

THUNDERWORD

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Hopes & fears

Highline looks to the future

By Thunderword Staff

For many, 2030 doesn't seem like it could come soon. But in reality, it's only a decade away. Several Highline students and faculty showed concern for what lies ahead in the year 2030, ranging from technological benefits to war.

Highline student Brandon Mann said, "Hopefully we can get peace with other countries like Iran." "I think there's going to be a World War 3," Michael O'Rourke, another student, said. "They'll probably have flying cars in 10 years," Shawna Rockes said. "Robotics will probably increase. Technology's just tripling, you know? It's just expanding more and more." "In 10 years I think there will be more autonomous vehicles on the road," said Highline math professor, Jason Ramirez. The primary issue on the minds of Highline students was climate change. "Honestly, this environment's going to get worse. Running out of resources, more human population," said student Judy Mun. "I guess more people saving resources by using reusable water bottles and saving shopping bags. Less people using organic foods." "Honestly, I think nature will be at risk for a lot of things because of global warming," said Kathy Marroquin.

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Samuel Hernandez/THUNDERWORD

WISH

program provides homes

By Izzy Anderson and Joe Locher
Staff Reporters

Highline is launching a program to provide housing for students in school, and a little while afterwards. The housing crisis is an issue that affects a lot of people in King County. That's why Highline implemented the WISH program, said Mariela Barriga, WISH administrator. "We have a housing crisis in our community, and our students aren't exempt from that," she said. WISH stands for While In-School Housing. However, students who join the program will have a little extra time to get on their feet. Students stay in housing for six months after they graduate

See WISH, page 12

Newest legislator learns the ropes of position

By Mitchell Roland
Staff Reporter

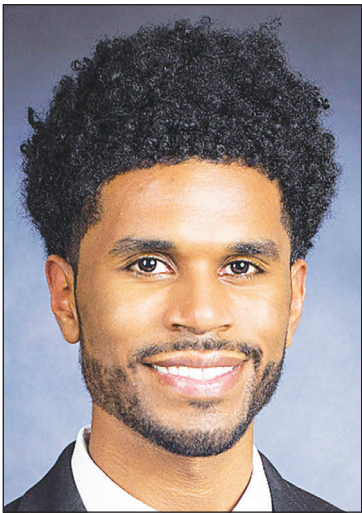
With a background in education, Rep. Jesse Johnson, D-Federal Way, is getting a crash course in how the state Legislature works. A former Federal Way City Council member, Rep. Johnson was appointed to the seat vacated by Kristine Reeves and was sworn in as a state legislator on the second day of the current 60-day session. Reeves resigned from the Legislature in December, and later announced she is

running for a seat in Congress. Starting the session later than other legislators, Rep. Johnson said his time as a legislator has been brief but exciting. "The experience has certainly been interesting," he said. While in Olympia, Rep. Johnson said that he has spent his time trying to get caught up on bills that other legislators are working on. "I kind of got thrown into the fire, so to speak," he said. "It's been really quick, fast moving, exciting." Rep. Johnson said that his

day consists of "a lot of quick meetings" with other legislators and constituents. While other legislators and the Democratic caucus have been helpful, Rep. Johnson said there are still things he will have to learn on his own. "I know that I don't know everything," he said. Rep. Johnson said he has tried to form relationships with legislators to get his goals accomplished. "That's been my biggest learning experience," he said. "Learning the power players in

the room." Rep. Johnson was appointed to the committees that Reeves sat on, and is the vice chair of the Consumer Protection and Business Committee while also serving on the Housing, Community Development & Veterans Committee. The primary sponsor on two education bills and a secondary sponsor on several other education bills, Rep. Johnson said that education is one of his priorities and that he hopes to serve on

See Johnson, page 12



Rep. Jesse Johnson

New chief leads justice program as old one exits

By Caleb Ruppert
Staff Reporter

Highline's Criminal Justice program has a new sheriff.

Mary Weir, the new faculty coordinator, began her career at Highline in February 2019 as the program manager of Prison-Based Education.

But then, at the end of Fall Quarter, Dr. Steve Lettic, the faculty coordinator of the Criminal Justice program, decided to take a job with the Department of Justice in Bangladesh.

"I work for the Department of Justice's International Criminal Investigative Training Assistance Program (DOJ/ICITAP)," he said in an email from his office in Dhaka. "I head a section in the US Embassy Dhaka, Bangladesh that works directly with the police on special projects and training. [Projects such as] counter terrorism, countering violent extremism, basic police reform, anti-human trafficking, and women's leadership in policing."

He decided to leave the faculty coordinator position for two reasons, he said. He felt he had a great opportunity to work overseas with different cultures, and he felt as though he could leave the program to continuing suc-



Caleb Ruppert/THUNDERWORD

Weir says shes focusing her interim time on advising students

cess with Weir.

"I think the department is in good hands. Students can expect to get a great mix of perspectives from our instructors and Mary has a lot of great experience with advising and knows her way around the HC system. She will excel in the role and take the program to the next level," Dr. Lettic said.

After being offered the Department of Justice position, Dr. Lettic decided to take a leave of absence for the next academic year and asked Weir to take on both the Prison-Based Education program as well as the Criminal Justice faculty coordinator, Weir said.

If Dr. Lettic decides to stay with the Department of Justice, the college will have to decide what to do with the position, she said. Weir expressed interest in staying.

"I love this work; this is what I want to be doing. Given the opportunity, I'd love to stay longer," she said.

Since the course schedule and educators were pretty much decided before Lettic left, Weir has been focusing her time on advising students.

"I want to make sure folks are clear about their pathways and that they align with the pathways work the school is doing," Weir said. "I want to make

sure they are supported in their pathways, and to make sure students are connected with employers."

She has been working closely with students and conducting surveys to find what works best for them and what their expectations are for the program and their careers after they leave.

Weir has a history in education, specifically prison education programs.

While attending Wesleyan University in Connecticut for a degree in English, history, and philosophy, she became involved in the prison education program.

After she graduated from Wesleyan, she ran the associate of arts program in the Washington Correction Center for Women. During her time there, she enjoyed working with students, volunteer faculty, and the officers, she said.

The program had to overcome some hurdles while working with the officers, such as securing materials safely for a biology lab course.

When she began with the program in 2013 there were 30 college prep classes, but by the time she left in 2016, there were about 100, she said.

"Prison education is important because it leads to reduced recidivism. It keeps communities safer and it keeps prisons safer. When folks are in school, there is less violence in prisons," Weir said.

To continue her experience with prison education, she received, in 2016, a Fulbright Scholarship to do research on the Danish prison system.

While in Denmark she attended Aarhus University in Copenhagen and received a master's of education degree. While working on the degree she did field work and wrote a thesis on Denmark's open prisons.

Open prisons are prisons where conditions inside the prison mimic conditions outside the prison, with more freedom of movement as well as a mixed-sex population. She said she was grateful to the officers for their openness in her study.

When she returned to the United States, she brought her experiences to Highline and will be the first woman in the Criminal Justice faculty coordinator position.

"It's important for women to see women in these positions," she said.

Keeping healthy

With the arrival of the coronavirus in the Pacific Northwest, though not here at Highline, the college is asking students to take precautions with the cold and flu.

The college asks students, faculty, and staff to stay home if they are sick to avoid others of exposure. If you see a health care professional, ask for a surgical mask to avoid the spread of infection. Cover your mouth and nose with your elbow or a tissue if you are coughing or sneezing and immediately dispose of the tissue. Wash your hands often and don't touch your nose, eyes, or mouth. Clean and disinfect any surfaces you touch if you are sick.

For more information on the coronavirus in Washington visit <https://www.doh.wa.gov/Emergencies/Coronavirus>.

Jellyfish education

Learn about jellyfish and how they affect other marine life in Puget Sound.

A presentation will be given by Corraigh Green and Haila Shultz, a National Oceanic and Atmospheric Association biologist and University of Washington doctorate student about jellyfish big and small.

The presentation will be at



Highline's MaST Center this Saturday from noon to 12:45 p.m.

Staying sustainable

Highline's Sustainability Task Force will meet next Monday, Feb. 3 at 1 p.m. in the Bistro in Building 8.

All Highline faculty, staff, and students are invited to attend to discuss sustainability, Earth Week planning, and other sustainability issues and ideas.

Any questions can be emailed to sustainability@mailman.highline.edu.

