

# THUNDERWORD



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blows into Federal Way



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down the standings



## YEAR OF THE RAT

Reigning in  
the Chinese  
Lunar New  
Year

**By Ally Valiente**  
Staff Reporter

Red envelopes, good food, and family reunions are just some of the ways people celebrate Chinese Lunar New Year.

Chinese Lunar New Year, also known as the Spring Festival in China, is celebrated on the first day of the Chinese Lunar calendar.

Highline Chinese Professor Xiaohong Zhao said that although the origin of the festival is unclear, it most likely began 4,000 years ago.

"At first it was celebrated as some sort of religious observance but it gradually evolved and became a big festival. I think a lot of rituals and customs were formed during the way," Zhao said.

Chinese New Year falls on Saturday, Jan. 25 this year.

Even though the United States celebrates the holiday for one day, Zhao said that it can last up to 15 days in China.



Kayla Calso/THUNDERWORD

During the last five days of the 12th lunar month, it is common for people to spend it by shopping for gifts and house cleaning.

People will also start to make their way back home to their families.

"During those days, people tend to travel a lot to visit friends and family," Zhao said.

"There's a travel peak in China, especially before and after the Spring Festival. If anyone would want to travel, they would have to buy their travel tickets at least a month in advance because it tends to sell out fast," Zhao said.

Zhao said that high speed trains are the most popular

mode of transportation because they are easily accessible and take half the time to get to a destination as opposed to driving.

One difference she noticed is that while everyone makes traveling a priority in China, it is not common for families to travel here unless it is during the holiday season.

"Certainly a person living in New York would not travel to Seattle for Chinese New Year.

The Chinese community will celebrate the holiday here with a friend or somebody, but it's not so easy to have a friend

See New Year, page 12

## Academic cheating does not pay off

**By Ally Valiente**  
Staff Reporter

Suppose you're a student juggling school, academic activities, and a job.

It can be stressful trying to manage your time wisely balancing all three things.

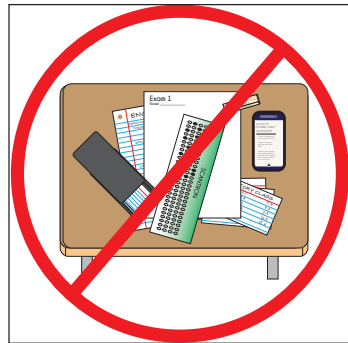
And if there is a research paper due the night before, the last thing you would probably want to do is spend your time writing it.

In fact, it would be easier to copy and paste an article on that same topic.

Highline Student Conduct Officer Shane Daetwiler says that's the case most of the time when a staff or faculty member reports a student for plagiarizing.

Plagiarism is the most common form of cheating at Highline.

"It's interesting that there are a lot of different reasons that students get into the plagiarism component. A lot of our students are working three jobs, trying to support families and they're carrying all these classes," Daetwiler said. "And maybe you get stressed and you're working on a paper that's due, you're like 'oh gosh, I don't know



what to do.' So then you just copy and paste."

Daetwiler says that when something like this happens, it's important to talk to the student and get a sense of why it happened, how it happened, and how he can help with other things affecting the student.

"Obviously there are different types of ways in which students plagiarize or cheat or don't cite correctly. Whenever a professor brings a report about a student, and it's the first time it's happened, [the student] gets a warning letter from me," Daetwiler said.

The student is sent an electronic and physical copy of the letter, which outlines the importance of academic integrity.

"If there's another one that

See Cheating, page 11

## Highline regional office to open doors in Vietnam

**By Mitchell Roland**  
Staff Reporter

Highline President Dr. John Mosby will lead a coalition of administrators to Vietnam in March to open the school's first regional office.

Dr. Mosby hopes to increase international enrollment by opening Highline's first regional office. Dr. Mosby will travel to Ho Chi Minh City, Vietnam in March to help open the office.

Dr. Mosby said that this office will hopefully encourage more international students to enroll at Highline.

International student numbers at Highline have been falling over the past several years.

In January 2020, there were 294 international students at Highline compared to January 2018 when there were 502. Dr. Mosby said that he sees the new office in Vietnam as an opportunity to increase this number.

Dr. Mosby said that international student enrollment has been declining not just at Highline, but at colleges all over Washington.

"Declining enrollment is unfortunately an issue statewide," he said.

Dr. Mosby said that given strong ties between Vietnam and the college, there is an opportunity for increased enrollment.

"Given our historical strong



Dr. John Mosby

relationships with Vietnam and the country's interest in High-

line, opening the office seemed like an ideal opportunity," he said.

But this office can offer more than just increased international enrollment. Dr. Mosby said that it could also offer more opportunities for students here.

"Personally, I'm hopeful we can create more study abroad programs for our students," he said.

See Vietnam, page 12





### HDMI ring taken from Building 26

Before Building 26 officially opened, a theft occurred of an HDMI ring with multiple adaptors. The theft was reported by a Highline Information Technology Services staff member on Dec. 13 at 8:15 a.m., Public Safety officials said.

Public Safety referred the theft to local law enforcement.

There is no confirmed suspect, they said.

### Student’s wallet taken from vehicle

A window was smashed, and a wallet was stolen from a cup holder in the south lot on Dec. 21, Public Safety officials said.

It was reported by the victim, a student, at 3:47 p.m. Public Safety referred the theft to local law enforcement.

Public safety officials ask that students make sure to keep vehicles locked, and valuables out of sight or in their possession.

“They normally only smash windows when they see something they want, otherwise they try at door handles,” said David Menke, director of Public Safety.

Students can keep themselves from being a victim of a crime of opportunity by being vigilant of their surroundings, he said.

### Student has air-pod case taken

Two juveniles, suspected to be non-students, grabbed a student’s air-pod case off a library table and ran away with it on Jan. 7, Public Safety officials said.

The student reported the theft at 6:15 p.m. and it was referred to local law enforcement.

“It is classified as a theft and not robbery since there was no force used,” Menke said.

### Campus visitor does damage

A non-student male broke the glass at the horseshoe bus stop off S. 240th St. on Jan. 8, said Public Safety officials.

“We believe the same individual then knocked off the side-view mirror of one of our vehicles,” Menke said. Both crimes were reported around 8 p.m.

The bus stop damage was called in by a student and both crimes were referred to local law enforcement, officials said.

# Highline has big plans for ‘Big Read’

By Caleb Ruppert  
Staff Reporter

Students will be given an opportunity to learn more about Japanese-American internment during World War II through a series of events.

Highline will participate in the National Endowment for the Arts event, NEA Big Read, in partnership with King County Library System and Seattle Pacific University.

The program will allow students to read and discuss a book that impacts the Pacific Northwest, as well as attend events that are related to the book.

The book for this year’s event will be *When the Emperor Was Divine* by Julie Otsuka.

The book is about the incarceration of a Japanese-American family during World War II. It was a New York Times Notable Book and a San Fran-

cisco Chronicle Best Book of the Year.

Otsuka was raised in California and received her master of fine arts from Columbia. She has received the PEN/Faulkner Award, the Asian American Literary Award, and a Guggenheim Fellowship.

The book is based on Otsuka’s family history. Her grandfather was arrested by the FBI the day after the bombing of Pearl Harbor and her mother, uncle, and grandmother spent three years in a prison camp in Topaz, Utah.

The first of three events in Highline’s series will be on Jan. 27 from 1:30 to 3 p.m. in Building 2. It will be a panel discussion on local Japanese-American internment and how it relates to today.

The panel will include Rachel Endo, the author of *The Incarceration of Japanese Amer-*



Julie Otsuka

*icans in the 1940s: Literacy for High School Classroom*; Sarah Mattox, composer of *Heart Mountain Opera*, an opera based on a Japanese-American internee; Bill Woodward, Seattle Pacific University professor emeritus of history; and former Highline faculty member Mira

Shimabukuro, author of *Relocating Authority: Japanese Americans Writing to Redress Mass Incarceration*.

The second event will be a book discussion on Otsuka’s book in February, the date has yet to be determined.

The third event will be in March, with a date yet to be determined, Otsuka will visit Highline to do a reading of the book and answer questions.

If students are interested in reading the book and participating in events, the library, thanks to the Highline College Foundation, was able to secure 50 free copies of the book.

Highline, Seattle Pacific University, and King County Library System were able to secure a \$15,000 grant for the NEA Big Read: King County to bring Otsuka to the Seattle area, and is the first time Highline will host a Big Read author event.



### Presentation on Martin Luther King’s activism

A presentation on the Rev. Dr. Martin Luther King, Jr and his revolutionary activism and legacy will be given today by Dr. Maurice Dolberry in the Mt. Constance/Mt. Olympus room in Building 8 from 10 a.m. to 11:30 a.m.

Dr. Dolberry has been an educator for 22 years and currently runs A Line in the Sand, an educational consulting service in Seattle.

