

# THUNDERWORD

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Beach Boys orchestra  
show will give good vibes



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T-Birds back in playoff  
hunt after winning last two



**Page 10**  
StartZone starts people off  
on the right financial foot



## A world just beyond Highline

Addiction keeps  
man living life  
on the edge

**By Joe Locher**  
Staff Reporter

He calls himself Z.  
He's not forthcoming  
about why he chose that  
alias. He has a real name, but like  
his previous life, he's "taking a  
break."

Z lives on the fringes of Pacific High-  
way South, often called "the Blade" by  
people who share that space, which is  
frequently marked by litter-ridden side-  
walks and overflowing trash cans. Life  
on the Blade is for sale – prostitutes, drug  
dealers and garden-variety criminals  
prowl stretches of the highway at various  
times of day. Especially at night, as the  
sun sets and the steady thrum of passing  
traffic rises.

And Z, a 23-year-old white male with  
a ready smile and a kind demeanor,



*Z waits for customers outside  
a dollar store along Pacific  
Highway South near High-  
line.*

Joe Locher/THUNDERWORD



despite his ragged and  
dirty attire.

For income Z opens  
the doors for people  
going into the Dollar  
Store on the northeast corner of Kent-Des  
Moines Highway and Pacific Highway South.  
He sets a jar on the concrete entrance to the  
store, asking for donations.

He greets customers with a friendly smile,  
unusual for the environment. "Hello and  
have a great day," he says.

"I am taking a break from the real world,"  
Z said.

Z's real name is Kaden Hecker. He has an  
associate's degree in computer science from

Pierce College. He grew up in the Hill-  
top neighborhood of Tacoma. His father  
was the director of technology services  
for Pierce College.

Z used to work for a company called  
Digipen Programming, for a year.

"Digipen was the best job I ever had  
because I got to play video games for a

See Z, page 11



## Reader named new VP

**By Izzy Anderson**  
Staff Reporter

Highline has chosen its new  
vice president of Student Ser-  
vices.

Aaron Reader was an-  
nounced as the college's new  
services vice president last  
Tuesday.

He will begin the position on  
March 2.

He will be taking over the  
spot after Dr. Sy Ear sat in as in-  
terim vice president.

Reader was just one of three

See Reader, page 11

## Low revenue won't close down bookstore

**By Samuel Watson**  
Staff Reporter

Highline expects less money  
from the operation of its cam-  
pus bookstore this year, but is  
determined to continue operat-  
ing it.

The bookstore is a relatively  
small piece of Highline's overall  
budget, so continuing to man-  
age it won't cause the college to  
suffer financially.

"About half of the state's



Dr. Michael Pham

community colleges no longer  
operate their own bookstores,"

said Dr. Michael Pham.

Dr. Pham is the vice pres-  
ident for Administration at  
Highline.

Rather than operating their  
own bookstores, other schools  
contract them out to third par-  
ties. This is because the colleges  
are receiving no significant fi-  
nancial gain from running the  
bookstores themselves.

Highline estimated that it  
will receive \$1.8 million from  
its bookstore for the 2019-2020

fiscal year. This accounts for a  
mere 2.3 percent of its total rev-  
enue.

Highline continues to man-  
age its own bookstore mainly  
because it wants to ensure that  
students who may be low-in-  
come or disadvantaged are re-  
ceiving adequate resources.

"If we were to contract out to  
a third party, their major con-  
cern would be profit," Dr. Pham  
said.

As a result, students wouldn't

be made as high a priority.

Considering the high num-  
ber of low-income and disad-  
vantaged students at Highline,  
this choice is understandable,  
said Dr. Pham.

Declining revenue for the  
bookstore can be tied to several  
causes.

"The bookstore business  
in general has been down in  
the last 10 years. We have a

See Budget, page 12



# Highline welcomes the world’s underrepresented

**By Dominique Johnson**  
Staff Reporter

Highline will represent immigrants and refugees that are often underrepresented next week. Refugees, immigrants, families and allies will be showcasing their art for the first event of Highline Welcomes the World

Week. Highline Welcomes the World Week will host four events Feb. 10 through Feb. 12. The events will consist of informational meetings, a karaoke night, and an art show. The student art show dedicated to the experiences of refugees and immigrants will be on

Feb. 10 and held in Building 16, from 11 a.m. to 3 p.m. The Chief of the Office of Refugee and Immigrant Assistance for Washington state, Sarah Peterson, will speak on “Refugee Resettlement Discussion,” explaining the resettlement process in Washington state.

Peterson will speak in Building 2 on Feb. 11 at 12:15 p.m. Later that day, a karaoke socialization event, “Global Jam,” will take place in Building 8, in the Fireside Bistro at 4:30 p.m. and refreshments will be provided. The last event of Highline Welcomes the World Week is an

informational meeting, “Marketing Your International Experience.” The event will be on Feb. 12 at 12:20 p.m. in Building 2. The meeting will focus on using the experience of other cultures and travel in the advancement of student’s career goals.

## Adviser link creates ease

A new link in the “online student services” page will allow students to find and apply for their faculty adviser. “We wanted to make it [finding a faculty adviser] more explicit,” said Shannon Waits, director for academic assessment and placement. To previously find an adviser, students would have to go to the “my info” page, which was not easily listed on the “online student services” page, she said. Students can now click on the “faculty adviser” tab on the page and be brought directly to the “my info” page which will allow them to see and apply for a faculty adviser. It is also good for faculty to be proactive about making sure that students in their classes have faculty advisers, Waits said.



Services suggests being suspicious of emails that urge action or create a sense of urgency, never click on links or attachments without first being aware of its authenticity, never call a number a number included in suspicious emails and do not reply to the sender. If you feel like you have received a suspicious email contact the ITS Helpdesk at 206-592-4357 or email [helpdesk@highline.edu](mailto:helpdesk@highline.edu). Students, faculty and staff can find more information on phishing at <https://its.highline.edu/phishing-scams-continue/>.

to 5 p.m. in Building 30, room 318. The session will assist enrolled students in planning for Spring Quarter registration.

## Faculty basketball fundraising event

The Highline second annual 3on3 Faculty and Staff Basketball Tournament will be held tomorrow at 4:30 p.m. in the gym in Building 28. The tournament is a fundraising event with all proceeds going to the Highline Scholarship Funds. The first tournament in 2018 raised \$780. Anyone wishing to donate to the General Scholarship Fund can visit <https://app.etapestry.com/onlineforms/Highline-CommunityCollegeFou/pickyourpassion.html>.



Dr. Helen Burn

will present at the Student Research Symposium on March 13. Refreshments will be served.

## Science and randomness

The next Science Seminar will be a presentation on randomness. Dr. Helen Burn will present on what random means and how it is used and explored in math, science, art, and music. The presentation will be interactive and hands-on. Participants are asked to bring an example of a random event they’ve experienced as well as their smartphone. Dr. Burn will present from 1:30 to 2:35 p.m. tomorrow in Building 2, room 102.

## Spring Quarter registration

Registration for current Highline students will begin on Monday.

## Coronavirus panel

The International Student Programs office will hold a question and answer panel discussion on coronavirus myths and truths next Tuesday from 3 to 4 p.m. in Building 7.

## University of Seattle scholarship

Applications are now being accepted for the University of Seattle’s Alfie Scholarship Program. The Alfie Scholarship pro-

vided \$15,000 a year for two years to transfer students that exhibit an interest and ability in civility leadership. Students interested in the scholarship should be committed to addressing social wrongs, initiating conversations on social issues, and using their voices to speak for those who cannot speak for themselves. They must be respectful, open-minded and interested in promoting social justice. Along with \$30,000 over two years, students will also receive leadership training, intensive summer programs, and individual advising. Applicants must have been enrolled in a 2-year college program during the current academic year, receive a direct transfer or associate of arts degree by Aug. 1, a minimum GPA of 3.5, and a minimum of 4 quarters completed when applying. Applications must be in by March 29. These can be found at <https://www.alfiescholars.org/apply>.