President Mosby holds town hall

Highline President Dr. John Mosby will hold a town hall meeting next Thursday from 12:30 to 2 p.m. in Building 2.

Dr. Mosby will discuss campus updates, goals and accomplishments, and have a question

and answer session for students, faculty and staff.

Any person that wishes to ask Dr. Mosby a question is asked to submit them in advance to <http://bit.ly/2GEBboV>. Questions should be submitted no later than Jan. 31. All submissions will be anonymous.

Financial Aid workshops

Financial aid workshops will be held every Friday from 9 a.m. to 1 p.m. in Building 30, room 101 until March 20.

The workshops will give students and their families assistance to completing application forms, using the financial aid portal, explanation of financial aid documents, and information on other financial aid needs.

Due to the workshops the Financial Aid office in Building 6 will be closed on Fridays until March 20, from 8 a.m. to 1 p.m. Any students that need financial aid assistance should go to Building 30, room 101.

Placement Center Math workshops

The Placement and Testing Center in Building 1 is offering math brush-up workshops be-

ginning this week.

The workshops are free to students and no registration is required. They will be held in Building 1, east entrance, on Tuesdays from noon to 2 p.m., Wednesdays from 6 to 8 p.m., and Thursdays from 2 to 4 p.m.

The Testing Center advises students to take a math course within their first 45 credits. 84 percent of students that retake the math test place one level higher.

Southeast Asian scholarship

Applications for the Southeast Asian American Education (SEAED) Coalition Scholarship are now being accepted. Those interested have until March 1 to apply.

The SEAED Scholarship is a \$2,500 scholarship given to two students of Southeast Asian heritage. The SEAED Scholarship wishes to bring awareness to the educational opportunity gap for Southeast Asian American students and to provide financial support for Southeast Asian American students.

Students must be of Southeast Asian heritage, a current high school senior or college undergraduate, full-time student, and Washington resident. There is no GPA requirement.

Students can visit <https://seaedc.wixsite.com/site> for more

information on the scholarship. Students can apply for the scholarship at <http://bit.ly/2O6VTck>.

Next Step Scholarship

Applications for the UW-Tacoma Next Step Scholarship are now being accepted. Students have until March 27 to apply.

The Next Step scholarship recognizes high academic achievers at the community college level wishing to transfer to UW-Tacoma. Two or three Highline applicants will be chosen by Highline and forwarded to the UW-Tacoma Scholarship Selection Committee. One recipient transferring to UW-Tacoma will be given \$4,000 for one academic year.

In order to be eligible students must have a completed associate of arts degree by no earlier than Sept. 1, 2019. They must have a cumulative GPA of 3.5, be a Washington resident, obtain a faculty or instructor reference, and obtain all school transcripts.

Students interested in applying can find more information and begin the application packet at <http://bit.ly/2RDjAEv>. Students must drop off the application packet by 4 p.m. on March 27 to the Highline College Foundation office in Building 99, Institutional Advancement, second floor reception area.

Final candidate makes his case

By Izzy Anderson
Staff Reporter

Dr. Terry Lindsay said that who he is today was built by the great people who supported him.

Dr. Lindsay is just one of three finalists vying for the position of vice president of student services at Highline.

Aaron Reader and Dr. Sy Ear are the other two finalists.

Dr. Lindsay was the last to speak at an on-campus forum last Monday.

His speech included a bit of his background, people who have helped shape him, and how he plans to help Highline, if he's chosen as vice president.

Dr. Lindsay currently works as vice president of student affairs and campus life at Paul Smith's College in New York.

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

Dr. Lindsay received his bachelor's degree in African American studies and his master's degree in college counseling and student personnel from the State University of New York at Buffalo.

He went on to get his doctorate in educational leadership and higher education adminis-

tration from Argosy University, located in Chicago.

Just getting to college was a new and scary experience, Dr. Lindsay said.

Being the eldest child and with neither of his parents having gone to college, he felt nervous about pursuing an education.

College would also take him far away from his home in Jamaica, he said.

"It was frightening, because for the first time, I was away from home," he said. "I'm the eldest, so I was ... setting the path."

And while finances were rough and the experience was intimidating, Dr. Lindsay said that he didn't want to disappoint his loved ones.

"I was thinking back to my mom and siblings, I didn't want to let them down," he said.

One professor at the State University of New York at Buffalo specifically helped raise him up, Dr. Lindsay said.

Dr. Fisher gave him textbooks when he couldn't afford to buy them, and continued to help him throughout his time at the college.

"He is one of the individuals that makes me work so hard to ensure that every student ... can succeed," Dr. Fisher said.

People like Dr. Fisher inspired Dr. Lindsay to pursue the career he's in, he said.

"I made the pledge, to do for the rest of my career, what folks have done for me," Dr. Lindsay said. "And that's what I have done for the past 26 years."

Focusing on the school's programs and giving attention where it's needed is key to helping students succeed, he said.



Mitchell Roland/THUNDERWORD

Dr. Terry Lindsay said he believes his life experiences have made him who he is today.

To do this, Dr. Lindsay said that Guided Pathways needs to be in the center.

"At the core of my vision, would be fully institutionalizing the Guided Pathways framework," Dr. Lindsay said. "Another piece to the vision, would be enhancing student success."

Guided Pathways was created to help students find a degree or career path that suits them.

Another piece that needs to happen, is increasing and maintaining diversity, equity and in-

clusion, he said.

"If you're going to increase significantly the diversity of your student body, it has to be done well," Dr. Lindsay said.

Dr. Lindsay said that this also includes teaching cultural responsiveness.

"Cultural responsiveness is about preparing your students for the world around you," he said.

Helping further develop the student services team is another critical step to make, he said.

"Investing in you ... for me,

that means investing in our student services team," Dr. Lindsay said.

"Professional development is very important," he said. "It is critically important for student services and the student services support team."

Dr. Lindsay said that as a whole, coming to Highline and serving as vice president of student services would be an incredible experience.

"It would be an honor to join and walk alongside you," he said.



Renovated Building 26 set for ceremonial opening

By Mark Stasyuk
Staff Reporter

The renovated Building 26 will get its formal unveiling at a ceremony Friday, Jan. 31 at 2:30 p.m.

The Health and Sciences Building, open since the start of Winter Quarter, is now Highline's hub for all things Health & Science; it also contains the math department and a gym.

The building is located on the west side of the campus and sits in between Buildings 25 and 29.

The building was an 18-month project that cost approximately \$30 million. Ko

Wibowo was the project designer, McGranahan Architects



Izzy Anderson/THUNDERWORD

Building 26 is the first of many planned renovations on campus.

were the prime consultants and Pease Construction was the general contractor.

The structure was originally built in 1975.

Before the building was refurbished it contained approximately 33,000 square feet, now the building has 46,068 square feet.

On the first floor, the building features the Wellness Center, student lounge, nursing assistant clinic, three multiple purpose classrooms, and information technology services offices.

The second floor contains; three student lounges, a medical assistant lab, a nursing lab, a respiratory care lab, a computer lab, a multipurpose classroom, as well as 16 faculty offices.

The third floor holds a student lounge, two general lab classrooms, three biology/microbiology labs, a preparation room, a multi-purpose classroom, 29 faculty offices.

"I would say that everyone who participated and was a part of the project team was

satisfied," said Barry Holldorf, Highline director of facilities and operations.

Faculty from Buildings 15 and 18 were moved to Building 26, and faculty from Buildings 5 and 11 – since demolished – were moved into 15 and 18.

"No one wants to pack up and purge all their old stuff," said Holldorf. "For the most part, it went well."

Building 5 and 11 were faculty offices that had accessibility issues, and they were also outdated.

Next on Facilities' plate is work on Building 12, a classroom building, which will begin this summer. That building is currently empty, Holldorf said.

Students should ask hard questions about Highline’s leadership

As Highline’s administration begins to usher in new leadership, it’s paramount that students ask themselves what exactly they’d like to see in the school’s new administrators.

Candidates have something of a reputation for being a bit vague in regards to their plans for actually running and improving the school.

Part of getting a detailed rundown lies in asking the right questions, the first of which should be inquiring about their philosophy and approach to management.

An administrator’s ability to foster a good work environment will keep good employees working here. It’s all about treating people like human beings to get the best results possible out of them.