The presentation is part of Highline’s the Rev. Dr. Martin Luther King Week Radical Vision 20/20 series.

### Indigenous activism

Indigenous stories and histories of activism will be shared in a presentation today in Building 7 from 12 p.m. to 1:30 p.m. by Dr. Jamaica Heolimeleikalani Osorio.

Dr. Osorio is a poet, activist and Assistant Professor of Indigenous and Native Hawaiian Politics at the University of Hawai’i at Mānoa.

The presentation is part of Highline’s Rev. Dr. Martin Luther King Week Radical Vision 20/20 series.

### Financial Aid Workshop

A workshop with Highline’s financial



aid staff will be held tomorrow from 9 a.m. to 1 p.m. in Building 30, room 101.

The workshop will assist students and families in explanation of documents, completing financial aid forms, and information about how Highline’s financial aid process works.

### ICC Flick Friday

The Inter-Cultural Center will present the film *Blackklansman* in Building 7 from 12 p.m. to 2 p.m. tomorrow. The film is about an African-American detective that must infiltrate the Klu Klux Klan and expose them. It was directed by Spike Lee (*Malcolm X*, *Chi-Raq*) and stars John David Washington (*Ballers*), Adam Driver (*Star Wars* franchise, *Marriage Story*), Laura Harrier (*Spider-Man: Homecoming*), and Topher Grace (*That ‘70s Show*).

The film is part of Highline’s Rev. Dr. Martin Luther King Week Radical Vision 20/20 series.

### Participate in Des Moines City Council meeting tonight

The Des Moines City Council will meet tonight from 7 to 10 at 21630 11th Ave. S.

The meeting is open to the public and will include an update on Midway Park, a vote on a memorandum with the Police Guild regarding payroll, and the appointment of Eduardo Mendonca to a three-year term on the Des Moines Art Commission.

### Des Moines park run

A 5K Park Run will be held at Des Moines Beach Park this Saturday at 9 a.m.

The run is open to anybody, but those that plan to attend are asked to register at <https://www.parkrun.us/register/>.

Runners do not need any previous experience and can run at their own pace.

### Calendar

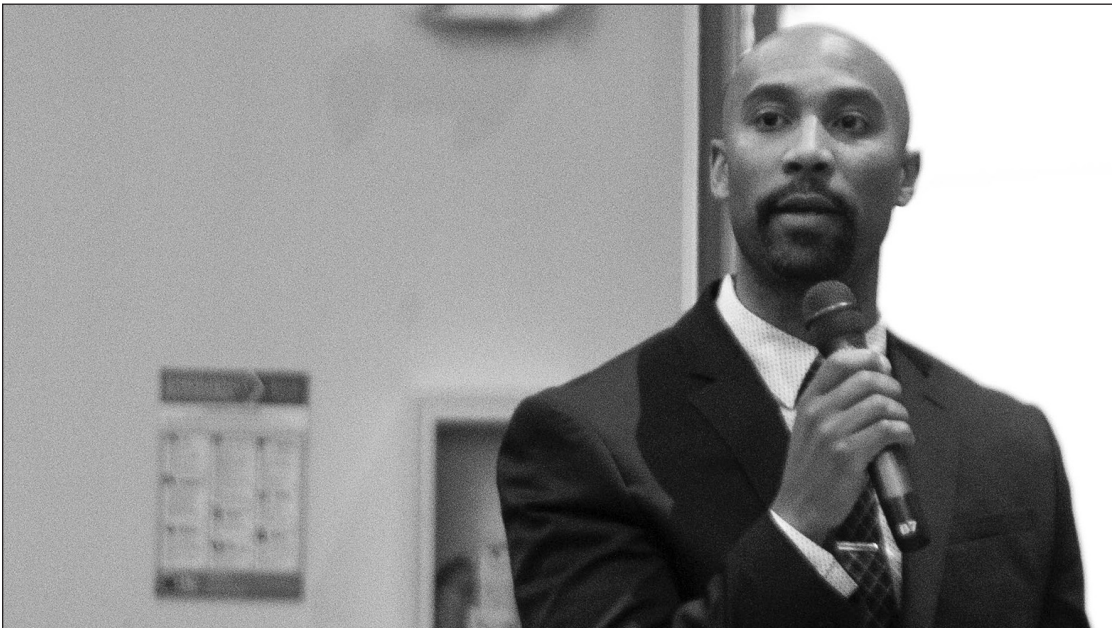
- There will be a Science Seminar presentation on extremeophiles by Joy Strohmaier tomorrow from 1:30 to 2:35 p.m. in Building 3, room 102.
- The last day to withdraw from classes without a “W” on transcripts is Jan. 27.
- The NEA Big Read panel discussion on Japanese-American internment will be Jan. 27 from 1:30 to 3 p.m. in Building 2.
- An open forum for Vice President of Student Services candidate, Terry Lindsay, will be Jan. 27 at 1:30 p.m. in Building 7.
- The Personal Statement Workshops for Highline students will be on Jan. 29 and 30 from 12:15 to 1:15 p.m. in the Mt. Constance/Mt. Olympus room in Building 8.

### Write for the Thunderword!

Kick-start your communications career with a position on Highline’s weekly student newspaper.

E-mail us at **Thunderword@highline.edu** and we’ll find a place for you.





Mitchell Roland/THUNDERWORD  
Aaron Reader views Highline’s open VP position as an opportunity to come home.



Izzy Anderson/THUNDERWORD  
Dr. Sy Ear hopes to improve student experience on campus.

Student Services hopefuls pitch their cases

VP finalist Aaron Reader wants to use position to help students on campus

By Izzy Anderson  
Staff Reporter

Vice president of student services finalist Aaron Reader said that getting the position at Highline would be like coming home.

Reader is one of three final candidates for the vice president position.

The other two running are Dr. Sy Ear and Dr. Terry Lindsay.

Reader spoke at on-campus forums last Tuesday.

At these he opened up about his background, said why he would be a good fit, and answered questions from the audience.

He is the dean of student success at Renton Technical College and has also served at Bellevue College.

Reader worked at Highline as well, which is where he got his career started, he said.

“A position opened in the Intercultural Center, and that’s when my professional career began to take flight,” Reader said.

He also got an associate of arts degree at Highline.

Through his time at Highline, Reader felt at home.

“I always feel like Highline is family, because when I started working here, they became the family away from my home,” he said.

Reader went on to get a bachelor’s in psychology at Saint Augustine’s College and a master’s in counseling psychology from Argosy University.

His venture into college was the first in his family.

“I attended Highline as a young student, first-genera-

tion alumni,” Reader said.

Throughout his schooling and work positions, Reader said he’s always had a passion for equity and equality.

“As long as I can remember, I’ve always been an advocate and fighting for the rights of others, especially those who are underrepresented or marginalized populations,” he said. “I found myself really getting connected to social justice and advocacy.”

Through the years, this translated into helping students the best that he could, Reader said.

This is through creating an environment that promotes learning, understanding, and inclusion.

And to do this, joining departments and sectors across the school is key, he said.

“I think collaboration is critical. Within the division, but also outside the division,” Reader said.

It’s also important to acknowledge how diversity can affect a students life inside and outside of the classroom, and to take this into account, he said.

“The work has to be diversity. It is a requirement, we have no choice,” Reader said. “When you leave Highline College, diversity, equity and inclusion issues will be impacting you in the community.”

By addressing these factors and keeping them in mind, schools can be prepared and have better student success, he said.

“In order for us to serve students, we need to make sure that we are prepared,” Reader said. “We have to be student ready.”

His work so far has reflected this mentality, he said.

“A number of departments that fall within my leadership are ones that are critical and essential to students having to either receive services, or to experience, which is tied to their success,” Reader said. “My vision, and my approach is really to be forward thinking with student services.”

Reader also has experience with Guided Pathways, a more recent program that’s being implemented at Highline.

Guided Pathways is designed to make finding a degree or work that matches a students interests easier.

“I’m very familiar with Guided Pathways. Renton Technical College is a pathways college,” Reader said.

He said that one aspect that makes him a strong candidate is his ability to form strong relationships wherever he is.

“My ability to build relationships really helps me to get things done,” he said. “Someone doesn’t [have to] like me, but we will find a common place and find a common goal, and figure out how to get to that goal.”

He can communicate his vision for the college well too, Reader said.

“I’m connected to this work,” he said. “I’m a storyteller because I am a poet, so I’m able to articulate vision.”

Overall, Reader said that he’s excited that this position could bring him back to Highline.

“I’m just excited at the opportunity to come back home.”

Interim VP Dr. Sy Ear wants to build on success

By Mitchell Roland  
Staff Reporter

Interim Vice President of Student Services Dr. Sy Ear said that if he gets the job permanently, he will work to build on his accomplishments at Highline.