## Calendar

- Highline President Dr. John Mosby will hold a town hall meeting today from 12:30 to 2 p.m. in Building 2.
- The Financial Aid Department is holding ongoing workshops on Fridays from 9 a.m. to 1 p.m. in Building 30, room 101.

## Log-in pages now have new look

The log-in page for Highline sites, such as Canvas, has a new look. The new log-in page increases accessibility to Highline services such as account information and class schedules. Its new appearance will allow it to look more like the main Highline website. If students have any questions or concerns about the new layout, they can contact the Information Technology Services Helpdesk at 206-592-4357.

## Phishers attack student emails

Highline’s Information Technology Services staff is warning students, faculty and staff of phishing and scam emails using the coronavirus outbreak to trick people into opening attachments. The phishing campaigns are reportedly pretending to be the U.S. Centers for Disease Control asking users to click on a link to cases in the surrounding area. Other campaigns are asking users to open links regarding safety measures. Information Technology

## Free tax help

The United Way and Highline are teaming up to provide free tax help to students whose households make under \$66,000 a year. Free tax assistance will be provided between now and April 18. Students can apply online at [www.myfreetaxes.com](http://www.myfreetaxes.com) or students can go in-person to one of 33 locations in King County. No appointment is needed. For information about locations and schedules visit [www.freetaxexperts.org](http://www.freetaxexperts.org) or call 2-1-1.

## Advising for pre-nursing students

Faculty and academic advisers will help pre-nursing students plan their Spring Quarter schedules today from 11 a.m. to 1 p.m. in Building 6 in the Transfer Center. No appointment is required to attend the session.

## STEM students pathways advising

A session will be held for STEM/Health and Wellness Pathways students today from 2

## Students present research work

The Winter 2020 Student Research and Creative Works Symposium will be held on March 13 from 8:30 a.m. to 2:30 p.m. in the Mt. Constance/Mt. Olympus room in Building 8. The symposium will have student presentations and posters on geoscience, physics, and Umoja topics as well as honor student’s research projects. The honors poster session will be from 12:15 to 1:15 p.m. and people are invited to discuss with the honors students about their research and projects.

## Poster workshops

A workshop to help students design academic and professional posters will be held next Friday, Feb. 14 from 12:15 to 1:15 p.m. in the Library in room 206A. The workshop will focus on assisting participants in organizing their research into a poster. Students will receive templates and will participate in activities to help them design their own posters. The workshops are particularly helpful for geology, physics, Umoja, and honors students that

### 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](mailto:Thunderword@highline.edu) and we’ll find a place for you.



# Renovated Bldg 26 reopens its doors



Highline President Dr. John Mosby is joined by ASHC President Mohamed Jama and State Rep. Tina Orwall, D-Des Moines, for a ribbon cutting ceremony to officially open the college's new Life Sciences Building (26). The newly renovated building cost \$30 million and is the college's first new academic structure in more than a decade. In addition to a new Wellness Center and a personal fitness trainer lab, the facility houses the college's Nursing, Respiratory Care, Healthcare Professions, Nursing Assistant and Physical Education departments. Much of the faculty serving those programs have been relocated there, too.

Stephen Glover/THUNDERWORD

## Artificial reef may be coming to Redondo

By **Marta Barlow**  
Staff Reporter

Local scuba divers and the MaST Center are teaming up to build a new home for marine creatures.

The Washington Scuba Alliance is working with the MaST Center to create an artificial reef in the Redondo Beach area.

An artificial reef can be anything, but the reef that the MaST Center and the alliance are trying to build will be made out of rocks of all shapes and sizes, with some rocks up to 10 feet tall.

"Puget Sound has a lot of sandy and gravelly bottom," Highline professor Rus Higley said.

The goal is to create a "3D complexity" to the area, he said.

Higley is the director of the MaST Center. He is also on the board of directors for the Washington Scuba Alliance.

The artificial reef would create more habitats for animals that thrive better in rocky areas, such as some species of fish and octopus, rather than the current flat, sandy and gravelly bottom.

This artificial reef would "create more opportunities for these animals," Higley said.

While an artificial reef would create more habitats for animals who live in rocky areas, the reef would also be

taking away the habitats of animals who live on the flat sandy bottom.

Geoducks are one such animal that would be negatively impacted by this artificial reef.

The Puyallup Tribe commercially harvests geoducks and the reef would negatively impact the harvest, Higley said.

This reef also conflicts with the Puyallup Tribe because the waters the reef may be built in have historical importance for them.

Before an artificial reef can be built in the Redondo area, the Puyallup Tribe must approve it.

Tribal officials did not respond to requests for information.

The scuba alliance also has to get funding and discuss with the Puyallup Tribe its concerns and make compromises.

The process for planning and building an artificial reef is a long one. This reef project began 10 years ago, Higley said.

To build an artificial reef the scuba alliance has to get permits. Many different agencies will have to sign off on the project.

"The permit packet is currently over 200 pages long," Higley said.

Starting two years ago they began to receive funding, he said.

State Sen. Karen Kaiser, D-Des Moines, got \$500,000 from the Legislature for the

reef project.

The money that will be used to build the artificial reef will also help to clean up previous artificial reefs in the area. Things such as tires and old cars, which are both decaying and harming the environment, have been used as artificial reefs in the Puget Sound, Higley said.

If the reef is built at the MaST Center there would be things for the general public to be engaged in as well as the scuba divers.

"The Puget Sound is cold and wet. People don't imagine being under that," Higley said.

A reef would attract more people to scuba dive in Puget Sound, he said.

Redondo Beach is a popular diving site and a reef would improve the scuba diving experience, Higley said.

To engage the public, an underwater camera, showing the reef and its inhabitants to people, could be televised inside the MaST Center, Higley said.

The Washington Scuba Alliance is also keeping in mind other places to build a reef if they are unable to come to an agreement with the Puyallup Tribe.

"Yes [we are] looking at Redondo but also the Puget Sound," Higley said. Port Angeles, Tacoma and Port Townsend are a few of the other options they are looking at, he said.

## STEM conference returns to Highline

By **Maria Marshall**  
Staff Reporter

Highline will bring more than 300 young women to campus to learn about math and science next month.

The Expanding Your Horizons conference has been going strong at Highline for more than 20 years. The next conference will be Friday, March 20 from 9 a.m. - 3 p.m.

Expanding Your Horizons began in 1974 as the Math/Science Network. This included a group of women scientists and educators in the San Francisco Bay Area. This group of women were concerned about the lack of interest and participation from women in math courses.

The conference is a STEM (Science, Technology, Engineering, Math) filled conference that is geared toward seventh and eighth grade young women in the South King and Pierce counties. The following districts have been invited to attend: Enumclaw, Kent, Federal Way, Dieringer, Orting, Sumner, Tahoma, Tukwila, Auburn and Highline.

The Highline Women's Program is hosting the conference. They have a team that goes out to the middle schools to speak with the young ladies about what a great opportunity this is.

"We want them to know what's poppin' now," said Alycia Williams, program coordi-

nator of the Women's Program.

"We want to expose them to what is happening now. We want all students to focus on technology, math and science with confidence."

The conference provides role models in STEM careers, showing the young women how to relate real life to the field. The young women will participate in three hands-on workshops in various fields.

After check-in, there will be an ice breaker where they will have a chance to participate via their cell phones.

