, D.C., if you can secure your own funding and transportation. Another program is the Southwest Lone Eagle, for veterans who have been on the waiting list for more than one year and do not live within 120 miles of a hub. For veterans with a terminal illness, there is the TLC programs, meaning Their Last Chance.

For more information, or if there isn't a hub in your state, call Honor Flight at 937-521-2400.

Note to veterans: use of a wheelchair or oxygen are not obstacles to going on one of these trips.

(c) 2020 King Features Synd., Inc.

Searches continued from page 1

psychology at Saint Augustine's College, and a master's in counseling psychology from Argosy University.

Dr. Lindsay has been involved in higher education for 27 years, with 21 years in administration positions.

He's currently serving as the vice president for student affairs and campus life, and as associate professor of leadership at Paul Smith's College in New York.

Before this, Dr. Lindsay worked at North Park University Chicago, Harper College, Iowa Wesleyan University, Olivet College, and at College of the Holy Cross.

He has a bachelor's degree in African American Studies, a master's in college counseling and student personnel, and a doctorate's in educational leadership/higher education administration.

Some of the main attributes the committee had been looking for in candidates, is someone who has a good understanding of what Highline needs in the role and experience in the position.

"We're doing everything we do through an equity lens," Wrye said. "So having somebody that understands that and who will really focus on that whole division, on what we need to do with student success,

is key."

The next step, is for the finalists to make trips to the campus and host forums.

"They'll have a lot of interactions with groups across campus," Wrye said. "And then there will be the faculty and staff forums, and the student forums."

At these forums, anyone can attend and ask the candidates questions, voice concerns, or just listen in.

"We really want to encourage students to attend the student forum and give their feedback. This is a critical position for the success of students," Wrye said.

Three forums have been scheduled and anyone can attend.

Reader will come to campus for his forums on Jan. 21.

Dr. Ear's forums are on Jan. 22.

Lastly, candidate Lindsay's forums will be Jan. 27.

These will all take place in Building 7.

Staff and faculty forums will begin at 1:30 p.m., and student forums will be at 3 p.m. on all three days.

After all the forums are done and feedback is given, the committee will give their final recommendation to Highline President John Mosby.

If everything goes to plan, the new vice president of student services will be in place by mid-February, Wrye said.

"Our recruitment plan says [that] we want them to start by Feb.15," he said.

Then once that spot is secured, the vice president of equity, diversity and inclusion search will be front and center, Dr. Mosby said.

The vice president of equity, diversity and inclusion is a brand-new position focused on organizing changes, and innovating ways to include diversity across the college, Dr. Mosby said.

"The good thing is, with the VPSS search we're in the tail end, we're at the finalist stage," Dr. Mosby said. "So, once that's done and we hopefully get a person, then the (equity vice president) takes front stage."

The committee for the VPE-DI search has just recently been assembled.

Next is to put out a job posting.

"We met with the committee last week to give the charge, and the job post will go out next week," Dr. Mosby said.

The equity vice president search committee is made up of 11 students, staff and faculty who will represent different sectors of Highline.

After that, the committee will wait for candidates to apply.

"Typically, a position is posted for a month," Dr. Mosby said.

After candidates are sifted through, recommendations are made.

"Once they pass a screening, then the committee will review the applications, and then as a group will make a recommendation of who they want to interview," said Dr. Mosby.

The current goal is to have the vice president of equity, diversity and inclusion in by spring.

Then the final vice president search for the year can begin.

"Then we can start interviewing, and then we'll start putting out a call for nominations for the VP of academic affairs," Dr. Mosby said.

The vice president of academic affairs position will be the final vice president search this year.

Dr. Emily Lardner was appointed interim academic vice president in June 2019.

Each search has been given its own timeframe so that priorities don't overlap, and people don't become overwhelmed by all the changes happening, Dr. Mosby said.

"I'm trying to stagger them as best as possible," he said. "I feel like since I've been here ... we have been in transition in many ways just because of retirement and changes, but I do feel that the campus still remains focused on serving students and serving the community."

With the searches set to bring a lot of changes to campus, Dr. Mosby said that he's grateful for everyone who's helped support and contribute to them.

"I've been very pleased with the interest in all three positions that I've talked to from people in the community and nationwide," Dr. Mosby said. "And really thankful of the students, staff, and faculty who are part

Western WA hit with stormy weather

PORT ANGELES, Wash. (AP) - Another winter storm brought more snow to Western Washington through Wednesday morning, dropping more than a foot of snow on parts of the Olympic Peninsula.

Although weather has been light in South King County, areas further west have seen a heavier snowfall.

The Seattle metro area didn't see much new snow but many schools, including those in Seattle, remain delayed or closed because of lingering snow and ice.

Reports from Port Angeles ranged up to 20 inches of snow. North of Seattle, Mount Vernon tallied 8 inches of snow while Anacortes recorded 12.

Scattered power outages were reported throughout Western Washington including one that stopped chairlifts from running temporarily at Crystal Mountain ski area Wednesday.

More than 26,000 customers were without electricity late Wednesday afternoon as winds increased, according to Puget Sound Energy and the Snohomish Public Utility Dis-



AP photo

A driver digs out his car amid this week's snow.

trict.

Some of those customers live in areas along U.S. Highway 2 near Stevens Pass, where downed trees and power lines have largely closed the highway since Sunday.

Washington Gov. Jay Inslee said Wednesday afternoon on Twitter that the state Emergency Management Division was bringing food, water and fuel to that area between Gold Bar and Skykomish and that they were also offering voluntary evacuations for those who wish to leave.

Patience was wearing thin for some residents in those areas Tuesday night, KING-TV reported.

"On a scale of 1 to 10, it's a 10," said Baring resident Charlie Preston. "It's hell."