Interim vice president for the past 14 months, Dr. Ear is one of three finalists to fill the position. He had the opportunity to answer questions from faculty and staff during a forum Wednesday afternoon.

The reason Dr. Ear wants the job is because his beliefs align with the colleges and his familiarity with the area, he said.

“The reason I want to be here is I believe in the mission, vision and values of the college,” he said. “I’m invested in this job because I’ve lived in this community for the past 32 years.”

Dr. Ear career’s began his career working part time at North Seattle Community College. Since then, he worked in various roles at community colleges in the Puget Sound area. Before coming to Highline, Dr. Ear served as the interim vice president of Student Services at Edmonds Community College.

“I have about 20 years in the community college system,” he said.

One of the areas that Dr. Ear said he has worked to improve while on campus is the financial aid system, which he said was complicated partly due to “a lack of communication.”

“We’re eliminating barriers,” he said.

Dr. Ear said he has taken feedback from students on the system, who often said they could not reach financial aid when they need to. Dr. Ear said he has implemented rules where someone is always at the financial aid desk to answer ques-



tions, and calls and emails are returned within 48 hours.

Dr. Ear said that his goal is to improve student’s lives at Highline, and any changes that are made need to have student input.

“My vision is to really improve the student experience,” he said. “We can’t forget to include student voices.”

Dr. Ear said that it is important for him that student voices are heard and listened to.

“I think it is important to be a listener,” he said. “I try to listen before I talk.”

One way that Dr. Ear said he hopes to improve student lives is by helping Dreamers. Dreamers are undocumented students who were brought to the United States as children.

“One of my visions is to have a Dreamer center,” he said. “I’m very supportive of undocumented students.”

Dr. Ear said at his core he values equity and inclusion.

“I think if you work in a community college, you’re a social justice agent,” he said.

While developing his own leadership style, Dr. Ear said that he has observed and learned from leaders in his life.

“Being a leader is really not about telling people what to do,” he said. “I really pride myself on being really collaborative and casting a wide net.”

The on-campus forums will finish Monday, Jan. 27 with Dr. Terry Lindsay.



Workforce act unintentionally exposes economic disparity

Many are in agreement that the Workforce Education Investment Act will be a great tool for lower-income students to receive an affordable college education, but the fact that so many of their applicants do indeed qualify is somewhat troubling.

The WEIA provides free tuition to students from families who make less than \$50,000 per year, and discounted tuition to those from families making less than \$75,000. WEIA evaluates its maximum income limit for eligibility as being roughly 70 percent or less of the state’s median family income for a household of four.

With this in mind, consider that the more people qualify for WEIA, the more people are thereby considered lower income. Intentionally or not, this helps bring to light an issue of poverty.

This is indicative that the economy may not be as strong as some believe. Or at the very least, that not everyone benefiting from its current state.

It’s a safe bet that for most families who meet this income qualification, it isn’t for a lack of hard work. People are trying their best to do right by their families, but at the end of the day, not everyone is afforded the same opportunities.

To the same end, WEIA’s objective to give these underprivileged students an opportunity to pursue higher education could be seen as an effort to fight poverty.

There is a basic principle that the more educated you are, the more financially stable you will likely be, and yet the price of college has increased more than four times the rate of inflation.

However, it may be wise to maintain tempered expectations for WEIA’s overall success especially in light of its ongoing problem of underfunding. Not only does it have significantly more qualifying applicants than its creators initially anticipated it would, but there are also difficulties in categorizing which positions qualify for the business and operations tax from which WEIA is meant to receive a good deal of its funding.

Although it’s a positive, without a doubt, that there are more students who can afford a college education who likely wouldn’t be able to otherwise, it’s important for us to not forget that there are issues regarding family income that are clearly not being addressed.

Have something to say?

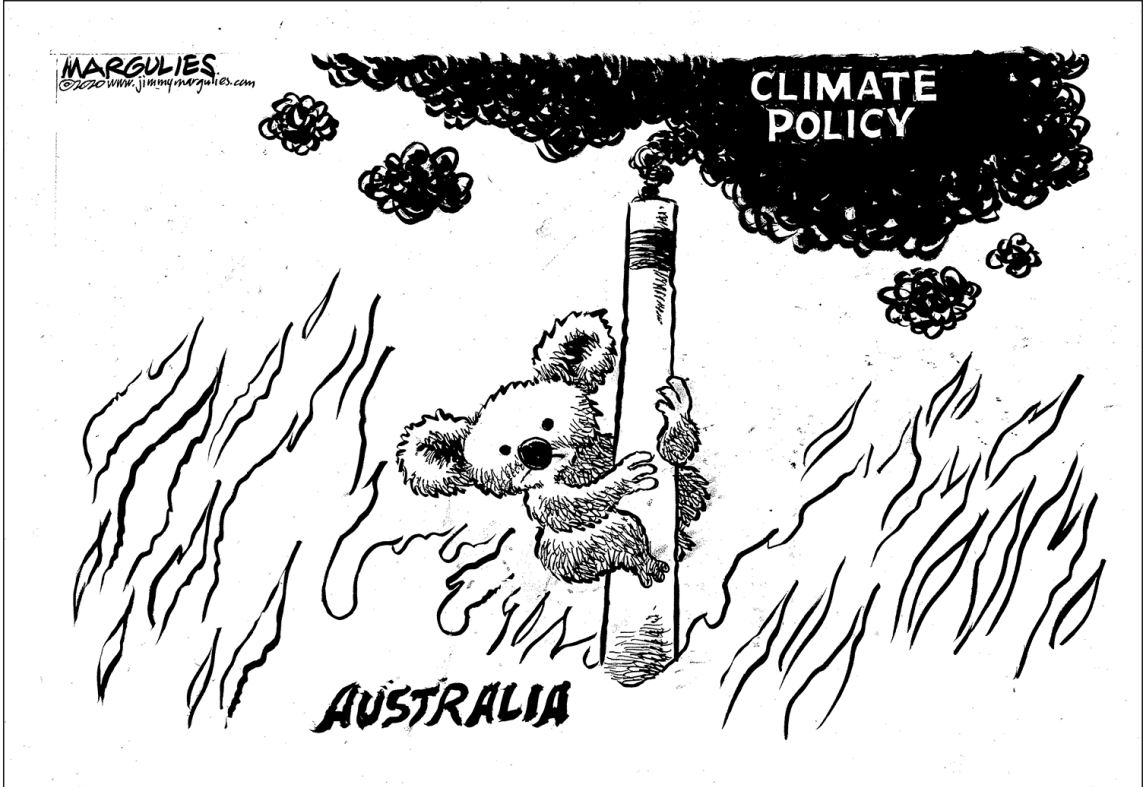
Write to us!

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.



Procrastination decimation

How I managed to waste my Monday off:

10 a.m. Woke up.

10:30 a.m. Showered, brushed teeth.

11 a.m. Stared into the cupboard for several minutes before deciding not to eat.

Noon. Laid back in bed pondering in what order I should do my classwork.

6 p.m. Woke up. Again.

6:30 p.m. Realized I hadn’t eaten.

7 p.m. Ate.

8-11 p.m. Finished my fifth re-watch of *The Sopranos*. Still bothered by the finale.

Midnight. Pressed my thumb against my nose as I realized I hadn’t done any schoolwork. Slept.

In the interest of honesty, I’ve always been a procrastinator. With how much trouble I have prioritizing my classwork, it’s a miracle my GPA is even on the positive end of the number line.

Maybe I lack perseverance. Maybe I just don’t take life seriously enough.

But I don’t think I’m the only one. Actually, I’d venture to guess that difficulty being proactive is pretty common in college students.

With how much pressure students can find themselves

Gone Fishin’



Jack Fishkin

under as school work stacks on top of family and work obligations, it’s small wonder why we might find ourselves being absent-minded and seeking escape, be it through spending too much time at social gatherings, focusing primarily on hobbies, or watching *The Sopranos* for what you’re fairly certain is the fifth time, but may very well be the sixth or seventh.

But I’d like to break this habit. Maybe a more effective and healthier way to alleviate this stress and desire to put off is to figure out how to tackle our obligations in a timely and efficient manner, rather than run away from them altogether.

Solutions may seem obvious, certainly; we’ve all told ourselves in one way or another to “just do it,” but it might help to break down what exactly “doing it” entails and create strategies for ourselves.

Specifically, experts have recommendations that may seem obvious, but have proven to make all the difference for some people.

These include, but aren’t at all limited to, using some kind of planning tool (notebook, calendar, etc.), distancing yourself from external time wasters, and delegating. That is, getting help from people around you from time to time, something I personally struggle with a good deal.

There may be some trial and error involved, maybe none of these are for you, but it can’t hurt to give it a shot. Look online to research other strategies, even. We could all stand to waste less time.

Now if you’ll excuse me, I have a responsibly scheduled two hours of television to watch.