"We want to show the girls there are different jobs out there in the STEM field and that they can start their education for those jobs here at Highline," said Jean Munro, WorkFirst coordinator and adviser of the Women's Program.

"We want the girls to wipe that vision of a scientist in a white coat out of their head. We want them to think outside the box."

This year's focus will be thinking about STEM in a non-traditional way. "There are plenty of careers that need STEM to succeed. A clothing designer, cosmetic scientists, baker and more," Munro said.

Registration is required for the conference which closes March 4. Each school can register 25 young women.

The website for EYH is <https://eyh.highline.edu/> if you would like to learn more about this event.



Studying abroad can nurture independence in Highline students

With Highline working to open a center in Ho Chi Minh city in Vietnam in order to encourage more international students to come here and study, perhaps it's a good time for us to consider the benefits of sending our own students to study abroad.

Studies have long shown the benefits of travelling to foreign countries in general, but especially in young people. Among a myriad of benefits, interacting with different cultures can nurture social skills and communication.

Learning a new language is always a plus, but for many countries, there are differences in communication from the U.S. that materialize in far more ways than just the spoken word. Different cultures often have very divergent ways of social interaction, including boundaries involving personal space and traversal.

When you're surrounded by people who not only may not be English speakers, but also could have very different ways of dealing with body language and non-verbal communication, you're bound to pick up on cues over time that you otherwise wouldn't have.

Furthermore, people who travel are often known to be more open-minded. Not just experiencing other cultures, but being immersed in them yourself gives you a special kind of insight.

You develop a certain empathy and understanding for cultural differences that might seem strange and alien to others.

Trips abroad for students are also thought to nurture independence. Being away from our families and moving to a different city or state for college is one thing, but imagine being in an entirely different country.

Aside from sparse cross-country phone communication, the more significant distance from friends and family, while surely difficult emotionally, can help train you to be more self-reliant.

Highline has had overseas programs for decades. Professors have been sent to teach abroad, and often can bring valuable information back for their students back home.

However, these programs still rarely involve sending students out into the world. Rather, they focus on taking students in from foreign countries.

While the prospect of even more incoming international students is exciting, sending our own abroad could be a great opportunity for them to broaden their horizons.

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

Learn how to save a life

You could save a life.

Roughly 1,100 college students take their own lives each year, and we all have the power to get them the help they need.

Highline Professor, Dr. Bob Baugher said that one in six people will face a major depressive episode in their lives. He helped this week to shed light on the signs you should look for in the people around you that may indicate whether they're dealing with depression and/or thoughts of suicide, the first of which he discussed being sleep problems.

That is, trouble getting to sleep or sleeping far too much; 12, maybe 14 hours per day.

Another hallmark are issues with nutrition, eating poorly or not enough.

"It's when we treat our cars better than we treat our bodies," he said.

These can both lead to concentration problems, which will likely make it difficult to get work done.

"Work and school suffers, you can't get anything done," he said.

Not to mention issues of fatigue, or a lack of energy. He describes this as when "It's a monumental task to get out of bed, to take a shower, put on your clothes," and this only serves to make things worse.

There's also frequent anxiety, a symptom he said often surprises people to learn, since anxiety is generally thought of as a stimulating feeling. "When you think of anxiety, you think of worry," said Baugher.

But it can also be attributed to the feeling of hopelessness that often accompanies



Dr. Bob Baugher

Gone Fishin'



Jack Fishkin

depression. Baugher described this as when "you see the world through depression-colored glasses." In other words, "they feel hopeless, that things will never get better," he explained.

"That's why when someone tries to cheer their depressed friends up, it never works," he said.

To sum this all up, Dr. Baugher offered a very helpful analogy. He views depression as an equation:  $D = S \times P$ .

That is, depression is equal to sadness multiplied by pessimism.

He explained that if there were a way to inject some kind of temporary dose of these feelings in the form of a compound into someone, say it lasts for a year, this person could at least be comforted by the knowledge that come next year, they'll feel like themselves again.

But someone who is depressed is unable to see this light at the end of the tunnel. They believe that this is the rest of their life. This is what will often lead to thoughts of suicide.

Thankfully, Dr. Baugher also offered a method to approach someone you know and ask if they've had these thoughts.

"Bring up the question of suicide, then do what any good person does and shut up." That is, listen. If you're an effective listener, he also stressed that you shouldn't be afraid to ask about their planned method.

It's also important to ask whether they've communicated these feelings to other people in their life: their family, friends,

etc.

That's when you should try to get them help. Dr. Baugher was very adamant about the importance of the Counseling Center in Building 6.

He made the point that there's few other places that offer free counseling to any and all who might need it. Not to mention that the center can provide special accommodations in case of emergencies or people in crisis.

Dr. Gloria Rose Koepping from the Counseling Center helped shed light on this process further. She explained that any student in crisis should present themselves to the front desk, where they will be asked some clarifying questions so that the decision can be made as to whether the situation is an emergency.

If it is deemed so, the student will be able to speak with a counselor who isn't with any client. If the situation is deemed urgent, but not an emergency, the student will be placed into daily drop-in hours where they can meet with a counselor on an as needed basis.

Although the Counselling Center does not do counselling over the phone, Dr. Baugher was kind enough to recommend two crisis line phone numbers.

The first is Crisis Connections, 206-461-3222, or 211 on a mobile phone.

"They are an amazing organization that's helped thousands of people in crisis," he said.

He also recommended the National Suicide Hotline, 1-800-273-8255. Professor Bauer explained that this line in particular offers the option for veterans to be connected to other veterans, given the disturbingly high rate of suicide and depression among that demographic.

If you believe that someone in your life may be displaying signs of depression or suicidal thoughts, don't be afraid to take action and try to get them help. But most importantly, be willing to listen.

*Jack Fishkin is the opinion editor of the Thunderword.*

THE STAFF

Prague is probably a smart person thing.

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# Weekly SUDOKU

by Linda Thistle

	4		8				7	
6			4	3		5		
		2			1			3
8			7			2	3	
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	7			9				6
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	1			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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## TRIVIA TEST

BY FIFI RODRIGUEZ

- LITERATURE:** Which novel introduced the character of Lisbeth Salander?
- MOVIES:** What was the name of Bill Murray's character in the 1984 *Ghostbusters* film?
- HISTORY:** Roughly how many people migrated from drought-stricken Dust Bowl states in the United States in the 1930s?
- ENTERTAINMENT:** What was the title of the first arcade video game?
- FAMOUS QUOTATIONS:** Which American humorist once observed, "In the spring, I have counted 136 different kinds of weather inside of 24 hours"?
- MUSIC:** Which 1980s movie featured the theme song *Don't You (Forget About Me)* by Simple Minds?

- TELEVISION:** What was the name of Michael Knight's car on the series *Knight Rider*?
- GEOGRAPHY:** Which country lies between India and China?
- PSYCHOLOGY:** What fear is represented in the condition called "heliophobia"?
- GENERAL KNOWLEDGE:** What is the name of the pound sign on a keyboard?

- Answers**  
1. *The Girl with the Dragon Tattoo*  
2. Dr. Peter Venkman  
3. About 2.5 million  
4. Pong  
5. Mark Twain  
6. *The Breakfast Club*  
7. KITT (Knight Industries Two Thousand)  
8. Nepal  
9. Fear of the sun  
10. Octothorpe

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Puzzle answers  
on Page 12

## GO FIGURE! by Linda Thistle

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

DIFFICULTY: ★★★

★ Moderate ★★ Difficult  
★★★ GO FIGURE!