What is their approach to management and their plan to nurture a pleasant environment where people enjoy working?

Administrative candidates also tend to toe the line when it comes to diversity on campus. There is often lip service paid to Highline’s status as the seventh most diverse college in the United States, the benefits that come with this, and nothing more.

We should press administrators to specify exactly how they intend to help accommodate and further nurture the wide range of students and staff/faculty members from a myriad of cultural, international and ethnic backgrounds that we’re so proud of on campus, and whether they feel that this should be viewed as a priority.

Does Highline’s standing as a richly diverse college factor into their plans? How and why? What tangible methods will they employ to achieve this?

On the subject of the student body, aside from accommodating those of specific demographics, it isn’t uncommon at all to hear candidates say that they’re “for the students,” without going into much greater detail.

The ultimate goal of any college is to provide a strong education. A good candidate should have a clear-cut plan for making this experience better and more efficient for the student body as a whole.

What does it mean to be “for the students?” What plans do they have for making the transition in and out of college, as well as the time within, smoother for students of all ages and backgrounds?

As students, we’d doing ourselves a disservice by allowing ourselves to be spoon-fed meaningless mentions of corporate and management buzzwords and clichés from potential staff members who could end up having a profound effect on our time at Highline.

Have something to say?

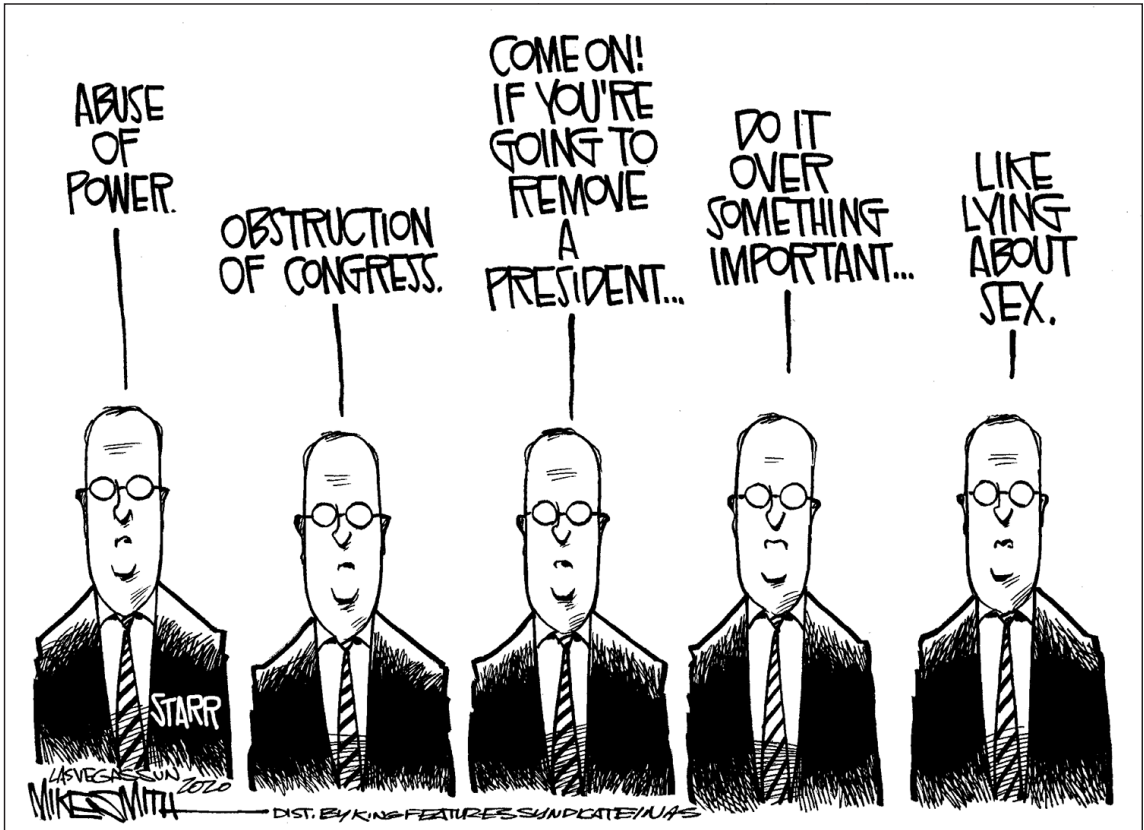
Write to us!

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.



Success lies in treating college as a career

Getting your degree is about persistence.

Under mounting pressure of classwork, at least a few of us have at one point or another, felt the urge to just run away. Get in the car and go nowhere in particular.

But Dr. Gloria Rose Koeping from the Counseling Center in Building 6 seems to believe that the pressure we often feel has more components than just classwork alone. She describes the choice to go to college as a way of upping the ante in and of itself.

“The payoff is much bigger, but if you’re not successful, it’s a much greater loss,” she said.

Dr. Koeping said that college is similar to a job for students, as they share many of the same stressors that we need to learn how to deal with in order to make it in our actual careers.

“No matter who you are, whether you’re Bill Gates, there’s going to be aspects of your job that you don’t like,” she said.

Gone Fishin’



Jack Fishkin

Among these stressors is the need to work with people who we may not necessarily agree with, or people we share significant differences with.

“You need to figure out what about people’s differences makes a better work product. You need to be humble and recognize when someone has a better idea than you.”

She also explained that this approach of treating college as a job will ultimately help you succeed.

“Getting a degree is more about persistence than knowledge. You have to persist and learn the lessons that aren’t in the syllabus,” she said.

To help with this, Dr. Koeping recommends keeping a planner to stay busy and organized. But to that same end, she also recommends making time to have fun and spend time with friends, within reason.

“Have fun once in a while, see a movie every couple of weeks,” she said.

When your emotions are taking the wheel and you’re longing for an escape, it’s important to take a reality check. She recounted a quote she heard once.

“Honor all parts of yourself, but only act on those that serve you.”

This is to say, when you feel an impulse, it is important to acknowledge this and why you’re feeling it, but make sure to pause and consider before you react.

Jack Fishkin is the opinion editor of the Thunderword.

THE STAFF

He could read a phonebook and I’d pay to listen to it.

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- 1. MEASUREMENTS: How many inches are in a mile?
- 2. ASTRONOMY: What does the acronym SETI mean to the scientific community?
- 3. LANGUAGE: What does the Latin prefix “sub-” mean in English?
- 4. U.S. PRESIDENTS: Who was the only president to serve two nonconsecutive terms?
- 5. LITERATURE: Which 20th-century movie star portrayed the autobiographer in *Stories of My Life*?
- 6. HISTORY: What was the

20th-century movie star portrayed the autobiographer in *Stories of My Life*? -9.5

Puzzle answers on Page 12

ARIES (March 21 to April 19) You need to be certain that all the right conditions are in place before you take that first step. It can't hurt to listen to good advice from those who have your best interests at heart.

TAURUS (April 20 to May 20) Be careful not to get involved in other people's disputes unless you know the facts behind the disagreements. That's the best way to be assured of making wise and honest decisions.

GEMINI (May 21 to June 20) You still need to be careful about how you're going to spend those energy reserves you finally got around to restoring. Best advice: Avoid overdoing it. Let things take their course.

CANCER (June 21 to July 22) Your aspect continues to favor travel -- alone or with that special person. So if you've been putting off making those getaway plans, it's still a good time to get started on them.

LEO (July 23 to Aug. 22) Those so-called golden opportunities that continue to dazzle the Lion still need to



be carefully checked out. Be suspicious about anything that looks like the “perfect” prospect.

VIRGO (Aug. 23 to Sept. 22) Changes at the workplace could make it more difficult to do things the way you prefer. But the wise Virgo who shows some flexibility could find it paying off in a big way.

LIBRA (Sept. 23 to Oct. 22) You might want to check out the explanation you were given for a sudden shift in your duties. There's a possibility that you haven't been told all the facts that you deserve to know.

SCORPIO (Oct. 23 to Nov. 21) Having confidence in your abilities is important, especially when you could be facing a new challenge, whether it's in the workplace or in a personal relationship. Good luck.

SAGITTARIUS (Nov. 22 to Dec. 21) A new work-related opportunity might not be all

that it seems. Before making any decisions, you might want to check with others who have had some experience in that area.

CAPRICORN (Dec. 22 to Jan. 19) A situation involving someone close could benefit from your timely intervention. Avoid being judgmental. There is plenty of time later for those “little talks” you like to have.