Skykomish Fire Chief James Knisley said Wednesday that he expected power to be out for a long time and that an emergency shelter was being set up at the school in town.

"Some places have over three feet of snow and people can't get out of their houses. If people need help they need to

ask and we'll do everything we can to assist - there are people willing to help," he told KOMO-TV.

Inslee said he was closely following the situation and that he and his staff had talked with mayors and other local leaders there.

"We will work to provide whatever these communities need. The safety of Washingtonians in this region is paramount," he tweeted.

The state Department of Transportation opened portions of U.S. 2 on Wednesday for local access up to Skykomish while the highway from Skykomish to Stevens Pass remained closed because of power lines across the roadway, officials said.

Winter weather advisories were in effect for parts of western Oregon through Wednesday evening, with many schools delayed because of concerns about icy roads.

Oregon Department of Transportation officials warned of limited visibility and high winds on roads in the eastern part of the state Wednesday.

Cheating continued from page 1

getting away with cheating. Some of these individuals who have been seen cheating have shown ingenuity and cleverness in how they cheat, students say.

The way in which students cheat ranges from simple to more complex.

Many people who saw others cheat explained that they saw it when they looked over at another student's paper.

Other ways used to cheat include writing on erasers, arms, water bottles, slips of paper, the back of calculators, and by looking at phones.

According to many surveyed students, getting the answers from a previous student who took the same test beforehand was the simplest method.

Due to there being many different ways to cheat, some are easier to get away with than others.

"The teacher didn't see him looking at his arm for answers," an anonymous student said about one cheater.

One student said they wouldn't cheat on a test because it is a significant act of dishonesty, and they said fear was stronger than any other feeling when they think about cheating.

"Once I tried to cheat on a test, but the fear consumed my whole body, and in the end, I

could not stand it, so I gave up the idea of doing it."

Other students find cheating not only unjustifiable but also unfair for those who don't cheat.

"No, because I put the effort in and the people who cheat are getting good grades without the effort," an anonymous student said.

"I wouldn't say okay, but understandable, maybe," Abby Marshall said.

"It's not fair to your fellow student and it's not fair to yourself," Krista Gaines said.

Sometimes, cheating is an accident.

"Sometimes people just don't know what plagiarism is and sometimes they don't cite things properly. As tutors, firsthand we witness plagiarism. Sometimes copy pasting, or a missed citation," said a student who asked to remain anonymous.

Other students have admitted to cheating at least once.

"Sometimes our teachers would leave the room and we would all share the answers," one anonymous student said.

"I feel like there's certain circumstances. Like if the teacher taught a class on World War Two and then gave a test on the Vietnam war. If the teacher didn't prepare you enough," an anonymous student said.

Another anonymous student said, "In a test, it's life or death for me. I had to use the cell phone as a last resort. I felt the

adrenaline rushing through my body."

One student said that if they were caught cheating, they would drop the course altogether.

"If the teacher didn't explain or prepare the students enough, then cheating is understandable," an anonymous student said.

"In one test, I wrote all the answers in my friend's coat, and he was located in front of me so they wouldn't discover me," an anonymous student said.

"In my nutrition class my teacher sent an email to everyone telling us all to not plagiarize because we were taking answers off the internet," an anonymous student said.

For some, cheating is only justifiable if it's a life or death situation.

"If your life is on the line, but

otherwise no," said a student who asked to stay anonymous.

Many Highline students say they won't cheat but sympathize with students who do.

"I feel like students do it when they're struggling to save their grade," said one anonymous student.

"I think it's fine, if you can cheat and not get caught then you are a unique individual who has simply found a flaw in the system and used it to your advantage," said Calvin B.

"There are valid reasons," said a student who wished to remain anonymous.

"As long as that academic is not related to your career," said Harry Seo.

Ultimately, cheating will not get you to where you need to go. Highline student Christian Tanuyan said that although cheating might get you through several years in college, it will not prepare you for a career, or even for the problems of the real world.

"Consequently, some students see cheating in school as something that leads to bigger life issues. School prepares you for a career and if you're cheating in school, you won't be prepared for a career," he said.

Staff reporters Katrina Bennett, Marta Barlow, Maria Marshall, Harry Espinoza Solis, and Mark Stasyuk contributed to this story.

Weekly SUDOKU

Answer

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

Go Figure! answers

8	÷	2	+	9	13
+		×		-	
6	×	3	-	6	12
×		+		×	
1	×	7	+	5	12
14		13		15	

King Crossword

Answers

Solution time: 25 mins.

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

6

BACHELOR DEGREES AT HIGHLINE COLLEGE

Designed to get you into high demand jobs.

YOUR SUCCESS STARTS HERE

Cybersecurity and Forensics
Global Trade and Logistics
Integrated Design
Respiratory Care
Teaching and Early Learning
Youth Development

Are you finding it tough getting a job or advancing in your current one without a bachelor's degree?

If you have a two year degree, build on it with education to make you more competitive and valuable in your career. Our degree programs include a combination of evening, online and/or hybrid courses to work around your busy schedule.

Learn more today at highline.edu/bas or call (206) 592-3662.

HIGHLINE COLLEGE



New! Earn your degree in Hospitality Management from CWU-Des Moines

Eat. Sleep. Travel.

Do you dream of a career managing teams and working collaboratively with others in the hospitality and travel industries? A degree in hospitality opens the door to the largest industry in the world.

Our new Hospitality program features all of the things Central does best:

- Affordable tuition
- Faculty-taught classes
- Small class sizes
- Convenient location: CWU-Des Moines at Highline College

Contact Us Today:
hospitalitydesmoines@cwu.edu
206-439-3800
Higher Education Center, Room 368



CWU-Des Moines

CWU is an EEO/AA/Title IX Institution.
For accommodation email: DS@cwu.edu