	-		×		15
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	+		-		10
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1 2 3 3 4 5 6 7 8

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# King Crossword

## ACROSS

- Move like molasses
- High card
- Judicial garment
- Place for sports reporters
- Vivacity
- Aware
- Flex
- Do sums
- Kindle downloads
- Sew loosely
- Liveliness, in music
- Wheelbase terminus
- Obama's old title

- de Janeiro
- Hawaiian dances
- Deity
- Dakar's country
- Salver
- Bacchanalian blast
- Yonder
- Hallux, more commonly
- That girl
- "Superfood" berry
- Mexican miss
- Showroom

1	2	3	4		5	6	7		8	9	10	11
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41					42	43				44	45	46
47					48							
49					50				51			

- Start the PC up again
- Bread spread
- Savings institution
- Make — meet
- Faction
- Prejudice
- Tavern
- Line of symmetry
- gin fizz
- Stop, at sea
- Hints at
- Shrek is one
- Bellow
- Medal earner

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**ARIES** (March 21 to April 19) Your natural Arian leadership qualities make you the person others will follow in tackling that important project. But don't get so involved in the work that you neglect your personal life.

**TAURUS** (April 20 to May 20) Aspects favor sorting through your possessions, both at work and at home, to start giving away what you don't use, don't need or don't like. Relax later with someone special.

**GEMINI** (May 21 to June 20) The issues are not quite as clear as they should be. That's why you need to avoid getting involved in disputes between colleagues at work or between relatives or personal friends.

**CANCER** (June 21 to July 22) You'll get lots of support from others if you own up to your mistake quickly and include a full and honest explanation. Learn from this experience so that you don't repeat it.

**LEO** (July 23 to Aug. 22) There might be some early confusion over a major move, whether it's at work or at home. But once you get a full



breakdown of what it entails, it should be easier to deal with. Good luck.

**VIRGO** (Aug. 23 to Sept. 22) Creating order out of chaos, even in the most untidy spaces, should be no problem for organized Virgos. So go ahead and do it, and then accept praise from impressed colleagues.

**LIBRA** (Sept. 23 to Oct. 22) Whether it's for business purposes or just for leisure, a trip might be just what you need right now. You would benefit both from a change of scenery and from meeting new people.

**SCORPIO** (Oct. 23 to Nov. 21) While things generally go well this week, a romantic situation seems to have stalled. But you can restart it if you want to. Then again, maybe this is a chance to reassess the situation.

**SAGITTARIUS** (Nov. 22 to Dec. 21) A meeting that was promised quite a while back

could finally happen. So be sure you're prepared with everything you'll need to make your case sound convincing and doable.

**CAPRICORN** (Dec. 22 to Jan. 19) A workplace blunder could create a problem down the line unless you deal with it right now to see how and why it happened. Don't be surprised at what you might learn.

**AQUARIUS** (Jan. 20 to Feb. 18) This is a good time to re-sort your priorities and see if adjustments are called for. Be honest with yourself as you decide what to keep, what to discard and what to change.

**PISCES** (Feb. 19 to March 20) Letting yourself be bathed in the outpouring of love and support from those who care for you will help you get through a difficult period sooner rather than later. Good luck.

**BORN THIS WEEK:** You have an uncanny gift for reaching out to all people and creating bridges of understanding among them.

(c) 2020 King Features



# Rock orchestra brings Beach Boys to Kent

By Katie Bennett  
Staff Reporter

Surf’s up and summer will be endless as the Seattle Rock Orchestra performs a Beach Boys concert this Saturday, Feb. 8 at 7:30 p.m. at Kentwood Performing Arts Center in Covington.

The Seattle Rock orchestra mixes upbeat fan-favorite contemporary music with a classy night out at the symphony.

The concert features an all-female vocal quartet and a chamber orchestra. The members of the vocal quartet are Annie Jantzer, Miranda Zickler, Nik Singleton, and Melissa Montalto.

“We are obviously playing with gender conventions by utilizing an all-female vocal ensemble, said founder and Artistic Director Scott Teske.

“We discussed it, and our singers will change a few pronouns in the songs, but not many,” he said.

“We have amazing LGBT+ representation and allyship in our orchestra, so we also wanted to leave some of the pronouns in the songs as they were written.”

The orchestra will be performing the album *Pet Sounds* as well as other hit songs from



Kim Roy conducts the Seattle Rock Orchestra this Saturday in Kent.

The Beach Boys.

“We are doing The Beach Boys because there is a lot of rich material in their catalog, ranging from rocking and really fun, to music with a lot of colors and depth—including orchestral instruments. It’s also just about the only one of our shows that we haven’t played at Kentwood yet,” Teske said.

The Seattle Rock Orchestra is doing *Pet Sounds* because it is a masterpiece, Teske said.

*Pet Sounds* is ranked No. 2 in Rolling Stone magazine’s top 500 albums of all time, only topped by *Sgt. Pepper’s Lonely Hearts Club Band* by the Beatles, who were inspired by *Pet Sounds*.

“We are probably just about the only ensemble that can perform it live in a way that is faithful to the original orchestrations and recordings,” Teske said.

“I find that it’s a really special album because the lyrics are so

personal. They capture a beautiful snapshot of how trying it can be when you’re transitioning from adolescence to adulthood. I also appreciate how creative and experimental it is (it is really out there harmonically). It’s not experimental just for the sake of it though, it is all in service of articulating a deeper emotional language,” Teske

said. The Seattle Rock Orchestra will do many more Beach Boys songs besides the album *Pet Sounds*.

“*Pet Sounds* is only half our program. We’ll actually start the show with it. After intermission, we’ll come back and play a whole other set of their greatest hits, and get a good surf party going,” Teske said.

Teske said that everyone should come watch the show.

“Definitely anyone that grew up listening to The Beach Boys, or if you’re like me, if you have fond memories of listening to oldies radio as a kid with your parents,” he said.

“I would certainly recommend that younger generations come too, in particular to hear the *Pet Sounds* album. I think they would find it really speaks thematically to their current life experiences,” he said.

Tickets are \$15 for youth under the age of 25, \$25 for seniors over the age of 60, and \$28 for general tickets.

The Kentwood Performing Arts Center is located at 25800 164th Ave. SE, Covington.

## RCT hopes you’ll fall for ‘Sylvia’

By Katie Bennett  
Staff Reporter

Renton Civic Theatre is taking *Sylvia* for a walk this month.

The theater is putting on a production of A.R. Gurney’s exploration of pets and relationships Feb. 7-22.

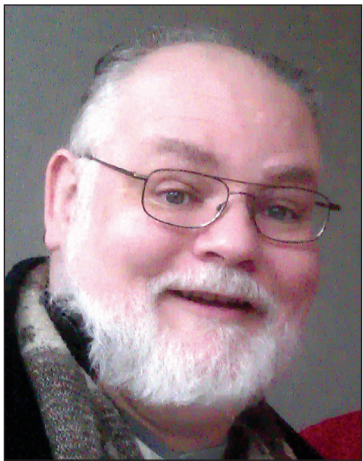
*Sylvia* is a play about a man named Greg, his wife Kate, and the dog they adopt, Sylvia, and the tensions between Kate and Sylvia. Sylvia is played by a human. Tensions rise and put Kate and Greg’s marriage in jeopardy, but through some wacky hijinks and major compromises, they all learn to love each other.

Eric Hartley plays the role of Greg in *Sylvia*.

“While rereading it to prepare for the audition, I was reminded of how much I enjoy playwright A.R. Gurney’s writing, and saw how marvelous and challenging the role of Greg is,” Hartley said.

*Sylvia*’s director, Bill Huls, asked Hartley to come read for *Sylvia*, Hartley said.

“I had no idea where casting would go when I walked out of the call, there were many terrific actors there for the role, most of them I’d worked with before and am good friends with.



Eric Hartley

When my phone rang about an hour later, and the director’s face and number were on the screen, I was thrilled,” he said.