Jack Fishkin is the opinion editor of the Thunderword.

THE STAFF

I’m a big fan of my mom.

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# Weekly SUDOKU

by Linda Thistle

		1		5			3	
	7		2	1		9		
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		7			8			5

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

DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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1. U.S. STATES: Which two states share no borders with any other U.S. state?
2. TELEVISION: What is Richie's last name in the 1970-80s series *Happy Days*?
3. FOOD & DRINK: What is whey?
4. GAMES: What are "bed-posts" in bowling?
5. ANIMAL KINGDOM: What kind of creature is an ocelot?
6. U.S. PRESIDENTS: By how many Senate votes was President Andrew Johnson spared removal from office after he was impeached by the House?
7. LITERATURE: What is the end of the nursery rhyme that starts: "Humpty Dumpty sat on a wall/ Humpty Dumpty had a great fall ... "?

8. ASTRONOMY: Which is the largest planet in our solar system?
9. BIBLE: Who was John the Baptist's father?
10. MUSIC: How many Top 10 songs were released on Michael Jackson's *Thriller* album?

- Answers
1. Hawaii and Alaska
2. Cunningham
3. The watery part of milk that remains after cheese curds have formed
4. A 7-10 split
5. A small, wild cat
6. One vote short of the necessary two-thirds majority to convict
7. "... All the king's horses and all the king's men/ Couldn't put Humpty together again."
8. Jupiter
9. Zechariah
10. Seven

Puzzle answers on Page 12

# King Crossword

## ACROSS

- 1 Venomous viper
- 4 Incense
- 8 Pop
- 12 Ball-bearing item
- 13 Beelzebub's doings
- 14 From square one
- 15 Supreme Court Justice Thurgood —
- 17 Calm before the storm
- 18 Comedian Rivers
- 19 Refuge
- 20 Downright
- 22 Road's shoulder

- 24 Hard to find
- 25 Almond confection
- 29 "— Got a Secret"
- 30 Left-hand page
- 31 Ostrich's cousin
- 32 Union
- 34 Valhalla VIP
- 35 Loathe
- 36 Loses traction
- 37 Drive away
- 40 "Wozzeck" composer
- 41 Summertime treats
- 42 — Thatcher
- 46 Command-

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49					50					51		

- ment starter
- 47 Birthright barterer
- 48 Historic period
- 49 Huge amount of 50-Across
- 50 See 49-Across
- 51 Tarzan's creator's monogram

## DOWN

- 1 \$ dispenser
- 2 Vast expense
- 3 Storyteller in court
- 4 Detox center
- 5 Terrible guy?

- 6 "— Abner"
- 7 Right angle
- 8 Sandwich sausage
- 9 Burden
- 10 Place to buy 8-Down
- 11 Piercing tools
- 16 Slightly
- 19 Ricelike pasta
- 20 — and proper
- 21 Volcanic spillage
- 22 Cleopatra's boat
- 23 Gaelic
- 25 Vegan's no-no
- 26 Distinguished ancestry

- 27 In the thick of
- 28 Sisters
- 30 Test tube
- 33 Variety of macaque
- 34 Gumbo base
- 36 Music transition
- 37 Ceremony
- 38 Canyon phenomenon
- 39 Lowly worker
- 40 Author Stoker
- 42 Encountered
- 43 "— was saying ..."
- 44 Mess up
- 45 Bill

**ARIES** (March 21 to April 19) Mixed signals could create problems. Make sure your views are presented clearly, and insist others do the same. Don't let an unanswered question go by without a full explanation.

**TAURUS** (April 20 to May 20) Financial pressures ease, allowing for more budget flexibility. But as the money-wise Bovine will appreciate, thrift still beats out splurging. Expect news from someone special.

**GEMINI** (May 21 to June 20) Getting things done is what you do so well. But be careful not to overtax your energy reserves. Take time out to relax or to do something different to help keep them at optimum levels.

**CANCER** (June 21 to July 22) This is a good time to satisfy the Moon Child's growing sense of wanderlust. Choose a really special place to go to, with a very special person to share it all with you.

**LEO** (July 23 to August 22) You love being in the spotlight. But be careful it doesn't blind you to the truth behind a seemingly wonderful oppor-



tunity. Look closer and you might be sadly surprised at what you find.

**VIRGO** (August 23 to September 22) Isn't it time to take a break from your hectic schedule? Sure it is. And the sooner you do, the sooner you can return fresh and more than ready to take on all those new projects.

**LIBRA** (Sept. 23 to Oct. 22) A recent family incident can help bring everyone closer, and there's no one who's better at making that happen than you. Accept (indeed, insist on!) help from others to get things off and running.

**SCORPIO** (Oct. 23 to Nov. 21) Long-held habits are often difficult to break. But the change from how you always did things to how you can do them now can be liberating. So, be flexible and give it a try.

**SAGITTARIUS** (Nov. 22 to Dec. 21) Someone you met in

your professional world last year and thought you would never hear from again could make a sudden reappearance in your life, along with an interesting offer.

**CAPRICORN** (Dec. 22 to Jan. 19) Once again, you delight everyone by coming up with a solution for a problem that actually works. On another note, it's not too early to get started on those travel plans.

**AQUARIUS** (Jan. 20 to Feb. 18) Before you go ahead with finalizing your plans for your new project, check them over to see if you can make some improvements or if you can find ways to cut costs.

**PISCES** (Feb. 19 to March 20) The Fabulous Fish might have been out of the social swim for too long, and it's time you plunge back in. Reinforce your old friendships and be open to starting new ones.

**BORN THIS WEEK:** Your creative talents help bring beauty to the world and the people in it. On their behalf, thank you.

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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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‘Blizzard’ cirque show blows in

By Harry Espinoza  
Staff Reporter

Get ready for another cold snap because Flip Fabrique Cirque is ready to storm the town with its new show, *Blizzard*.

Flip Fabrique Cirque is performing *Blizzard* at the Federal Way Performing Arts and Events Center on Friday, Jan. 24.

Flip Fabrique Cirque is a circus company based in Quebec, Canada, first founded in 2011 by a group of circus performers.

Founding member and Artistic Director Bruno Gagnon recounts the creation fondly.

“Everyone got together with their own ideas to create this group, so it was very exciting,” he said.

Since then, the group has performed more than a thousand times, traveling to 150 cities in 20 countries.

Flip Fabrique Cirque has especially found a following at the festival Ville de Quebec, where it has presented five different productions since 2015. But along with these productions, the group currently performs three touring shows, one of which is *Blizzard*.

*Blizzard*, which premiered in August of 2019, is a show full of versatile performers, said Gagnon.

“In the *Blizzard* show, everyone does everything,” he said.

Gagnon said this versatility was sought after during the production’s casting processes, as it can improve the show.

“I am looking to see if that person can adapt to the team and the show in general,” he said. “However, if that



Bruno Gagnon, who co-founded Flip Fabrique in 2011, now performs in *Blizzard*.

person has other skills and abilities, that can add and fit into the program.”

Gagnon says the happiness of the performers and production team is the first step to making a successful production.

“When everyone is happy and ready, we start the creation of the show,” he said.

Along with *Blizzard*, Gagnon said the group is already preparing new projects to present both in Quebec and abroad.

“We are excited to start our next three projects,” he said.

But as long as *Blizzard* is being performed, Gagnon says it will continue to wow audiences.

“People can expect a very energetic show. Very strong, very acrobatic, and finally, a contemporary circus show.”

The Flip Fabrique Cirque presents *Blizzard* on Friday, Jan. 24 at 8 p.m. at the Federal Way Performing Arts and Events Center.

Tickets are available from \$55, with main floor seating available from \$65.

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

Tickets are available online at <https://fwpaec.org/flip-fabrique-blizzard/> and through the event center’s box office, and over the phone at 253-835-7010.

Arcturus opens for submissions

By Katie Bennett  
Staff Reporter

Submissions for Arcturus, Highline’s literary magazine, close Monday, Feb. 10.

Arcturus is Highline’s literary magazine and has been in publication since 1968. Old versions are available in the library. Your work can become part of the history of Highline.

Arcturus accepts submissions of all kinds of art, poetry, photography, spoken word and prose. Submissions are open to Highline students, staff, alumni, and faculty.

The theme for 2020 will be determined by the pieces submitted. Entrants may submit up to five pieces.

“We’re interested in comics,” Arcturus faculty adviser Susan Rich said. “We’ve never done comics before. We’re interested in expanding what we do every year and pushing the boundaries.”

Translations are welcome and encouraged. The submissions may be in your native language, but a translation to English must be provided as well.

Artwork must be submitted as a high-resolution file. There is no word or line limit.

All submissions will be read and chosen by Highline students in English 290. All names are taken off of the pieces so submissions can be judged blindly. Everyone has the same chance and student editors come to a consensus on what submissions will be chosen.