AQUARIUS (Jan. 20 to Feb. 18) Travel could be a surprise element in that new project. Be prepared for other previously undisclosed aspects that also might come to light as you proceed with the work.

PISCES (Feb. 19 to March 20) Try to balance your work-related responsibilities with the time you're spending on your recently revived social life. An old friend might be planning to return after a long absence.

BORN THIS WEEK: Your sensitivity makes you aware of the needs of others. Have you considered a career as a counselor?

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Students will leave their mark on transit station

By Katie Bennett
Staff Reporter

Žanetka Gawronski, a fine arts teacher at Highline, recently closed submissions from Highline students for mural designs at the upcoming Kent/Des Moines Link station.

The new Link light rail station is slated to open in 2024 and is currently in the design stage. The Link station will be across the street from Highline.

“I applied to be a mural artist with Sound Transit and I did that specifically so I could bring the project to Highline and Highline students,” Gawronski said.

Gawronski has gotten a lot of submissions and interest, and students are curious, she said.

Students submitted their mural designs sized at a mere 4 inches tall and 8 inches wide, a far cry from the final mural size of 5 feet tall and 10 feet wide.

“I’m super excited to have all of these awesome parts of Highline highlighted,” Gawronski said. “I think that a lot of amazing parts of Highline are hidden.”

The turnaround for getting students’ designs painted at full size is going to be quick.

“I’m trying to get 10 murals painted by Highline students by the end of the academic year,” Gawronski said.

This doesn’t seem like too difficult of a task to complete, until you remember that one mural is 5 feet tall and 10 feet wide and the end of the academic year is only five months away. She already has the canvases ready to go.

Students’ designs may be combined with other students’ designs, and Sound Transit will get the final say on what mural design gets chosen.

Gawronski said she would like to thank Highline and the fine arts department for their enthusiasm and support.

For updates on the Link expansion, visit soundtransit.org/system-expansion.



1. *Bad Boys for Life* (R) Will Smith, Vanessa Hudgens
2. *Dolittle* (PG) Robert Downey Jr., Antonio Banderas
3. *1917* (R) Dean-Charles Chapman, George MacKay
4. *Jumanji: The Next Level* (PG-13) Dwayne Johnson, Jack Black
5. *Star Wars: Episode IX -- The Rise of Skywalker* (PG-13) Carrie Fisher, Mark Hamill
6. *Just Mercy* (PG-13) Marcus A. Griffin Jr., Michael B. Jordan
7. *Little Women* (PG) Saoirse Ronan, Emma Watson
8. *Knives Out* (PG-13) Daniel Craig, Chris Evans
9. *Like a Boss* (R) Salma Hayek, Rose Byrne
10. *Frozen II* (PG) animated

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TOP TEN VIDEO, DVD for release week of Jan. 27, 2020

- Top 10 Video On Demand
1. *Joker* (R) Joaquin Phoenix
 2. *Once Upon a Time in Hollywood* (R) Leonardo DiCaprio
 3. *Hustlers* (R) Constance Wu
 4. *Judy* (PG-13) Renee Zellweger
 5. *Rambo: Last Blood* (R) Sylvester Stallone
 6. *Ad Astra* (PG-13) Brad Pitt
 7. *The Lighthouse* (R) Willem Dafoe
 8. *Angel Has Fallen* (R) Gerald Butler
 9. *Downton Abbey* (PG) Maggie Smith
 10. *Abominable* (PG) animated

- Top 10 DVD, Blu-ray Sales
1. *Joker* (R) Warner Bros.
 2. *Rambo: Last Blood* (R) Lionsgate
 3. *The Lighthouse* (R) Lionsgate
 4. *Once Upon a Time in Hollywood* (R) Sony Pictures
 5. *Abominable* (PG) Universal/Dreamworks
 6. *Downton Abbey: The Motion Picture* (PG) Universal
 7. *It: Chapter Two* (R) Warner Bros.
 8. *Overcomer* (PG) Sony Pictures
 9. *Fast & Furious Presents: Hobbs & Shaw* (PG-13) Universal
 10. *Angel Has Fallen* (R) Lionsgate

Sources: comScore/Media Play News

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Things are about to get Rocky – but not homeless – for Burien theater

By Katie Bennett
Staff Reporter

The Burien Actors Theater has gotten their home back in time for *The Rocky Horror Show*, but they still need a long-term solution.

“BAT is looking for spaces suitable for after July,” Artistic Director Eric Dickman said. “So far, BAT has not found a space, but then again, we were ordered to be out of our theater by Jan. 31, and things changed.”

In December, the City of Burien announced that they would be closing the Burien Community Center Annex on Jan. 31. The Annex houses the Burien Actors Theater and other non-profit organizations, like Meals on Wheels and the Burien Cooperative Preschool.

The decision came after the city hired a consultant to conduct an examination of the Annex’s roof, chimney, boiler, HVAC, air quality, electrical, foundation, and other fixtures. While the building isn’t in danger of collapsing on the tenants, the repairs to the building would cost more than the city brings in on rent from the tenants.

After testing the Annex for lead, mold, and asbestos, the Burien City Council directed the city manager to continue the leases of the tenants through July 31.



Burien Actors Theater will present The Rocky Horror Show beginning Feb. 21. The oft-performed show is a campy sci-fi musical.

The city has assembled an internal support team to assist the tenants in finding new spaces. Each organization has been assigned a staff liaison, a community partner, and Rich Shockley as their contact from the Small Business Development Center at Highline.

“BAT would like to stay in South King County because this area needs more, not less, theater. However, we are not tied to Burien, and we are open to all options,” Dickman said.

For now, the Burien Actors Theater is putting on a production of *The Rocky Horror Show* from Feb. 21-March 22. Student tickets are only \$10. “Well worth the price of admission,” Dickman said.

“This is BAT’s 40th season. We do mostly modern plays, and so we were looking for a throw-back for our 40th,” Dickman said. “BAT last produced *The Rocky Horror Show* in 2008, so we thought it might be time to revive it. *The Rocky Horror Show* is also great fun. In the dead of a wet rainy winter, great fun sounded like the right choice.”

The Rocky Horror Show is a cult classic comedy musical featuring a transsexual transvestite, car trouble, and building the perfect specimen of a man.

“*The Rocky Horror Show* started as a campy poke at old movies and the theater. It was a fun little show on the West End of London,” Dickman said about the history of the play. “No one really noticed. It was a flop. However, before long, it gained a new life as a play and a place for acceptance and audience involvement.”

The BAT’s production of *The Rocky Horror Show* isn’t just for die-hard fans of the show and of live theater, Dickman said.

“If you have never seen live theater before, *The Rocky Horror Show* is for you. It is like no other play. The audience calls out to the actors trying to make the actors laugh. The audience sings and dances along. They also sit quietly and feel the tears well up.”

Dickman has some advice for people who have never seen the show before.

First, *The Rocky Horror Show* is not the same as the movie, he

stressed. The scripts are similar, but not exactly the same, and there’s an entire song that isn’t in the movie.

“Next, this is a live performance of a show with a cult following,” Dickman said. “Expect some of the people around you will be in costume. Many will know the show inside and out. Expect they will sing along. Expect they will get up and dance, and not just during *The Time Warp*.”

The Rocky Horror Show has been produced all over the world for over 40 years.

“This show is all about having a good time, so don’t expect people to sit quietly. They will call out to the actors, they will laugh at themselves and each other, and they smile,” Dickman said. “*The Rocky Horror Show* is not like any other play you will see. Everyone who comes to the show is family, and they will be treated as such.”

The Burien Actors Theater is located at 14501 4th Ave. SW, Burien. Shows are on Fridays and Saturdays at 8 p.m., and Sundays at 2 p.m. from Feb. 21-March 22. Tickets are \$25 for general admission, \$10 for students with valid student ID, \$20 for seniors and active military, and only \$17 each for groups of 10 or more.

Tickets can be purchased online at burienactorstheatre.org, where you can also find more information about the show.

Men’s hoops snaps four-game losing streak with victory against the Titans

By Calvin Domingo
Staff Reporter

While taking care of business against the Tacoma Titans this past Saturday and winning their second league game of the season, the Highline men’s basketball team finally jumped the gun.