Hartley thinks that everyone should come to see *Sylvia*.

“People who love dogs, who love cats, who love pets. Much of what Greg and Kate experience is not unique to them. While I’m not currently a pet owner (I’m never home, it would be cruel), growing up with both dogs and cats I remember variations on the conversations the characters have, and the emotions they experience,” he said.

Hartley’s most looking forward to having an audience, he said.

“*Sylvia* is a very funny play, and we’re just about ready to get that final component in place. Hearing the audience laugh, recognize themselves in parts, connect to the action onstage. I’m very much looking forward to putting *Sylvia* in front of people and adding that missing link.”

Tickets are \$10 for children under 12 years old, \$15 for military, \$21 for students of any age with valid ID and seniors and \$26 for adults.

Additionally, *Sylvia* is eligible for \$5 Teen Tix. All teens between the ages of 13-19 can visit [teentix.org](http://teentix.org) for more information and to get a pass.

Visit [rentoncivictheatre.org](http://rentoncivictheatre.org) for more information on purchasing tickets and for more information about the show.

Renton Civic Theatre is located at 507 S 3rd Street, Renton.

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# T-Bird men back in playoff picture after annihilating third-place Chokers

By Calvin Domingo  
Staff Reporter

On the heels of a recent four-game losing streak in which they lost every game by nine-plus points, the Highline men's basketball team have picked up their play as of late, as they are now riding a two-game win streak and right back in the playoff picture.

Freshman forward Griffin Gardoski, who had his best game of the year in last week's victory against the Grays Harbor Chokers with 18 points and 7 rebounds, said that having changed how they prepare for games has helped the team tremendously in the last few games.

"Honestly, we just changed up our routine before games so we can come out with more fire and desire to play, because the season is long and you can't always show up ready to play," Gardoski said. "Sometimes you have to really focus and push through it mentally."

Head Coach Che Dawson said that it's been a collective effort from both the coaches and the players which has played a huge role in turning their season around to this point.

"At this stage of the season, it's all about energy, collective purpose, and focus," he said. "We've been doing what we can as coaches to keep the guys fresh and energetic. The guys have been making an effort to do the same."

The win over the third-place Chokers came last Wednesday, on Jan. 29, 90-71.

"Ball movement was a huge difference in our win," freshman guard Cesar Diaz said about the team's domination of Grays Harbor. "Our offense looked a lot better the last two games, but especially against Grays Harbor. I think that leads to good defense."

Diaz said that the team was also able to get in a rhythm offensively because guys were seeing the ball go in the basket.

"It was also great to see shots finally go through the net because we had been shooting pretty poorly the last couple of games," he said.

The Thunderbirds collectively shoot 45.2 percent against opposing teams on the season so far, but in the win against the Chokers, they were hot from every facet of the floor and shot 54.8 percent from the field, 44.8 percent from three (36.3



Stephen Glover/THUNDERWORD

Freshman guard Micah Jessie (No. 22) spearheads a fastbreak for the T-Birds. Jessie ranks third on the team in scoring, averaging 14.1 points per game in addition to 5.6 rebounds.

percent on the season), and 75 percent from the free-throw line (65 percent on the season).

Sophomore sniper Nathan Yockey, who leads the team in three-point shooting at 44.3 percent, led the charge for the T-Birds as he dropped a season-high 27 points (10-17 from the field, 7-13 from downtown) in addition to 6 rebounds while the other four T-Bird starters all scored in double figures.

Yockey's hot shooting was contagious as the team combined to hit nearly 45 percent of their threes (13 makes on 29 attempts).

"I think it was contagious because we came out with a bunch of energy and were fired up to play," the three-point marksman said.

"When we come out focused, we all can knock down shots and then that translates to the defensive end and good things happen from there," he said.

"We went 45 percent [on threes], so I think that was a huge team effort and was us as a group just getting better shots and making those shots."

Center Zyare Ruffin had 15 points off the bench (4-6 from the field, 7-10 from the free-throw line) to lead a very balanced Grays Harbor team which had a total of five players score in double figures as well.

After beginning the game with a 6-5 lead with 16 minutes remaining in the first half, the Chokers never knew what was coming to them as the T-Birds subsequently went on a 27-8 run to open up a huge lead.

It was a lead that they wouldn't relinquish the rest of the way.

By halftime, the T-Birds had all but wrapped up the game at that point as they led 50-32.

Despite dominating the Chokers in just about every way you can, the 'Birds were far from perfect.

It committed an eye-popping 17 turnovers to the Chokers' 16.

"We just get careless at times," Coach Dawson said. "Grays Harbor did a nice job with their press until we adjusted and slowed down a little bit."

The T-Birds recently enjoyed a bye this past weekend and used some of that time to discuss how they can continue the level of play that they have exhibited in their two-game win streak.

"We talked about our season, we talked about how we can get that spot for the tournament if

we keep our eyes on one thing at a time," Gardoski said.

"[Basically], we go in focusing on what's ahead of us, but it's more like we keep an eye on what's in front of us and mainly put all of our energy and focus on the challenge that we face that [specific] day," he said.

The Thunderbirds traveled to Green River for a showdown with the Gators last night, however results were unavailable at press time.

In hopes of solving their mental lapses, the Thunderbirds will travel to Lower Columbia this coming Saturday, Feb. 8 for a rematch with the Red Devils (6-1, second place in the West Division) at 7 p.m.

Following that matchup, the T-Birds will host Pierce next Wednesday, Feb. 8 at 8 p.m. as they look to avenge their 74-65 defeat at the hands of the Raiders (1-6, tied for last place in the West Division) earlier this month.



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# T-Birds begin the fight to four

**By Emmitt Sevores**  
Staff Reporter

Highline will likely need to win four of its last seven games in order to get a playoff spot.

The Lady T-Birds are fifth in the NWAC West Division and need to move up one spot to earn a chance in the post-season.

It's a tight race. The division has four teams within two and a half games of third place, all of whom now play each other in the second half of league play.

The Lady T-Birds play four of their last seven games on the road, where they have a 3-2 record on the season.

The four games that seem the most winnable are their matchups with Green River, Pierce, Grays Harbor, and South Puget Sound.

Their games against Centralia, Lower Columbia, and Tacoma will present a more difficult challenge.

Their path to the playoffs started last night with a game against Green River (1-6 in league and 1-19 overall), with results unavailable at press time.

Presuming they won, Highline would likely need three wins in its last six games.

They will also match up against Pierce, who are 3-7 in their last 10 games, as are the Lady T-Birds.

They will face undermanned and undergunned Grays Harbor, who is winless on the season.

They will also get a second shot at South Puget Sound, 4-16 and 4-3 in conference, who they played very well against earlier in the season.

While Highline does have its eyes set on a playoff spot, the players aren't getting ahead of



Stephen Glover/THUNDERWORD  
*Freshman guard Halle Kane in action against Grays Harbor.*

themselves.

"Yes, we obviously want to make it to playoffs, but right now we're focusing on coming together as a team and fixing and working on what we need to fix to get better," guard Catherine Sunny said.

"We are striving for the best, but making it into the tournament, no matter our place, was our season goal," freshman guard Hannah Anderson said.

The Lady T-Birds have a very young roster – nine freshmen, including four of five starters. very young roster feel like they can start clicking.

The team has 11 players on its roster, nine of them freshmen. Six of the players weren't even on the roster at the start of the season.

Still, the young T-Birds say

they have a sense of what they need to do to take care of business.

"We can see the whole court when bringing the ball up as well as communicating on both offense and defense," said guard Patrea Topp. "We need to stay grounded to our game and run our plays through so that we get the best shot possible."

"When the game gets tough and comes to the last little bit we need to buckle down and take care of business," Topp said.