Some pieces, like spoken word, are only online, some are only in print, and some are in both.

Students are welcome to present their works at the Arcturus launch party in June.

For further submission information, please visit [www.arcturusliterarymag.highline.edu/submit](http://www.arcturusliterarymag.highline.edu/submit).

You’ve still got time to drop some rhyme

By Katie Bennett  
Staff Reporter

The deadline is approaching for Highline’s 8th Annual Student Poetry Contest.

The poetry contest deadline is Friday, Feb. 14 at 4 p.m., with a cash prize and poem publication.

The contest is part of Highline’s observance of National Poetry Month in April.

Submissions are email only and must be typed. You must be a Highline student at the time of entry. Poems can be up to 20 lines, not including the title. Entrants can submit up to three poems on any subject.

Winning poems and final-

ist’s poems will be displayed in the Highline Library Exhibits and Art Gallery, Building 25, fourth floor, during National Poetry Month this April.

Winners will receive a copy of their poem and another copy will become part of Highline’s permanent collection.

To submit, email [dmoore@highline.edu](mailto:dmoore@highline.edu) with the subject line “Poetry Contest 2020”. With your poetry submission, please also include your name, phone number, and email address.

First place prize is \$200, second place \$150, third \$100, and seven honorable mentions will receive \$75 each.

HELP WANTED

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# T-Bird men three-game skid has them tumbling down West Division standings

By Calvin Domingo  
Staff Reporter

Since opening league play 1-0 with an overtime thriller against Green River two weeks ago, the Highline men's basketball team now find themselves tumbling down the standings in the West Division due to a three-game losing streak.

"League play is like the play-offs before the playoffs and we're fighting for the playoffs right now," star sophomore guard Mahlik Hall said about the team's struggles this season so far. "It's all X's and O's, it's more about strategizing. Every team has film on every team so now it's all about execution, you can't just show up and hoop."

Despite all of the team's struggles to this point, the goals remain the same.

"[The] No.1 seed," Hall said when referring to the team's primary goal. "We're trying to win, that's the goal. We set high expectations because we know what we're capable of, especially if everyone does their job collectively and as a team."

When talking about what needs to be done for the team to get back on track, Head Coach Che Dawson attributed a lot of the blame on himself.

"I need to do a better job of making sure we have the defensive intensity we need to stop people and the discipline to be more efficient offensively," he said.

On Jan. 15, the Highline Thunderbirds traveled to Pierce for a clash with the Raiders. Pierce dominated the T-Birds to the final score of 80-64.

"The Pierce game is behind us, but we came out sloppy and with no energy and it killed us," freshman forward Griffin Gardoski said about the team's disappointing performance against Pierce.

Coach Dawson didn't hold anything back in terms of how poorly he thought the team did.

"A lot of it was our lack of offensive discipline," he said. "We didn't shoot the ball well because we didn't have much patience. That influenced our effort defensively. Pierce also shot the ball much better than they normally do. We kept them out of the lane and got to the free throw line a lot more than they did, which was part of the game plan, but we didn't get it done during live balls."

Freshman forward Jalen Fayson led Highline in scoring with 16 points (5 for 11 from the field, 6 for 9 from the free-throw line).

Meanwhile, forward Torrey Cady, (who averages 10.7 points per game on the season), erupted



Stephen Glover/THUNDERWORD

Sophomore forward (No.1) Nathan Yockey is leading the team in three-point shooting as he is connecting on 43.8 percent.

for 27 points (10 for 17 from the field) on seven made threes in addition to 6 rebounds and 7 assists to lead the charge for the Raiders.

The Raiders went into the half with a 41-27 lead and never looked back.

Aside from turning the ball over more (18 compared to Highline's 11 turnovers), the Raiders simply stepped on the T-Birds as they outrebounded them by 10 (41 to 31), had more ball movement (18 assists to Highline's 12), and shot significantly better from the field and three-point range.

This past Saturday on Jan. 18, the Highline Thunderbirds traveled to Centralia for a bout with the Trailblazers and were defeated, 82-72.

"We have to be smarter players in tight situations and I think we [should] go the same speed all of the time instead of adjusting our speed to the way the defense is set up," Gardoski said about what the team needs to do a better job of doing moving forward.

Hall dropped 22 points (8 for 18 from the field, 4 for 4 from the free-throw line) to lead Highline in scoring in addition to 3 rebounds, 8 assists, and 2 steals while playing all 40 minutes for the 'Birds.

On the other hand, forward Kobe Matsen propelled the Trailblazers to victory with a double-double in which he led the Trailblazers with 25 points (12 for 15 from the field), 10 rebounds, 3 assists, 2 steals, and 3 blocks.

After another slow start in the first half in which they found themselves down by 16 (45-29) to Centralia, Highline was able to close the gap to as

little as two points in the second half with just under six minutes remaining in the game.

However, that was as close as they were going to get as the Blazers subsequently went on a 9-0 run to put the icing on the cake.

As disappointing as league play has been up until this point for the T-Birds, there have been a few bright spots for the team. Chief among them has been the growth of the team's starting point guard, according to Coach Dawson.

"Mahlik Hall continues to improve his basketball IQ as a point guard," Coach Dawson said. "He is taking much better care of the ball and channeling his competitiveness in a way that is productive for the team."

As the leader of the team, Hall said that while he appreciates his coach's praise, he still aims to reach further heights.

"I try to improve all the time because I always want to improve as a player," Hall said. "I don't want to be someone whose satisfied. I still have to do better and be better because I know if I set that example of improving consistently, I know that the other guys will follow suit."

The Thunderbirds hosted the South Puget Sound Clippers last night at 8 p.m., however, results were unavailable at press time.

This coming Saturday, Jan. 25 at 4 p.m., the Thunderbirds will travel to Tacoma for a battle with the Titans (0-4, last place in the West Division).

Following that matchup, the T-Birds will head back home on Wednesday, Jan. 29 as they are set to host the Grays Harbor Chokers (3-1, tied for second place in the West Division) at 8 p.m.



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# Highline loses to Centralia in second meeting of the season

By Emmitt Sevores  
Staff Reporter

The Lady Thunderbirds made yet another comeback to win their second conference game of the year but lost big to Centralia to go 1-1 on the week.

Highline found its groove in the second half against Pierce College to win 62-55.

The Lady T-Birds were down by 14 points mid-way through the second quarter, but went on an incredible 18-2 run to close out the half, taking the lead into the break 27-25.

Freshman guards Hannah Anderson and Catherine Sunny scored 12 points combined, six each, to help Highline get back into the game.

Anderson also had a team high four steals in the contest.

Both Anderson and center Kylie Lunday have shown immediate impacts on Highline's roster since joining the roster.

Both were able to join once their other sports seasons concluded, Anderson playing soccer and Lunday playing volleyball.

A monster game from Lunday helped Highline close out the game.

Lunday had 25 points, tying a career high from Highline's win over Portland earlier this year.



Stephen Glover/THUNDERWORD

Hannah Anderson was able to join the team after concluding her season playing soccer.

In the second half, Lunday had 16 points and 10 rebounds. She shot 60 percent from the field and went 4-4 on her free throws that half.

Highline suffered its second biggest loss of the year when they played Centralia for the second time.

Highline lost by 33, which was an improvement from their

previous matchup when they lost by 42.

They allowed Centralia to hit just above 50 percent of their shots.

The Lady T-Birds have a big week of games ahead of them, playing a team directly above them in the NWAC West standings, Tacoma.

They play the Titans on the

road on Saturday, Jan. 25.

Highline then comes back to the Thunderdome to face the last place Grays Harbor Chokers on Wednesday, Jan. 29.

Results from Highline's game against South Puget Sound on Wednesday were not available at press time.

# Wrestlers shut out by Clackamas

By Eddie Mabanglo  
Staff Reporter

The Highline wrestling team was shut out 43-0 against Clackamas last weekend.

Twenty-four of Clackamas's points were a result of winning by forfeiture, five of their points came from a technical fall, and the rest were won by decision.

Highline's forfeiture losses were to Clackamas's Cameron Enriquez (125), Hunter Sparks (133), Markis Branford (165), and Tommy Mommer (285) for six points each.

Austin Cleland (141) lost to Jason Shaner by a 16-8 decision for four points.

Jeramias Sandoval (149) lost a 13-4 decision to Marty Margolis III for four points.

John Sowers (157) lost by a technical fall (17-2 4:39) to Joel Romero for five points.

Hayden Henry (184) lost to Romeo Manue by a 7-6 decision for three points.

Kai Olson (197) lost to Tarik Sutkovic by a 5-1 decision for three points.

Around half of the points lost came from forfeit due to absent or empty spots on the roster.

Head Coach Chad Beatty has said that recruiting at colleges like Highline is not always an easy task.