Instead of having to scratch and claw to get back into the game in the second half, which has been a recurring theme since the start of league play, they finally went into the half with a cushion against Tacoma.

“Our energy was different,” sophomore guard Mahlik Hall said. “You can sense it even before the game. Guys were more locked in. On the court, guys were flying around on defense, it was a great team effort. To build off this momentum, it starts in practice. Go hard and prepare for games. Carry that same energy, it has to be a consistent thing, not a part-time thing. Winning that game was good for us because we’re still in it. We’re still in the hunt.”

In a recent four-game losing streak prior to the win against the Titans, the Thunderbirds trailed at the half in each game by double digits.

Against Green River, in its first league game, the Thunderbirds trailed at the half, 44-32 before storming back in the second half to force overtime and ultimately coming away victorious.

Last Wednesday, in a home loss to South Puget Sound, the Thunderbirds had dug themselves their biggest hole to date, as they were down by 47-30 to



Stephen Glover/THUNDERWORD
Freshman forward Jalen Fayson is having a strong season for the Thunderbirds so far, averaging 15 points per game in addition to snagging 9.5 rebounds per game.

the Clippers at halftime. When discussing what plagued the team during the losing streak, T-Bird Head Coach Che Dawson said that this wasn’t an issue prior to the season getting underway.

“That’s a focus and pride issue,” Coach Dawson said. “That wasn’t the case in the preseason. We usually started games pretty well.”

Hall placed the blame on the team not having their heads in the game for much of the season so far.

“Mental lapses,” he said. “Not being on the same page and we just weren’t playing to the best of our abilities. We played with much more effort and like ourselves in the Tacoma game. It helped propel us to a win.”

Last night, the Highline Thunderbirds hosted the Grays Harbor Chokers (4-2, third place in the West Division), at 8 p.m., however, results were unavailable at press time.

Next Wednesday, the T-Birds will travel to Green River (2-4, tied for fifth place in the West Division) to take on the Gators at 8 p.m.

When discussing the state of the team moving forward, Hall brought up the fact that their season so far has been a roller coaster.

“During the beginning of the season, we played with great hustle,” he said. “When league started, we started to dip and we weren’t playing like ourselves.”

To address the team’s biggest weaknesses moving forward, Hall said that it begins and ends with one word. Practice.

Heroes come and go but legends are forever

I have a dream. I have a dream that one day, I’ll be the biggest sports personality in the history of ESPN, or the world, for that matter.

However, that dream only manifested after witnessing one of the greatest players in the history of basketball lead his team to three straight NBA Finals appearances from 2007-2010, winning two of them.

Prior to this, I had never watched NBA basketball. Then, I became hooked and fell in love.

By the time I realized that I probably wasn’t going to play in the NBA, I figured I might as well pursue a career talking about sports for a living. If I couldn’t play it.

Here I am now, an aspiring journalist.

Ironically enough, the seeds of my endless imagination were



Calvin Domingo
planted from someone whose job in society is to “shut up and dribble,” or so, according to longtime Fox News personality Laura Ingraham. In addition to winning an Oscar for his short film, *Dear Basketball*, and authoring several books, this man was more

than just an athlete. Funny thing is, Kobe Bean Bryant was never my favorite basketball player.

That distinction would belong to two players, LeBron James and Dwyane Wade.

While I savored the moments growing up where Kobe would hit buzzer-beater after buzzer-beater in the playoffs, it wasn’t the player that most intrigued me.

It was his killer mentality. His dedication. His relentless work ethic. His drive and determination. His focus and his will.

After all, the self-proclaimed “Black Mamba” chose his name wisely, if you ask me.

While I wouldn’t say I idolized him, he had a pretty significant influence on my life, as well as many other people, especially the youth.

He inspired me to do better. To be better. To work harder. To push yourself. To get up earlier than everyone else. To work hard even on the days where you feel like you just can’t go at it anymore.

However, Bryant wasn’t without his faults.

In 2003, he was charged with sexual assault after a hotel employee in Colorado accused him of raping her.

While the charges were later dropped after a year of investigation, scrutiny and controversy followed Kobe for years.

This situation only goes to show that while we should not condone his actions, at the end of the day, he’s still human. Just like me. Just like you.

Fast forward three days since the tragic passing of Bryant, Highline T-Bird guard Mahlik Hall still struggles to process

the loss of a prominent figure.

“It’s affecting me just like with everyone else,” Hall said. “I was shocked. Those are situations you don’t even think about, so it was real tough. I still can’t believe it. It’s crazy. Kobe? Man, not Kobe.”

Hall, who grew up idolizing Kobe, wears the No. 24 in his honor.

“He had this mentality, always go hard no matter what,” he said. “Not just in the sport of basketball, but also in life. Pushing through hard times and having perseverance. To never stay down.”

Although the world lost a hero in the eyes of many, Bryant’s legacy will continue.

Farewell Kobe Bryant, guess I’ll have to wait to interview you one day.

#MambaOut

Double trouble: Birds drop two

By Emmitt Sevores
Staff Reporter

The Lady T-Birds dropped two games on the week including a heartbreaker to South Puget Sound last week.

Highline started off hot, something that hasn't happened too often this season as they have been outscored by 89 points in the first quarter this season.

They went up 11-0 halfway through the first quarter, but five turnovers in a two-minute span helped the Clippers get back into the game.

Highline took a three-point lead going into the fourth quarter, but Highline's biggest problem all year long caught up with them once again - turnovers.

The team lost the turnover battle, giving up the rock 24 times, including 8 crucial turnovers in the fourth quarter.

Turnovers are not a new theme for Highline.

Only three times in 15 games have the Lady T-Birds turned the ball over less than 20 times, going 2-1 in those games.

They were outscored 17-11 in the fourth quarter and outside of center Kylie Lunday, who had 6 points, shot 1-7 from the field.

Highline took a 54-49 lead with 3:23 remaining, and did not score for the rest of the game.

South Puget Sound took its first lead of the game with 1:03 remaining and was able to close out the game, getting the 57-54 win.

"I feel as if we get nervous because of the pressure our opponents are giving us," Highline guard Catherine Sunny said.

"I think we are not mentally prepared going in. Yes we're



Stephen Glover/THUNDERWORD
Alani Sinclair in the paint for Highline against Grays Harbor.

playing but we're letting our opponents pressure and speed get in the way of our game, which we shouldn't," Sunny said.

Highline started slow again against Tacoma.

While Lunday was on fire in the first quarter, her teammates were not.

Lunday shot 5-6 for 10 points from the floor and had 7 of the team's 14 rebounds.

The rest of the team shot 2-11, including 0-3 from beyond the arc.

"We need to break through whatever rut we may get into and come out on the other side victorious," guard Hannah An-

derson said.

"A lot of us are first-year players or basketball isn't even our main sport. We are just struggling coming together and getting on the same page, but it's coming," Anderson said.

Lunday said she felt the same way.

"I feel that there is always something that comes up each game that we need to overcome. We are really now finally learning to play together as four starters are freshman," Lunday said.

Highline fell behind by 14 points in the second quarter but was able to close the gap down

to four halfway through the third.

But in the end, the Lady T-Birds couldn't keep up with Tacoma and Highline lost its third game in a row, 74-62.

These recent losses have dropped Highline down to fifth place in the NWAC West, and two games back from a playoff spot.

Players seem confident in their ability to bounce back.

"We just need to come together and work together and play our game. I think that thinking about who's gonna win in the end just makes us lose focus. So we just need to focus on playing our game and not playing their level," Sunny said.

"We're still on the mend. Each day at practice we are getting better. It's just about clicking," Anderson said.

"Coach Crump is continuously encouraging us to play our best. He believes we have so much potential and can come together as a good, but better team then where we're at right now," Sunny said.

"We need to have more energy at the beginning of the game and try to come out with more fight," said guard Patrea Topp.

The Lady T-Birds will start to make their second lap around the NWAC West with a game on the road against Green River.

They play the Gators on Wednesday, Feb. 5 at 6 p.m.

Highline will then play its second straight road game against second place Lower Columbia on Saturday, Feb. 8 at 5 p.m.

Results from Highline's game against Grays Harbor on Wednesday were not available at press time.