The Lady T-Birds ended the first half of the season on a positive note, crushing Grays Harbor, 58-15, on Jan. 29.

Grays Harbor, with only seven active players, is winless on the season. Highline took advantage, dominating the Chokers on both ends of the court.

Highline forced Grays Harbor into 12 first-quarter turnovers on their way to a 17-2 lead. Grays Harbor hit only four of 48 shots for the game.

The T-Birds outrebounded the Chokers 52-44, but that speaks to Highline's struggles on the offensive end. The team shot 23-72, including 1-10 from three-point range.

The Lady T-Birds weren't disappointed with the outcome, however.

"We shared the ball, communicated on defense, and played our game, not theirs," Topp said.

Topp led the team with 14 points and 4 assists.

"We are a talented team and if we work as a team, we can win games," she said.

All 10 players scored at least 1 point.

"We were more patient during possession. We didn't just settle for shooting up a random three," Anderson said.

"That game helped us work more on our plays and what we needed to fix out of them. We kept the energy level up to stay ahead of the game and just had fun," Sunny said.

"We just need to continue being more creative. Movement even in the wrong place can change the game," Anderson said.

Highline will visit Lower Columbia (6-1, 15-7) on Saturday, Feb. 8 in hopes of avenging a 64-40 defeat from earlier in the season. Tip-off is at 5 p.m.

Highline will then host Pierce and try to sweep the Raiders at the Thunderdome on Wednesday, Feb. 12 at 6 p.m.

## THE SCOREBOARD

### Women's Basketball

WEST		
Team	League	Season
Centralia	7-0	14-7
Lower Columbia	6-1	15-7
Tacoma	4-2	7-11
S Puget Sound	4-3	4-16
Highline	3-4	5-12
Pierce	2-5	4-16
Green River	1-6	1-19
Grays Harbor	0-6	0-10

EAST		
Team	League	Season
Walla Walla	9-0	20-1
Yakima Valley	7-3	17-6
Wenatchee Valley	6-3	15-7
North Idaho	6-3	12-8
Treasure Valley	4-5	10-8
Spokane	4-6	11-8
Big Bend	3-7	11-12
Columbia Basin	3-7	6-16
Blue Mountain	1-9	3-18

NORTH		
Team	League	Season
Whatcom	6-1	15-7
Bellevue	5-2	12-5
Peninsula	5-2	12-6
Everett	4-3	12-10
Edmonds	4-3	7-13
Shoreline	2-5	9-11
Skagit Valley	2-5	8-11
Olympic	0-7	3-13

SOUTH		
Team	League	Season
Umpqua	9-0	22-0
Clackamas	7-2	17-3
Lane	7-2	18-4
Mt. Hood	6-3	14-7
Chemeketa	4-4	9-11
Linn-Benton	4-5	15-7
SW Oregon	2-7	8-14
Clark	1-8	5-14
Portland	0-9	1-14

### Men's Basketball

WEST		
Team	League	Season
S Puget Sound	7-0	17-4
Lower Columbia	6-1	18-4
Grays Harbor	4-3	13-9
Highline	3-4	11-10
Green River	3-4	11-11
Centralia	3-4	8-13

EAST		
Team	League	Season
North Idaho	9-0	21-1
Spokane	9-1	19-4
Wenatchee Valley	6-3	18-4
Treasure Valley	5-4	12-8
Yakima Valley	5-5	8-13
Walla Walla	4-5	10-11
Big Bend	2-8	7-15

NORTH		
Team	League	Season
Skagit Valley	7-0	22-0
Everett	5-2	18-4
Edmonds	5-2	13-8
Peninsula	4-3	14-5
Shoreline	4-3	9-10
Olympic	2-5	5-16

SOUTH		
Team	League	Season
Umpqua	8-1	20-2
Clackamas	8-1	19-2
Portland	6-3	10-8
Chemeketa	5-3	11-9
SW Oregon	4-5	9-11
MT Hood	3-6	9-13
Linn-Benton	3-6	9-13

# Coach Beatty returns from Russia

**By Eddie Mabanglo**  
Staff Reporter

Highline wrestling coach Chad Beatty had the unique opportunity to watch some of the best wrestlers in the world two weeks ago at the XXXI Golden Grand Prix Ivan Yarygin 2020, an international wrestling tournament in Krasnoyarsk, Russia.

The event's namesake, Ivan Yarygin, was an Olympic gold medalist winning wrestler during Russia's Soviet era. The event's venue also bears his name.

Beatty spent a few days in the Federation's capital city prior to attending the event in Siberia.

"We stayed five days in Moscow at the historic Metropol Hotel near the Red Square, Kremlin, and St. Basil's Cathedral," Beatty said. "[We] got to enjoy the world-famous Don



*Coach Beatty spent nine days in Russia last month.*

Quixote ballet at the Bolshoi Theatre and picked up souvenirs at GUM shopping center."

"After our time in Moscow, we took a four-hour flight further east to Krasnoyarsk. There we were met with minus 25-degree weather and the toughest wrestling tournament in the world," he said.

"The Yarygin Grand Prix is a four-day freestyle tournament with multiple world champion-

ships at each weight class," Beatty said.

Freestyle wrestling, similar to the collegiate style of wrestling done in the NJCAA, includes techniques found in Russian Sambo, Japanese Judo, and western wrestling.

The tournament features the world's greatest wrestlers from mostly eastern European nations, however Germany, Japan, and the United States had a few individual wrestlers represented as well.

This was Coach Beatty's first trip to the Russian Federation, but he said he had wanted to attend this event for a long time.

"A college friend of mine and I have been dreaming up this trip for a few years and we finally had the opportunity to make it happen," he said.

Beatty said that the United States didn't have a prominent showing at the event, but he

was still able to meet a few key members of the American wrestling world, including fellow Iowa Hawkeye Bill Zadick.

"In the past only a handful of Americans have ever won this event. This year the US didn't send a full team but it didn't impact our experience," he said. "We got to talk to the USA Wrestling Head Coach Bill Zadick, and interacted with multiple athletes and coaches that were competing."

Zadick, like Beatty, was also coached by Olympic gold medalist and Iowa superstar Dan Gable, and was a gold medalist himself at the 2006 World Championships in Guangzhou, China.

After nearly a full day of travel, Beatty is back in the United States preparing his team for the West Region Championships on Feb. 16, with the first bout set for 9 a.m. in Coors Bay, Ore.



# Enjoy a heart-healthy salmon meal with your Valentine date

I love preparing a romantic dinner for Valentine’s Day. Cooking is one of the ways I show my love for my sweet husband, Michael.

We’ve been married for 45 years, so I’ve had plenty of opportunities to create romantic meals, from breakfast in bed to late-night fireside suppers.

What better time to prepare a heart-healthy meal than on the one day of the year that celebrates matters of the heart — Valentine’s Day?

My recipe for Roasted Salmon with Pomegranate Butter Sauce is an elegant way to make a special day even more memorable and provides the gift of good health.

While 80 percent of all the salmon sold is farm-raised, wild salmon is the best choice. You can choose from a handful of different Pacific salmon, including sockeye, pink coho and king (Chinook). Atlantic salmon also is an option. The United States prohibits fishing for it, so the ones you’ll find in American supermarkets are farm-raised.

Eating two to three servings per week of foods rich in omega-3 is a healthy choice. A serving of salmon (about 3 to 4 ounces) is about 200 calories. Salmon is low in mercury and saturated fat. It’s a good source of protein, and one of the best sources of vitamin B12, potassium and other nutrients like iron



and vitamin D. If you’ve never tried roasted salmon, get ready for a treat. The heat from the oven seals in the flavor of the salmon much better than moist-heat methods like poaching or steaming. The pomegranate butter sauce is what makes this dish so deliciously unique. Pomegranate juice is fairly easy to find in most grocery stores, and the flavor marries beautifully with the salmon.