"Recruiting at small colleges is almost always the biggest challenge," he said. "Our



Jack Harton photo

Highline's Kai Olson (197) lost to Tarik Sutkovic by 5-1 decision last weekend.

goal is to recruit athletic kids and prove that they can accomplish their goals here."

Highline's next outing will be at the Boxer Open in Forest Grove, Ore. on Jan. 28.

The Boxer Open will be the last open competition for the practice squad's Anthony Rawson (174), who said he looks forward to competing for Highline again next season.

"[I'm] just staying healthy and getting ready to go this coming weekend at my last open of the season," he said.

"[I've been] grinding with my teammates. This year has been a year to polish up and grow as a wrestler and I have enjoyed every step of the way. I'm excited to be competing next year as well," he said.

After the Boxer Open, Highline will host Southwestern Oregon on Feb 1.

## THE SCOREBOARD

### Women's basketball

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

### Men's basketball

Men's Basketball		
WEST		
Team	League	Season
S Puget Sound	4-0	14-4
Lower Columbia	3-1	15-4
Grays Harbor	3-1	12-7
Centralia	3-1	8-10
Highline	1-3	9-9
Green River	1-3	6-12
EAST		
Team	League	Season
Spokane	7-0	17-3
North Idaho	6-0	18-1
Yakima Valley	5-2	8-10
Wenatchee Valley	4-2	16-3
Treasure Valley	2-3	9-7
Walla Walla	1-4	7-10
Big Bend	1-5	7-13
NORTH		
Team	League	Season
Skagit Valley	3-0	18-0
Edmonds	3-1	11-7
Everett	2-1	15-3
Peninsula	2-1	7-8
Shoreline	2-1	7-8
Olympic	1-3	4-14
SOUTH		
Team	League	Season
Clackamas	5-0	16-1
Umpqua	5-1	17-2
Chemeketa	3-2	9-8
MT Hood	3-3	9-9
Portland	3-3	7-8
SW Oregon	2-3	7-9
Lane	1-4	10-6



# Can't stomach breakfast? Try this

Maybe you're one of those people who can't stomach the thought of a meal the first thing in the morning, or maybe you've become accustomed to running on vats of coffee instead of a healthy breakfast. Sometimes traditional breakfast foods sound kind of blah.

Who made the rules on breakfast foods anyway?

The next time you're in a rush or can't get excited by traditional breakfast staples, try some of these ideas that will make even the most die-hard breakfast hater's tummy rumble.

### Drink your breakfast

The perfect pour-and-go option, smoothies are a great, easy-to-stomach choice for breakfast. If you're a multi-tasker, you'll love the idea of drinking your breakfast as you commute to work or to school. Keep your freezer stocked with frozen fruit and vegetables like spinach and kale for quick and easy prep.

### Go nuts

Nuts are such a deliciously healthy protein, and so simple too! Grab a handful of almonds, walnuts or pistachios to snack on; spread a couple tablespoons of almond or peanut butter on toast, waffles or apple slices; or eat peanut butter straight from the jar with a spoon!

### Bite-size energy

Cookies for breakfast? Yes, please! Nut butter, oats, ground



flax seed, chocolate chips and a little honey rolled into bite-size balls make heavenly little bites of energy that'll fuel your morning. Best of all, they're no-bake and take less than 10 minutes to make! Make some ahead and store extras in the refrigerator for up to a week.

### Dip into breakfast

Prefer tangy over sweet in the morning? Try eating hummus. Like nuts, hummus is quick, healthy and full of protein and good fats to start your day the right way. Eat it with pita chips, baby carrots, snap peas or celery slices for some extra vitamins.

### Go Greek

Yogurt's thicker, creamier, more delectable cousin, Greek yogurt is an excellent source of calcium and protein. Add a drizzle of honey and or some fresh blueberries or raspberries to plain Greek yogurt for an extra nutritional punch.

Even if you're not a fan of yogurt, give Greek yogurt a try the next time you need a quick morning meal. You may be pleasantly surprised.



Depositphotos

*Pizza for breakfast? There are no rules against it.*

### Embrace the carbs

When the carb-monster strikes in the morning demanding a box of donuts, try healthy breakfast breads or muffins instead.

Who has time to bake in the morning, you ask? Nobody.

Bake a loaf of your favorite breakfast breads or a pan of muffins on the weekend. You can slice the bread and freeze it or freeze the muffins after they've cooled. Then, just warm up a slice of bread or a muffin in the morning and get on with your day.

### Fatten up your morning

Who doesn't love deliciously

creamy avocados? I like to mash an avocado in a bowl with a little olive oil, lemon juice, salt and pepper and spread it on toast. Avocado is full of healthy fat and will keep you satisfied throughout your busy morning.

### Lunch or dinner for breakfast

Try munching on something out of the ordinary, like this quick but hearty pizza that works for lunch, dinner or as leftovers for breakfast. You can even use half a bagel or half an English muffin as the base if you don't have time to make the pizza dough.

With tons of options for ev-

ery taste and appetite, there's no excuse to skip breakfast! So next time you're running out the door, grab one of these delicious portable options and be ready when hunger strikes.

### QUICK AND EASY PIZZA

Combine a few staple ingredients with the magic power of Greek yogurt to make a wonderfully quick pizza.

- 1 cup unbleached all-purpose flour
- 1 1/2 teaspoons baking powder
- 1 teaspoon sugar
- 1/2 teaspoon salt
- 1 cup nonfat plain Greek yogurt
- 1/4 cup marinara sauce
- Favorite toppings like Land O'Frost Breakfast Cuts — Natural Hickory Smoked Canadian Bacon, ham, pepperoni and vegetables — spinach, kale, bell peppers, mushrooms, etc.
- 1 cup part-skim mozzarella cheese
- 1/2 cup Parmesan cheese

1. Heat oven to 350 F.
2. In a large bowl, combine the flour, baking powder, sugar and salt.
3. Stir in the Greek yogurt and roll the dough out onto a parchment paper-covered baking sheet. Shape into a circle.
4. Spread the marinara sauce on the dough, leaving a 1-inch border for the crust.
5. Sprinkle the toppings and cheeses on top.
6. Bake for 25 minutes or until light brown and melted.

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## Healthy simple French toast

Our slimmed-down take on this Sunday-morning favorite is practically saintly.

Subbing in low-fat milk and egg whites gives it half the fat and a third less cholesterol than traditional French toast.

Plus, it's a cinch to whip up. One more blessing in disguise: You can still serve it with maple syrup, which is naturally fat-free.

- 2 large egg whites
- 1 large egg
- 3/4 cup(s) low-fat (1%) milk
- 1/4 teaspoon vanilla extract
- Salt
- 2 teaspoons margarine or butter
- 8 slices firm whole-wheat bread
- Maple syrup (optional)

1. Heat oven to 200 F. In pie plate, with whisk, beat egg whites, egg, milk, vanilla and 1/2 teaspoon salt until blended. In 12-inch nonstick skillet, on medium heat, melt 1 teaspoon margarine.
2. Dip bread slices, one at a time, in egg mixture, pressing

bread lightly to coat both sides well. Place 3 or 4 slices in skillet, and cook 6 to 8 minutes or until lightly browned on both sides.

3. Transfer French toast to cookie sheet; keep warm in oven. Repeat with remaining margarine, bread slices and egg mixture. Serve French toast with maple syrup and berries or other fruit, if you like.

Makes 4 servings.

\* Each serving: About 300 calories, 9g total fat (2g saturated), 56mg cholesterol, 755mg sodium, 46g total carbohydrate, 6g dietary fiber, 12g protein.

### STUFFED FRENCH TOAST

Peanut butter isn't just for kids' lunchboxes anymore. It adds protein and flavor to family meals from breakfast to dinner.

- 2 large eggs
- 1/2 cup milk
- 1/2 cup peanut butter
- 8 slices white bread



- 1 banana, sliced diagonally
- 1 tablespoon margarine or butter

1. In pie plate, with fork, beat eggs and milk. Spread peanut butter on the eight slices of bread. Top 4 slices of bread with banana slices. Top with remaining pieces of bread, to make 4 sandwiches.

- Dip in egg mixture to coat.
  2. In 12-inch nonstick skillet, melt butter on medium. Add sandwiches and cook for 6 minutes, or until golden on both sides. Drizzle with maple syrup.
- Makes 4 servings.

For thousands of triple-tested recipes, visit [www.good-housekeeping.com/food-recipes/](http://www.good-housekeeping.com/food-recipes/)

(c) 2020 Hearst

## Chocolate mayo snack cake is divine

Just one bite, and you'll see why we call this cake a "little slice of heaven."