THE SCOREBOARD

Women's Basketball

WEST

Team	League	Season
Centralia	6-0	13-7
Lower Columbia	5-1	14-7
Tacoma	4-1	7-10
S Puget Sound	4-2	4-15
Highline	2-4	4-12
Pierce	1-5	3-16
Green River	1-5	1-18
Grays Harbor	0-5	0-9

EAST

Team	League	Season
Walla Walla	7-0	18-1
Yakima Valley	6-2	16-5
Wenatchee Valley	6-2	15-6
North Idaho	5-3	11-8
Treasure Valley	3-4	9-7
Spokane	3-5	10-7
Columbia Basin	3-5	6-14
Big Bend	2-6	10-11
Blue Mountain	0-8	2-17

NORTH

Team	League	Season
Bellevue	4-1	11-4
Whatcom	4-1	13-7
Peninsula	4-2	11-6
Edmonds	4-2	7-12
Everett	3-2	11-9
Shoreline	2-3	9-9
Skagit Valley	1-5	7-11
Olympic	0-6	3-12

SOUTH

Team	League	Season
Umpqua	7-0	20-0
Lane	6-2	17-4
Clackamas	5-2	15-3
Mt. Hood	5-3	13-7
Linn-Benton	4-3	15-5
Chemeketa	4-4	9-11
SW Oregon	2-5	8-12
Clark	0-7	4-13
Portland	0-7	1-12

Men's Basketball

WEST

Team	League	Season
S Puget Sound	6-0	16-4
Lower Columbia	5-1	17-4
Grays Harbor	4-2	13-8
Centralia	3-3	8-12
Highline	2-4	10-10
Green River	2-4	10-11

EAST

Team	League	Season
North Idaho	8-0	20-1
Spokane	7-1	17-4
Wenatchee Valley	5-3	17-4
Yakima Valley	5-3	8-11
Treasure Valley	4-3	11-7
Walla Walla	3-4	9-10
Big Bend	2-6	8-14

NORTH

Team	League	Season
Skagit Valley	5-0	20-0
Everett	4-1	17-3
Edmonds	4-2	12-8
Peninsula	3-2	13-4
Shoreline	3-2	8-9
Olympic	2-4	5-15

SOUTH

Team	League	Season
Umpqua	6-1	18-2
Clackamas	6-1	17-2
Chemeketa	5-2	11-8
Portland	4-3	8-8
SW Oregon	3-4	8-10
MT Hood	3-5	9-11
Lane	2-5	11-7

Wrestling coach talks Oregon, Iowa

By Eddie Mabanglo
Staff Reporter

With bouts at the Boxer Open in Forest Grove, Ore. Jan. 28 and at home against the Southwestern Oregon Lakers Feb. 1 cancelled, Highline has plenty of time to prepare for the West Region championships on Feb 16.

Head Coach Chad Beatty said that in the penultimate practice period of the season, the team is working on maintaining health and preparing their individual strategies for the tournament.

"In our second to last training phase of the season, our team is going to focus on refining our skills, making game plans for individual matchups and get healthy," he

said.

Beatty said that such skill refinement will come in the form of "small technical adjustments" tailored to each wrestler.

"We're focusing on small technical adjustments that fit with each athlete stylistically," he said. "Things like hand placement when we're hand-fighting or driving at the correct angle when finishing leg attacks."

He also said that given the significance of this upcoming tournament, it is important that the team focus on improving and maintaining peak health.

"We want to be as close to 100 percent as possible going into our regional tournament," he said.



Head Coach Chad Beatty says that the next couple weeks of training will be focused on health and fundamentals.

"This includes our physical, mental, and emotional health. We want to be firing on all cylinders."

Beatty said that the national tournament in Iowa is also on everyone's mind as preparations begin.

"[We're] trying to elevate each other by continuing to wrestle through all positions during practice."

"We're also putting an emphasis on recovery, overall health and nutrition as we prepare for the final push toward Iowa."

This is Head Coach Chad Beatty's first season with the Thunderbirds.

The West Region Championships are Feb. 16 at 9 a.m. at Southwestern Oregon College is Coos Bay Ore.

The NJCAA National Championships are March 6-7 at 9 a.m. in Council Bluffs, Iowa.

Kick off Super Bowl with these snacks

For the past few years, we’ve gone to our friends’ home to watch the Super Bowl. Since they live an hour away, I like to take along snacks that are simple to make, travel well, and best of all, are easy for guests to serve themselves.

The cheering, jeering and excitement can create a hearty appetite, and no one wants to miss a minute of the game while grabbing something to eat. These easy appetizers will satisfy the biggest football fans without taking the host or hostess away from the game.

My game day goodies can be prepared ahead of time. The Mexican Shredded Beef can be prepared and kept warm in a slow cooker set on low.

Complete your football buffet table with a platter of raw veggies and bottles of salad dressing that can also serve as a dip. You’ll be voted MVC (Most Valuable Chef) at your Super Bowl party with these delicious dishes!

SLOW-COOKER MEXICAN SHREDDED BEEF

This flavorful shredded beef can be used for sliders, nachos or taco filling and is an easy way to provide an appetizer that guests can customize to their taste and serve themselves! Prepare this roast in a slow cooker the day before, refrigerate it in its juices and then reheat it before the big game!

- 1 (3-pound) boneless beef chuck or rump roast

THE KITCHEN DIVA

Angela Shelf Medearis

- 1 1/2 teaspoons salt
- 1 1/2 teaspoons black pepper
- 2 tablespoons cumin
- 2 tablespoons chili powder
- 1/4 teaspoon cayenne pepper
- 1 cup all-purpose flour
- 2 tablespoons vegetable oil
- 2 tablespoons steak sauce
- 2 tablespoons Worcestershire sauce
- 1 large yellow onion, sliced
- 1 (12-ounce) jar mild banana pepper rings
- 1 (15-ounce) can beef broth
- 3 garlic cloves, chopped

- Season roast with the salt, pepper, cumin, chili powder and cayenne pepper.
- Rub the spices on both sides of the roast. Sprinkle both sides of the roast with the flour.
- Add oil to a large skillet and heat on high. Brown all sides of the roast, leaving the meat in the pan untouched for 2 to 3 minutes on each side to form a crust.
- Place the roast in a 6-quart slow cooker. Add in the steak sauce, Worcestershire sauce, onion, banana pepper rings, beef broth and garlic.
- Cover and cook on LOW 6 to 8 hours or until meat shreds easily. Transfer to a cutting board, reserving liquid in slow cooker. Shred roast using a



Depositphotos

Look south of the border for your Super Bowl snack inspiration.

sharp knife to dice into pieces or by placing small chunks of the roast into a food processor and pulsing until the meat is shredded. Return the meat to the slow cooker and stir it into the liquid. Keep warm on LOW.

For Beef Nachos:

Keep the shredded beef in the slow cooker to keep warm. The heat from the beef will melt the cheese slightly.

- 1 (20-ounce) bag tortilla chips
- 1 (15-ounce) can pinto beans with jalapeño, drained and rinsed
- 3 large tomatoes, chopped
- 1 large onion, finely chopped
- 2 cups shredded Pepper Jack, Cheddar, Munster or Monterey

- Jack cheese
- 4 sliced avocados (sprinkled with lemon juice)
- 1 (15-ounce) bottle medium or hot salsa
- 1/2 cup chopped cilantro
- 2 cups shredded coleslaw

Layer the chips, onion, beans and the warm beef. Sprinkle with the cheese and desired toppings.

For Beef Sliders:

- 1 1/2 cups shredded beef
- 1 cup shredded Cheddar cheese
- Shredded coleslaw, if desired
- 12 slider or dinner rolls, sliced lengthwise
- Warm rolls, if desired. Place shredded beef, cheese and desired toppings on each slider.

For Beef Tacos:

Wrap the tortillas in a damp, food-safe paper towel or damp dish cloth and warm them in the microwave for 30 seconds. Set out the taco ingredients and let your guests serve themselves!

- 10 flour tortillas (warm)
- 1 1/2 cups shredded beef
- 2 cups shredded coleslaw
- 1 cup diced tomatoes
- 1 cup Cheddar cheese (shredded)
- 1 cup corn salsa (see recipe below)
- 1 cup sour cream

Layer the ingredients on the warm tortilla, fold and eat!