My recipe for roasted salmon is a delicious choice for a Valentine’s Day dinner and the perfect way to combine heartfelt sentiments with heart-healthy benefits.

- ROASTED SALMON WITH POMEGRANATE BUTTER SAUCE**
- 1 (2 pound) center-cut salmon fillet, with skin
  - 1 teaspoon salt
  - 1 teaspoon black pepper

The pomegranate butter sauce is a red variation of the classic French “beurre blanc,” which translated from French means “white butter.” One im-



Roasted Salmon makes a seductive supper for Valentine’s Day.

portant tip: Slowly incorporate the butter over very low heat so it softens into a creamy emulsion with the acidic base. If the heat is too high, the butter will simply melt.

- Pomegranate Butter Sauce:**
- 1/2 cup bottled pomegranate juice
  - 1/4 cup good quality balsamic vinegar
  - 1/4 cup orange juice
  - 2 tablespoons honey
  - 2 tablespoons minced shallots
  - 1/2 teaspoon chopped fresh rosemary or 1/4 teaspoon crum-

- bled dried rosemary
- 1 teaspoon salt
- 1 teaspoon freshly ground pepper
- 8 tablespoons (1 stick) unsalted butter, chilled, cut into 8 equal portions

1. Heat oven to 400 F. Lightly oil a large rimmed baking sheet.
2. Run your fingers over the cut side of the salmon, feeling for any pin bones. If necessary, pull out the bones with sterilized tweezers. Season salmon on both sides with the salt and pepper. Place the salmon on the bak-

ing sheet, flesh side up. Cut the salmon vertically into 6 equal portions, but do not separate the pieces. (This makes the salmon easier to serve after cooking.)

3. Roast until the salmon shows just a hint of bright pink when prodded in the center of the fillet at one of the cuts with the tip of a knife, 12 to 15 minutes.

4. Meanwhile make the butter sauce. Bring the pomegranate juice, balsamic vinegar, orange juice, honey, shallots, rosemary, salt and the pepper to a boil in a non-reactive medium saucepan over high heat. Cook until the liquid is reduced to 1/4 cup, about 8 minutes. Reduce the heat to very low.

5. Remove the pan from the heat and whisk in 1 tablespoon of the butter. Whisk until the butter softens into a creamy texture, occasionally returning the pan to the heat to keep it warm, but not hot. Repeat with the remaining butter, one tablespoon at a time. Season with salt and pepper to taste.

Do not bother to try to keep the sauce piping hot; it will be heated by the warmth of the salmon.

6. Remove the skin and any fat from the salmon and discard. Serve the salmon on individual dinner plates and spoon the sauce on top. Serve immediately. Makes 6 servings.

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## Color your vegetarian chili beet red for Valentine’s Day

Beets and fire-roasted tomatoes color this vegetarian chili, perfect for Valentine’s Day.

- Valentine’s Day Red Chili**
- 2 teaspoons ground cumin
  - 1 teaspoon dried oregano
  - 1/2 teaspoon chipotle chile powder
  - 2 tablespoons vegetable oil
  - 3 large (6-8 ounces each) beets, trimmed, peeled and chopped
  - 1 large (8-10 ounces) red pepper, chopped
  - Pepper
  - 4 cloves garlic, crushed with press
  - 1 can (28 ounces) fire-roasted diced tomatoes
  - 1 1/2 cups cooked black beans\*
  - 1 1/2 cups cooked red kidney beans\*
  - 1 1/2 cups cooked pinto beans\*
  - 1 cup water
  - 1 cup reduced-fat sour cream
  - 1/4 cup fresh cilantro leaves
  - Cornbread, for serving, optional



\* 15-ounce cans of low-sodium black beans, red kidney beans and pinto beans — rinsed and drained — can be substituted.

1. In 7- to 8-quart Dutch oven or heavy saucepot, combine cumin, oregano and chile powder. Cook on medium 1 to 2 minutes or until toasted and fragrant. Transfer to sheet of waxed paper; set aside. In same Dutch oven, heat oil on medium until hot. Add beets, onion, pepper and 1/4 teaspoon freshly ground black pepper. Cook 15 minutes or until vegetables are tender, stirring occasionally.
2. Add garlic and reserved spice mixture. Cook 2 minutes, stirring constantly. Add toma-

toes, beans and water. Heat to boiling on medium-high. Reduce heat to medium-low and simmer 30 minutes, stirring and mashing some beans occasionally. Season with 1/4 teaspoon freshly ground black pepper.

(Can be prepared up to this point up to two days ahead; transfer to airtight container and refrigerate. Reheat before serving.)

3. Divide among serving bowls and top with sour cream and cilantro. Serve with cornbread, if you like. Makes 6 (1 1/2 cup) main-dish servings.

\* *Each serving: About 345 calories, 10g total fat (3g saturated), 13mg cholesterol, 540mg sodium, 52g total carbohydrate, 15g dietary fiber, 15g protein.*

(c) 2020 Hearst

## Chinese dishes now seem totally American

Today, Chinese dishes are almost as American as apple pie as this dish shows.

- Oriental Chicken Express**
- 1 1/4 cups diagonally sliced celery
  - 1/2 cup chopped green bell pepper
  - 1/4 cup diced green onion
  - 3 tablespoons all-purpose flour
  - 1 (16-ounce) can fat-free chicken broth
  - 1 tablespoon reduced-sodium soy sauce
  - 1 1/2 cups diced cooked chicken breast
  - 1 (8-ounce) can sliced water chestnuts, drained
  - 1 (8-ounce) can pineapple chunks, packed in fruit juice, drained
  - 3 cups hot cooked rice

1. In a large skillet sprayed with butter-flavored cooking spray, saute celery, green pepper and onion just until tender. In a covered jar, combine chicken broth and flour. Shake well to blend. Pour broth mixture into skillet with vegetables. Stir in soy sauce.

2. Continue cooking over medium heat, until mixture starts to thicken, stirring often. Add chicken, water chestnuts and pineapple. Mix well to combine. Lower heat and simmer for 5 minutes or until mixture is heated through, stirring often.

3. For each serving, spoon 1/2 cup hot rice on a plate and spoon about 1 cup chicken mixture over top. Serves 6.

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## OIG office reduces waste, costs

Since 2012, the Office of Inspector General for the Department of Veterans Affairs has saved us \$1.4 billion. They do this by showing up unannounced to do inspections, audits, reviews, assessments or investigations. They scrutinize paperwork, conduct interviews and get to the bottom of what's going on.

The recent inspection of a facility estimated that the VA was about to spend \$261 million over the next five years on sleep apnea devices that veterans weren't using. Veterans were given the devices and only half were be-

**VETERANS  
★ POST ★**

by Freddy Groves

ing used, with no staff follow-up. The OIG recommendation was to loan the devices to veterans instead and keep track of the usage. This move is expected to save \$39 million per year for the sleep apnea devices and \$12 million per year for the supplies.

The VA has been spending \$450 million, split between four vendors, on contracts for medical and surgical supplies on the East coast. Because supplies of this nature must be delivered on time every time, the OIG dug around to see if anybody in the VA was keeping an eye on what was being delivered. In addition, the supplier was to report monthly about the order fulfillment levels. So what did the OIG discover: that nobody in VA was watching and the vendors were using funny math to report their deliveries. Correct orders only were received 40% of the time. This calculated to \$16.8 million in incorrect payments made to vendors in one year.