- 1 1/2 cups cake flour
- Sugar substitute to equal 3/4 cup sugar, suitable for baking
- 1/4 cup unsweetened cocoa
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 3/4 cup fat-free mayonnaise
- 1/2 cup unsweetened applesauce
- 1/2 cup water
- 1 1/2 teaspoons vanilla extract
- 1 cup fat-free whipped topping
- 2 tablespoons mini chocolate chips

1. Heat oven to 350 F. Spray an 8-by-8-inch cake pan with butter-flavored cooking spray.
2. In a large bowl, combine flour, sugar substitute, cocoa, baking powder and baking soda. Add mayonnaise, applesauce, water and vanilla extract. Mix well to combine.

### COMFORT FOODS

BY HEALTHY EXCHANGES



Spread batter into prepared cake pan.

3. Bake for 20 minutes or until a toothpick inserted in center comes out clean. Place cake pan on a wire rack and allow to cool completely. Evenly spread whipped topping over cooled cake and sprinkle chocolate chips evenly over top. Freezes well. Serves 8.

\* Each serving equals: 163 calories, 3g fat, 3g protein, 31g carb., 394mg sodium, 1g fiber; Diabetic Exchanges: 1 1/2 Starch, 1/2 Fat.

(c) 2020 King Features



# Fight for your place at table, speaker says

By Dominique Johnson  
Staff Reporter

Even though she was a television journalist, Jenna Hanchard came to realize that she had to fight to tell he stories.

“If you want me at the table you need to want my voice too,”said 3 time Emmy award winner, former NBC journalist, and community activist, Jenna Hanchard.

In her keynote address kicking off Highline’s week of observance for Dr. Martin Luther King, themed “Radical Vision 20/20: Reclaiming Our Past, Rewriting Our Present, Re-imagining Our Future”, Hanchard delves into the importance of minority narratives, allyship, and self sufficiency in activism.

She began her address not by talking about Dr. Martin Luther King, but about the strong women who fought alongside him.

“Women were there, they were on the front line...they too put their lives on the line,” she said.

Their voices were not heard, but suppressed in a fight that impacted them, Hanchard said.

With her experience in the newsroom since she was 16, she explained all too well how easily suppressed minority voices are



Rachel Dawson/HIGHLINE COLLEGE

*Jenna Hanchard explains how women have always been at the forefront of the Civil Rights Movement.*

in conversations that are supposed to include them.

Recalling her time in a majority white newsroom she explains, “I couldn’t see myself in any stories they pitched.”

When she did try to include her stories, she was met with doubt. Stories centering minority voices were seen as a liability.

In 2014 when Michael Brown was killed in Ferguson, she pitched the story to her produc-

er. She was told her story was not to be reported. There were too many doubts about Brown’s fate.

Hanchard said it was like her producer “couldn’t see the bigger story that wasn’t centered in her reality.”

Finally, after news spread of the riots, she was allowed to report on Michael Brown, alone, in Ferguson.

Hanchard also sought to

bring her voice and other minority voices to the table in the race related discussion shows she helped develop for King 5 News. One of them, Race and Parenting, took home an Emmy.

However, after 2019 the show was cancelled. The table for conversation had been closed.

It was up to her to find new avenues to continue her conversation through her own creativity and resources. She said, “I

had to bet on me more than any organization.”

As for what others can do to uplift minority stories, be “allies and advocates...center marginalized voices.” “It’s about the collective,” Hanchard said.

Engage in these conversations while also not suppressing the narratives they are about, she said, “It’s the fight for inclusion that we must be courageous in the face of resistance.”

# King’s concerns driven by his faith, professor says

By Ally Valiente  
Staff Reporter

There is no denying that Reverend Dr. Martin Luther King revolutionized American history.

Today, his peaceful protests and words are still as relevant as they were in the ‘60s.

In his letter from Birmingham Jail in 1963, King addressed the issues that still divide the country today such as racial and economic inequality.

“In his letter, he’s reaching out and talking to other ministers but he’s also talking to his actual jailer,” said Dr. Erich Elwin, a Highline history professor. “While people of color suffer in this country with many forms of oppression, there’s also white folks that suffer from that same economic oppression but they aren’t aware of it.”

Elwin said that while Dr. King was in jail, he was concerned about whether his jailer understood his own condition. Because if the jailer understood his own condition, then perhaps he could understand the condition of the black community.

“In that moment, I think that resonates today because a lot of what we do is making white society understand that we’re all marginalized today by



economics, by law. Even in jail he was still trying to influence change,” Dr. Elwin said.

What made Dr. King stand out from other black activists however, was his spirituality.

Dr. Elwin said that while other activists were inspired by militant black power groups, Dr. King’s words came from a place of Christian love.

“The message of love always resonates across borders, whether you’re an international or domestic student,” Dr. Elwin said. “He talked about God and Jesus and I think in many ways, that was more impactful in a time where people wanted action because it’s hard. It’s hard to love your oppressor.”

“His message was deeply rooted in his own Christianity. I think that’s what propelled him, because the African American construction of identity has always been rooted in the

church,” Elwin said.

“Like every person that evolves over time, his views changed a little bit toward authority near the end of the Civil Rights Movement although he always pushed for Civil Rights,” Elwin said. “He began to question whether integration now was possible. But he still held on to that idealism. He was still advocating for people that were being oppressed and marginalized.”

Elwin added that as people reflect upon the legacy of Dr. King, it is also important to recognize the importance of King’s wife, Coretta Scott King.

Not only was Coretta Scott King a Civil Rights leader and activist, she formed the Coalition of Conscience in 1983, which is formed out of 800 human rights organizations.

She also co-convened the Soviet-American Women’s Summit in 1990.

“She was an integral part of his life as a person. I think we tend to focus on the great men of history so much; we often forget about the women that are by their sides counseling them,” Elwin said.

While most people treat Martin Luther King Day as another day off, others treat it as a day to reflect and honor the Civil Rights movement.



Dr. Martin Luther King Jr.

Elwin said growing up he learned the importance of Black History month despite the fact that there was no MLK day. However, he still celebrated the life of Dr. King.

“I think we at Highline really

kind of honor his work. In this place where we are, we really honor him because King County itself is named after him,” Elwin said. “I think we’re very conscious and aware of the legacy and how he’s celebrated.”



## Veteran hospitals need to do more

You'd think that hospitals run by the Department of Veterans Affairs would be safe havens when it comes to preventing suicide.

Not so, apparently.

A veteran was a patient at a midwestern VA hospital, having spent the previous three days attempting to go cold-turkey off prescribed medications. He wound up each day at VA and non-VA medical facilities being loaded with IV fluids and sent home. On Day 4, at the VA ER, the veteran was admitted for observation.

### VETERANS ★POST★

by Freddy Groves

When he arrived at the ER, the patient asked for help with withdrawal symptoms and told hospital staff about thoughts of suicide and that there was a gun at his home.

Now, to this layman's way of thinking, those are some significant clues that the veteran was in possible danger of suicide.

Since there was no room in the mental health unit, the veteran was put in a medical unit, where he told two more medical staff about suicidal thoughts. Another staff member heard the veteran on the phone giving away possessions but didn't pass on the information.

On Day 8 the patient couldn't be found on the unit and was paged. When there was no answer, staff began to search. Forty-five minutes later the veteran was found dead from suicide.

At the request of a congressman, the Office of the Inspector General for the VA was called in to investigate. Its findings aren't pretty.

The ER didn't report the veteran's talk of suicide to the Suicide Prevention Coordinator. Three other staff members, who had been trained in suicide prevention, did not tell anyone when the veteran talked about suicide. Two of them made notes but there was no indication that medical staff saw them because the work shift had changed.

In other words, the system failed this veteran.

I'm aghast ... the veteran spoke to staff in a hospital about suicide and wanting to die. And they let it happen.

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## Don't sleep on the importance of a good night's rest, prof says

By Caleb Ruppert  
Staff Reporter

Catch those Z's and you can succeed academically, a psychology professor said here last week.

"For years and years I would cut out sleep. I thought I could cheat sleep. We know, though, that's not good," Dr. Bob Baugher, a Highline psychology professor, said at last Friday's Science Seminar.

Science Seminar is a weekly series of presentations on different scientific topics given by members of the Highline community.

The benefits to good sleeping habits are enormous, he said. Good sleep helps to keep humans in shape, it helps us cope with emotional changes, and it helps us learn.

"We need good sleep to learn something, and we need good sleep after learning something," Dr. Baugher said.

Getting a good night's sleep after a day of learning and right after studying is the best way for the new information to move from short-term memory into long-term memory, he said.

Good sleep habits will also help people deal with emotions.

People with poor sleep have shown mood swings, irritability, and increased feelings of depression, Dr. Baugher said.

Poor sleep habits are something only found in humans.

"All animals sleep, only humans try to limit their sleep," he said.



Caleb Ruppert/THUNDERWORD

Dr. Baugher said that it is critical for everyone to get enough sleep.

Our cultural perceptions may play a role in why humans sleep poorly, he said.