To make Corn Salsa:

Save time by using a mini-chopper or food processor to mince the purple onion, jalapeno, cilantro and oregano

- 2 cups frozen corn, thawed and drained
- 1/2 purple onion, chopped finely
- 1 jalapeno chili pepper, seeds and ribs removed to lessen heat, if desired, and chopped
- 1/3 cup chopped cilantro, including tender stems
- 2 teaspoons fresh oregano, chopped (or 1 teaspoon dry)
- 1 teaspoon salt
- 1/2 teaspoon ground cumin
- 2 tablespoons lime juice

Using a large bowl, combine all the ingredients together. Cover and chill. Stir before serving. Makes 2 cups.

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Egg-celent spaghetti dinner

Beaten eggs and plenty of Romano cheese form a lightly creamy sauce in this bacon-studded Italian pasta dish.

- 1 pound spaghetti
- 1 tablespoon olive oil
- 3 slices thick-cut bacon (or 4 ounces pancetta), cut into 1/4-inch pieces
- 1 small onion, chopped
- 5 large eggs
- 1/2 cup freshly grated Pecorino Romano cheese, plus additional for serving
- 1/4 teaspoon coarsely ground black pepper
- 1/4 cup (loosely packed) fresh parsley leaves, chopped

- In large covered pot of salted boiling water, cook spaghetti as label directs.
- Meanwhile, in 12-inch non-stick skillet, heat oil on medium 1 minute. Add bacon and cook until browned. With slotted spoon, transfer bacon to paper towels. Pour off all but 2 tablespoons fat

from skillet; add onion and cook 6 minutes or until tender. Remove skillet from heat.

- Reserve 1/4 cup pasta cooking water. Drain pasta; add to skillet with reserved water and bacon. Cook on medium, stirring, until water is absorbed. In bowl, whisk eggs with Romano and 1/4 teaspoon coarsely ground black pepper.

- Remove skillet from heat; stir in egg mixture. Add parsley and toss until pasta is well coated. Spoon into warm pasta bowl; serve with Romano and coarsely ground black pepper to taste. Makes 4 main-dish servings.

Straciatella is the Italian version of egg drop soup. The straciatella are the “little rags” of egg that form when beaten egg is drizzled into hot broth.

- 3 cans (14- to 14 1/2-ounce) chicken broth
- 3 cups water
- 1 head (12-ounce) escarole, trimmed and cut into 1-inch pieces
- 3 large eggs
- 1/3 cup freshly grated Pecorino

GOOD HOUSEKEEPING

- Romano cheese
- 1/2 teaspoon salt
- 1/4 teaspoon coarsely ground black pepper

- In 4-quart covered saucepan, heat broth and water to boiling on high. Stir in escarole; reduce heat to medium and simmer 5 minutes or until escarole is tender and wilted.
- Meanwhile, in 2-cup liquid measuring cup or small bowl, whisk eggs, Romano, salt and pepper until combined.
- Drizzle egg mixture from measuring cup into simmering broth, gently stirring just until egg shreds are set. Ladle soup into warm bowls and serve immediately. Yields 10 1/2 cups (4 main-dish servings).

(c) 2020 Hearst

Find comfort in steak, potatoes

I don’t think there is a “meat and potatoes” man around who won’t give this comfort-food dish two thumbs up.

- 16 ounces lean tenderized minute or cube steaks, cut into 16 pieces
- 1 1/2 cups finely sliced celery
- 1 cup chopped onion
- 1 (8-ounce) can tomato sauce
- 1 (8-ounce) can stewed tomatoes, undrained
- 1 teaspoon dried parsley flakes
- Sugar substitute to equal 1 tablespoon sugar, suitable for cooking
- 1/8 teaspoon black pepper
- 3 cups hot cooked noodles, rinsed and drained

- In a large skillet sprayed with butter-flavored cooking

COMFORT FOODS

BY HEALTHY EXCHANGES

spray, saute meat, celery and onion for 10 minutes. Stir in tomato sauce, undrained stewed tomatoes, parsley flakes, sugar substitute and black pepper. Lower heat, cover and simmer for 30 minutes, stirring occasionally.

- For each serving, place 1/2 cup noodles on a plate and spoon about 1 cup meat mixture over top. Freezes well. Serves 6.

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Racial binaries hide who people are, professor says

By Marta Barlow
Staff Reporter

30 binary racial categories unfairly limit who people are, said a visiting professor here last week.

Dr. Claudia Garcia-Louis is an assistant professor of higher education and leadership studies at the University of Texas, San Antonio. She spoke on Wednesday, Jan. 22 at Highline for MLK Week. Her presentation was titled: “Rupturing From the Black-White Racial Binary: AfroLatinxs Bridging the Black-Brown Divide.”

“In the United States, if you are black, you can not be brown,” Dr. Louis said.

There is a binary that determines you are only able to be one race or ethnicity at a time, she said. This binary causes people to lose a bit of who they are.

“They took my name, made me feel



Dr. Claudia Garcia-Louis



ashamed of being bilingual,” Dr. Louis said.

People are forced to fit into a pre-made binary of one race and only one, in which they cannot be themselves. “Do we know what race is?” Dr. Louis asked.

Ethnoracial categories are grounded and constructed within geographical spaces, she said.

For example, Hispanic is a race, yet Hispanic does not exist outside the U.S., Dr. Louis said

When we see someone who identifies outside the binary, such as an AfroLatinx, we become confused. “Wait a minute, that’s not the social construct of what a Latino is,” she said. Once it’s realized that there is more to people than one race or the other, we begin to find people who identify outside of the binaries we have made, Dr. Louis said.

There is a binary that divides peo-

ple into groups based on ethnicity and race, but why is there a binary? She asked.

To understand the binary, people must also understand the history.

The identity of the binary is embedded in the history of slavery, Dr. Louis said.

A majority of the slaves taken from Africa went to the Americas, especially South America.

In South America there was Mestizaje, mixing of ethnicities and races.

While this appeared good, the white colonial settlers were held to a higher status than were black.

“Purity of blood” among the two groups enforced a divide between them. The one-drop rule was used in determining the “purity of blood,” Dr. Louis said.

The one-drop rule means that “one drop of black blood renders you black,” she said. This is a portion of history that has led to a black-white binary and subsequently the black-brown binary.

“We cannot have unity without understanding history,” Dr. Louis said. The real work is bringing together marginalized people. Martin Luther King Jr. recognized the importance of bridging together the divide between the black and brown communities, she said.

AfroLatinos are not black or brown, Dr. Louis said - they are both.

Law ignores Hawaiians’ right to their land, professor says

By Dominique Johnson
Staff Reporter

Research telescopes atop a mountain may not seem like the epitome of criminality, but for the native people of Hawaii, it is an infringement upon the sacred land that sustains them, a visiting professor said last week.

Indigenous activist, poet, and professor of native Hawaiian Politics at the University of Hawaii, Dr. Jamaica Heolimeleikalani Osorio, delivered a lecture last Thursday afternoon in Building 7 on the relationship between natives and their land, traditional and state governance, and how natives are defending their rights.

She spoke as part of Martin Luther King Week at Highline.

The lecture began with the history of Hawaii.

“People were always fighting against injustices of power,” she said.

There was no treaty of annexation when the United States imperialised and began to occupy Hawaii, making it an illegal and divisive takeover.

New laws, new people, new language, new expectations of what life was supposed to mean changed for the people who had previously flourished in a system of pre-contact law, she said.

The “kapu system,” Dr. Osorio said, was particular to their culture.

“We respect the ways our laws demonstrate how we relate to each other,” she said.

The laws in present day society just don’t speak to the values of Native Hawaiians.

In summer 2019, Dr. Osorio and thousands of others made their way up to the sacred mountain Moana Kea, to protest the construction of a 30 m telescope.

“Lawyers and judges, they are all there to maintain a state of living where businesses rule,” said Dr. Osorio.

Moana Kea is a freshwater source, making it very vital for self sufficiency. However its environment has been negatively impacted by previous construction Dr. Osorio said.

The argument justifying the new construction, she said, was that Moana Kea had “already been adversely affected, what’s one more?”

Through these times of protest, natives demonstrated their loyalty and respect for the land, she said.

“People in their 80s were sleeping in below freezing temperatures... on a cot because they love the land so much.”

During the protest, the state issued a state of emergency because they saw the protesters as “lawless and obstructing business,” Dr. Osorio said.

She said that the issue lies in the state’s inability to recognize the sacred connection and the right the native Hawaiians have to their land, and their abuse of state law to oppress indigenous voices.