"In every movie the person that gets up first is always the hero or heroine, we admire them," Dr. Baugher said. "People who sleep a lot are often considered lazy. Well, guess what, they're taking care of their brains."

During sleep cycles our brains are given time to rejuvenate.

Sleep happens in 4 stages, as well as the REM or rapid eye movement stage. The four stages move in about 90-minute cycles, Dr. Baugher said. Beginning at stage one, or the lightest sleep and ending at stage four, the deepest, then back down to stage one.

After about six cycles we go into the REM stage, which is also called paradoxical sleep because the brain waves look as though the person is awake,

he said.

During REM the body is immobile. One theory is that some early cave-dwelling humans could move during REM, but they "would act out their dreams, leave the cave, got eaten by saber-tooth tigers and died, so we are descended from the non-movers," Dr. Baugher said.

Moving during REM is different than somnambulism, which is sleep-walking, talking, or eating, which does not happen during REM, but instead during stage 4. It is a myth that you cannot wake up a sleep-walker, they are simply hard to wake up since they are in the deepest stage of sleep, he said.

Most dreaming, however, happens during the REM stage.

"Everyone has 4 to 6 dreams a night. Most are forgotten [since] they are stored in the

hippocampus, the short-term memory [part of the brain]," Dr. Baugher said.

Most dreams last for several minutes and one study's preliminary findings suggest that REM dreams are "what if" dreams where the brain is practicing strange scenarios to prepare itself in case those scenarios happen, Dr. Baugher said.

Non-REM dreams consolidate what happened throughout the day and make sense of the experiences and information processed that day, he said.

The amount of time that we need sleep for the brain often depends on age. Infants and toddlers need 10 to 14 hours of sleep a night, elementary students need nine to 11 hours, teens need nine to ten hours, and adults need seven to nine hours each night.

We can do a few things to assure we get a good night's sleep. We can go to bed and wake up at the same time every single day, reduce the amount of artificial light in the bedroom, do not watch TV or use cell phones in bed, have a cool bedroom, around 65 degrees, don't drink caffeine after 2 p.m., and cut out as much outside noise as possible in the room, Dr. Baugher said.

This week's Science Seminar is titled *Agriculture – the problem and solution to climate change?* and will be presented by Bobby Butler tomorrow from 1:30 p.m. to 2:35 p.m. in Building 3, room 102.

## Cases of new in virus on the rise in China

By Ken Moritsugu  
Associated Press

BEIJING— World health officials expressed "great concern" Wednesday that a dangerous new virus is starting to spread between people outside of China, a troubling development as China and the world frantically work to contain the outbreak. For a second day, the number of infections grew dramatically.

The new virus has now infected more people in China than were sickened there during the 2002-2003 SARS outbreak. On Wednesday, the number of cases jumped to 5,974, surpassing the 5,327 people diagnosed with SARS.

The death toll, which stood at 132 Wednesday, is still less than half the number who died in China from SARS, or severe

acute respiratory syndrome. Scientists say there are many questions to be answered about the new virus, including just how easily it spreads and how severe it is.

In a report published Wednesday, Chinese researchers suggested that person-to-person spread among close contacts occurred as early as mid-December. Based on the first 425 confirmed cases, the researchers estimate that each infection led to 2.2 others on average. That's a bit more than ordinary flu but far less than some other respiratory diseases such as whooping cough and tuberculosis. The rate for SARS, a cousin to this new virus, was estimated to be 3.

More than half of the cases in which symptoms began before Jan. 1 were tied to a

seafood market, but only 8% of cases after that have been, researchers found. They reported the average incubation period was five days.

To date, about 99% of the nearly 6,000 cases are in China. Ryan estimated the death rate of the new virus at 2%, but said the figure was very preliminary. With fluctuating numbers of cases and deaths, scientists are only able to produce a rough estimate of the fatality rate and it's likely many milder cases of the virus are being missed.

Ryan noted there were several aspects of the new virus outbreak that are extremely worrying, citing the recent rapid spike in cases in China. He said that while scientists believe the outbreak was sparked by an animal virus, it's unclear if there are other factors driving

the epidemic.

"Without understanding that, it's very hard to put into context the current transmission dynamics," he said.

The number of cases in China rose to 1,459 from the previous day, a smaller increase than the 1,771 new cases reported Tuesday. Australia, Finland and Singapore were among those reporting new cases, as the number outside China topped 70. The vast majority are people who came from Wuhan.

Associated Press writers Maria Cheng and Jill Lawless in London; Marilyn Marchione in Milwaukee, Wisconsin; Mark Thiessen in Anchorage, Alaska; Amy Taxin in Riverside, California; and Christina Larson in Washington contributed to this report.



## Vietnam

continued from page 1

programs would offer students an “opportunity to see another part of the world and receive an excellent education in the process.”

## New Year

continued from page 1

or family reunion. People here will travel during Thanksgiving or Christmas.”

On New Year’s Eve, a family reunion dinner takes place.

The most traditional food are dumplings.

They symbolize wealth, prosperity, and happiness because of its shape.

However, in northern parts of China, families make and eat rice balls and meatballs.

“This is considered to be important because the roundness of these foods symbolize fullness and completeness,” Zhao said. “[Silver carp] fish is important too because they mean abundance.”

Red envelopes with money are also exchanged as a symbol of good luck.

They are typically given to children, friends, and family members.

“Red is a very significant color to us,” Zhao said. “People will decorate their houses with Chinese red lanterns, door couplets, or paper cuttings. [Red] is used to scare away spirits of bad fortune. It is said that an evil animal, Nian, would come out at night and harm people, animals and property. People discovered that the animal was afraid of the color red and loud noises, which is why people set off fireworks.”

On New Year’s Day, fireworks are set off and people offer sacrifices to their ancestors.

From the second to seventh day, Zhao says people tend to stay with their friends and loved ones.

Most people go back to work on the eighth day.

On the 15th day, the celebration concludes with a lantern festival, sweet dumplings, and more fireworks.

“People will light lanterns and watch them float as they eat sweet dumplings. There are lantern shows in cities, so you can go there if you’re not afraid of the crowds. Riddles are also written on the lanterns, so you can guess them with other people as [the lan-

Dr. Mosby said that students who travel abroad typically have a positive experience.

“Our students who have participated in study abroad programs constantly tell us how much they learned and enjoyed their experiences in another country,” he said. “They felt

terns] go by.”

Gunpowder fireworks have been banned in Shanghai and Beijing. However, electric fireworks have served as an alternative.

“Considering there is a dense population, it is dangerous to set off those kinds of fireworks. Something can easily catch on fire or they can hurt themselves. In Shanghai, we’re not allowed to set off [electric] fireworks - not just for Spring Festival, but for whatever type of festival,” Zhao said. “But fireworks are still very, very popular in small cities like the place where my parents live.”

Another main component of Chinese Lunar New Year is the animal zodiac.

If you were born in 1984, 1996, or 2008, this is your year.

People born in the year of the rat are considered to be quick thinkers, successful and clever- at least according to the zodiac.

Although the rat does not sound as important compared to other prominent figures like the golden dragon, Zhao says it is more significant than people realize.

“The rat is regarded as quick-witted, cunning, and clever,” Zhao said. “Each animal in the zodiac were given characteristics that match people’s personality traits. It is also said that they are related to love compatibility.”

Zhao says that there are different legends about how

study abroad enhanced their educational experiences and opportunities.”

On the same trip, Dr. Mosby said that he will also visit Japan to establish and cultivate relationships “since Japan is a strong and growing market for us.”

the animal zodiac came to be.

The most popular legend took place in ancient times.

“There was a Jade Emperor who ruled the heaven and earth. He wanted to choose 12 animals to help him, so he made a competition. All kinds of animals were allowed to participate. On the day of the competition, a lot of animals showed up but the rat came in first place,” Zhao said.

“The rat became the first zodiac animal. It was then followed by the ox, tiger, rabbit, dragon, snake, horse, goat, monkey, rooster, dog, and pig. These 12 animals won the competition.”

Zhao added that there was a reason as to why the cat was not included in the zodiac. Although it is known that cats and rats do not get along, it was not always that way.

“The cat and rat were good friends at first; they did everything together. As we know, cats like to sleep a lot. So, he told the rat to wake him up on the day of the competition. However the rat didn’t, either because he forgot or he deliberately didn’t do it,” Zhao said.

“When the cat finally did wake up, the competition was almost over. From that point forward, the cat and rat were considered enemies.”

Whether you celebrate with friends or family, with or without fireworks, Zhao said the holiday is best celebrated with traditions, good food, and loved ones.

Dr. Mosby said he wants to use the trip to continue to build relationships in the region.

“We want to further strengthen and create new partnerships with our sister col-

leges,” he said.

While exact locations have yet to be determined, Dr. Mosby said that there is a possibility of additional regional offices in the future.

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