“Indigenous ideas about government are in direct conflict with the western idea of governance,” Dr. Osorio said.

How Dr. King’s peaceful protests created change in a violent country

By Marta Barlow
Staff Reporter

Martin Luther King Jr.’s use of non-violent protest to create change in a violent country was a radical step, a professor said here last week.

Dr. Maurice Dolberry is a professor and consultant and spoke at Highline’s MLK Week last Thursday, Jan. 23. His talk was titled “Dr. Martin Luther King Jr., Revolutionary and Scholar.”

Before Dr. Martin Luther King Jr. was even born, the history of African Americans in this hemisphere has been violent, he said.

To be more specific, the United States has a history of “plundering black people,” Dr. Dolberry said.

During the slave trades, black people were “plundered.” They were stolen from their homes and were wronged.

A man by the name of Cudjoe Lewis was the second-to-last-known survivor of the Atlantic slave trade. He died in July of 1935.

Dr. Dolberry brought Cudjoe Lewis into the conversation because “if he had been Martin Luther King’s grandfather, he would have been sitting at the knee of a man who survived” the slave trade.

Dr. Dolberry said that slavery wasn’t



Dr. Dolberry

a long time ago and we need to realize that.

There was a normalization of the plundering of black people, explained Dr. Dolberry.

When violence is done to you, and violence surrounds you, it’s easy to be violent and push back. Many acts of protest during the time of MLK were violent.

“Violence is normal, violence is regular, it is ingrained in the existence of this history,” said Dr. Dolberry.

Another prominent leader, Malcolm X used violent acts to engage in protest. Malcolm X compared Martin Luther King Jr. to being a house slave while he was a field slave.

If a master’s house was on fire the field slaves “were hoping for a stiff breeze to burn it all down.” But, Dr. Dolberry continued, “the house slave would say ‘master our house is burning down, we need to put the fire out.’”

In this sense, the house slave is actually helping the enemy. However, it’s

important to acknowledge that “the house slave bore the brunt. They were around master way more than the field slave,” Dr. Dolberry said.

“They were closer to what was happening and so they engaged in acts of resistance that weren’t overt, they had to be covert but they engaged in resistance all the same,” he said.

There are different ways to engage in acts of revolution: violent, non-violent, overt and covert, Dr. Dolberry said.

The path Martin Luther King Jr. took for engaging in non-violent acts of protest was more than just deciding one day he was going to lead a non-violent act of protest.

He decided to learn and study what other acts of peaceful protest people had done before him, Dr. Dolberry said.

Martin Luther King Jr. went to India and studied non-violent acts of protest such as the work of Gandhi.

“The hemisphere and a country that is mired and couched in violence... specifically, in violence that involved the plunder of black bodies. That him engaging as a non-violent activist who experienced all types of violence,” Dr. Dolberry said. “That makes him a revolutionary and a radical in addition to a scholar.”

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



by Freddy Groves

VA ER, the veteran was admitted for observation.

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, professor 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

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.

WISH continued from page 1

to give them some time to assimilate into a work environment, Barriga said.

King County Housing Authority have collaborated with WISH to provide the housing vouchers.

King County Housing Authority have been finding ways to house and assist people with low funding since 1939.

Those in WISH will receive other benefits as well.

“There’s a financial coach’s aspect. That’s something unique to this program,” Barriga said.

These coaches will meet with people to go over many financial topics, but savings and credit will be the main focuses, Barriga said.

“Coaches help you figure it out... they hold you accountable to those goals,” she said.

The program’s coaches are Michelle McClendon and Laquita Fields.

“Michelle and Laquita are also very knowledgeable and connected to human resources,” she said.

McClendon and Fields also have many connections outside of finances too, Barriga said.

Because of this, they can direct students to other programs and sectors for other areas in

life that they might want help in.

Some food will be also be provided through this program.

“Our new food partner with the [Highline] pantry, they are going to be donating 40 bags of food to get us started,” Barriga said.

Everyone in WISH will receive a welcome gift too.

“Everyone’s going to get a handmade quilt,” Barriga said.

Forty vouchers are available for Winter Quarter, and WISH applications are available now.

“The forty vouchers will be given on a lottery basis, no one student will take priority over another. Everyone has an equal chance,” said McClendon.

McClendon also mentioned on Jan. 16, that of the 40 vouchers available for Highline students, only 12 students had submitted the screening application.

Those interested in applying must attend an information session, or meet with a WISH advisor.

The last information session available will be tomorrow at noon, in Building 2.

There are a few other requirements as well.

To apply, Highline students must be currently homeless, have eligible im-

migration status, have a 2.0 GPA, be taking at least six credits with the intention of moving to full-time enrollment, and have a positive academic standing with Highline and financial aid.

Being homeless does not necessarily mean a student has to be living on the streets though, Barriga said.

“If you are staying with friends or family, you may be eligible for this program,” she said.

Those interested in learning more about the WISH program can visit <https://supportcenter.highline.edu/wish/>.

This program could really influence some students’ lives for the better, Barriga said.

“I feel really, really fortunate that this whole thing came together because I think it’s really going to change people’s lives,” she said. “Having a safe place to call your own, it’s hard to put a value on that.”

Those in need of immediate help can also find help at Highline.

This is available through Fields in Women’s Programs for short-term emergency assistance housing for homeless students, located in Building 6.

Additionally, resource option personnel are accessible through the Benefits Hub in Building 1.

Johnson continued from page 1

the education committee in the future.

“I’d love to be on that committee in the future, and I’ve expressed my interest,” he said.

Rep. Johnson currently works for the Highline School District in their Workforce Planning and Development department.

Rep. Johnson said he sees his role as a legislator as listening to his constituents and responding to his needs.

“I think it’s really to bring the voice of your community to the discussion,” he said. “It’s all about representation.”

Rep. Johnson said he thinks South King County can be forgotten sometimes in the Legislature, and he wants “to make sure South King County, Federal Way, the 30th district are represented.”

Along with education, Rep. Johnson said he wants to focus on housing, youth violence prevention and behavioral and mental health through the “lens of social justice.”

Rep. Johnson is a co-sponsor on several bills that deal with issues from housing to suicide prevention.

“People are looking for someone that’s a champion,” he said.

While originally announcing his candidacy for Rep. Mike Pellicciotti’s, D-Federal Way, seat, Rep. Johnson said that he will be filing paperwork to run for re-election this fall for his

current seat.

“I’m definitely going to try to keep the seat,” he said.

Weekly SUDOKU Answer

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

King Crossword Answers

Solution time: 24 mins.

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

Go Figure! answers

6	+	9	÷	3	5
+		-		×	
7	÷	7	+	4	5
-		×		-	
8	÷	2	+	5	9
5		4		7	

2030 continued from page 1

“More people should take action in the environmental well-being of the planet,” said Jacen Sutton.

“I think that based on the way things are going now, we will be struggling from the effects of climate change and panicking to try and reverse them,” said Highline student Faith Felner.

Students also said they hoped to see work being done to prevent these kinds of negative changes.

However, a few students said they believed it may be too late.

“I want to see progression in environmental conservation and sustainability, but I’m not sure that will happen considering the rate we are destroying the planet,” said Ashley Nguyen.

“I want to see people focus more on the environment and how to fix it,” said Cristofer Castro.

Highline student Tpa Khan said that in 10 years, he hopes for more people to be more aware of climate change and to take more action.

Sutton mentioned how cyber bullying is a serious epidemic not dealt with as effectively. Peers don’t use brain filters like they should and spit out something in the wrong context.

“I’d like to see more changes

at Highline and high schools,” he said. “A lot of teachers and advisers direct you in a pathway you don’t like. It’s harder for older generations to deal with cyber bullying.”

Other students believe that Highline will have made some positive changes such as more diversity and technological advances.

“I think there will be even more diversity with the teachers and students,” said Elvina Antonchuk.

“In 10 years, I think Highline will be different by the number of online classes,” said Melissa Schacher. “Because the internet and technology are becoming more and more common, I think the online classes will outnumber the physical classes.”

“I think Highline will adapt to new technology and have more online learning options,” said Ashley Nguyen.

For some, taking online classes wouldn’t seem appealing since there is no face to face communication with the professor or students.

However, most students agree that the biggest benefit out of it is getting work

done right at home, avoiding last-minute rushes to turn stuff in.

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6

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