The OIG also looked at undelivered orders in a different investigation. Specifically, had prices changed between ordering and the delivery? Were the items still needed? Should the orders be canceled? Could the money be spent elsewhere? If budgeted money isn't spent in a fiscal year, it gets erased and vanishes. OIG discovered that \$132 million could have been spent elsewhere had anyone been paying attention to undelivered orders.

I still say, whatever the OIG's budget is, double it. We'll still come out ahead.

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# StartZone provides support, opportunities for business growth

By Seattle Valdivia  
Staff Reporter

After emigrating to the U.S., Catherine Kamau faced challenges.

"Being an immigrant and an older woman just doesn't work here in America," said Kamau, a 60-year-old immigrant woman.

Kamau first immigrated to the US in 2008. She spent over seven years trying to find a job where she could utilize her MBA in human resources management from the University of Nairobi.

Then Kamau enrolled in a certified nursing assistant program at Highline, and also enrolled in a course for people who want to own their own adult family home.

She has always enjoyed helping elderly people.

"To take care of our elderly is a cultural trait in my community," Kamau said.

In 2008 Highline started a program to help local people from South King County to start and develop their ideas into businesses.

StartZone is an initiative of Highline's to help people become financially self-sufficient by participating in the local economy.

Phon Sivongxay is the StartZone program manager. She has been working with the program for 12 years.

"We like to meet with the client and understand their needs to know how to help them," Sivongxay said.

She has helped three clients secure grants and loans to purchase adult family homes that have opened in the past year.

"Our economic development center provides support to both new and established businesses with one-on-one technical support and business training," Sivongxay said.

Some of the services provided are workshops, feasibility assessments, business planning, business consulting, mentoring, networking, peer supporting and referrals.

"We provide support and training with understanding legal entities, formation of a business license, financial projections, loan packaging, business plan writing, marketing plan development, and more," Sivongxay said.

People who decide to apply for StartZone receive help to achieve financial self-sufficiency, by receiving accessible and affordable training for building small businesses that



Seattle Valdivia/THUNDERWORD

Catherine Kamau started StartZone in 2008 to help people turn their business ideas in to a reality.

are bankable, profitable and sustainably connected to the local economy.

StartZone also provides technical assistance, such as financial capacity and management, business planning and management, marketing and research, legal licensing and permitting, mentoring and networking.

StartZone now has more than 200 clients. More than half are women, and more than 80 percent are minorities or immigrants.

Businesses include food trucks, hair salons and restaurants.

StartZone provides help to people who reside in South King County and earn less than 80 percent of the median household income (\$61,800), Sivongxay said.

You can check the income chart at <https://www.seattlehousing.org/housing/sha-housing/eligibility/income-level-low-income-public-housing>.

seattlehousing.org/housing/sha-housing/eligibility/income-level-low-income-public-housing.

When Kamau came to Highline, she met Sivongxay and they started to work together to build her business model and develop a financial forecast to request for funding.

"Catherine was realistic and understood that starting her own business was going to be a challenge because of financial constraints," Sivongxay said. "But she was not going to give up her dream."

With her experience in human resources, Kamau was able to work through all the paperwork she needed to operate an adult family home.

Kamau opened her Ami Adult Family Home in Federal Way in 2017, she has since bought a second home in the

area and expects to be open to new residents in 2020.

"Highline College StartZone and the Washington SBDC [Small Business Development Center] have provided technical assistance and continued support that allowed me to start and manage my business," Kamau said.

"I want to express my gratitude and emphasize how important these programs are to the immigrant community," she said. "I am realizing a dream."

People who want to request assistance need to visit the StartZone webpage and sign up for the program at <https://wsbdc.ecenterdirect.com/signup>.

For more information, visit webpage StartZone at Highline: [startzone.highline.edu](http://startzone.highline.edu)

Their offices are in Building 99, room 101.

**'Our economic development center provides support to both new and established businesses with one-on-one technical support and business training.'**

- Phon Sivongxay,  
StartZone program manager



# Farming plants defense against climate change

**By Caleb Ruppert**  
Staff Reporter

Sustainable farming can sow the seeds of hope against climate change, a professor said here last week.

“A good chunk of gas emissions are from forestry, agriculture, and other land use,” said Bobby Butler, professor of agriculture at Highline, at last week’s science seminar.

The UN Climate Report says that we will reverse climate change by reducing emissions to net zero by 2050, Butler said.

Some scientists claim that agriculture is the cause of climate change, “and this may be true, but there is little data that supports this,” Butler said.

Though agriculture is one of the leading causes of carbon emissions, it is not the cause of climate change, and certain farming practices can help to reduce climate change, Butler said.



Farming is broken into two broad categories, he said. Conventional farming and organic farming.

Conventional farming is more harmful to the environment because it uses more fossil fuels. It also has minimal environmental standards, such as using wasteful flood irrigation methods and soil tilling methods.

It has minimal health standards and food safety standards, such as being able to use pesticides right before a crop is harvested, Butler said.

Organic farming, and a spe-

cific form of organic farming called regenerative agriculture, has far stricter and environmentally friendly standards. Organic farmers cannot use synthetic fertilizers. They must use fertilizers like manure from livestock, cover crops, or compost.

“Nitrous oxide from synthetic fertilizers is 300 times more harmful than organic fertilizers,” Butler said.

Regenerative farming also has stricter animal health standards. It also has greater food safety standards, such as the length of time before harvest pesticide can be used on a crop, he said.

Soil is one of nature’s main carbon sinks, since it is capable of capturing carbon. Due to this, regenerative agriculture puts a strong priority on building soil health, Butler said.

Protecting the soil is done in a variety of ways such as no-till or low-till planting. This is done



Bobby Butler

by using tools that minimally disturb the top layer of soil debris which holds the microbes, insects, and nutrients that keep the soil healthy, Butler said.

Another way organic farming protects the soil is by integrating livestock to eat the crop stubble after harvest.

The stubble itself helps to trap carbon in the soil and the

livestock that eats it also creates natural manure that can be left behind, which helps to maintain soil health, he said.

Regenerative farmers also use longer crop cycles, he said.

Farmers will plant a new crop each year for at least four years in different areas of the field.

Crop rotation tricks pests and disease so they do not survive in one area of a field.

Because of less opportunity for pests and diseases, crop rotation allows for less pesticide use, which is safer for not only the environment, but the consumer.

“Regenerative agriculture would capture 187 billion tons of carbon by 2050,” said Butler.

This week’s Science Seminar will be on randomness and presented by Highline math professor Dr. Helen Burn. The seminar will be tomorrow in Building 3, room 102 from 1:30 to 2:35 p.m.

Go Figure!  
answers

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Weekly SUDOKU  
Answer

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

King Crossword  
Answers

**Solution time: 21 mins.**

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

Reader  
continued from page 1

finalists who pitched their cases at on-campus forums last week.

This isn’t Reader’s first time at Highline, however.

He began as a Highline student and moved on as an employee as a WorkFirst adviser, and later as Intercultural Center coordinator, working there from 2005 to 2011.

“There is something special about returning home and the idea of coming full circle,” Reader said. “I’ve been reflecting on my early days as a student and young professional

and today I am able to really see how special our campus community is, and what sets Highline apart.”

Currently he works as the dean of student success at Renton Technical College.

Before this, Reader worked at Bellevue College at the director of multicultural services.

After his time at Highline, Reader received his bachelor’s degree in psychology from St. Augustine’s College, and his master’s degree in counseling psychology from Argosy University.

Going forward, Reader said that he’ll make sure to consistently keep students’ best interest in mind.

“I am looking forward to

the opportunity to learn the division, build relationships, and learning the needs of our students,” he said. “If the need for change presents itself I will ensure it is strategic, forward thinking, and in the best interest of our students.”

He said that the vice president position is something he’s been getting ready for, for a long time.

“I have been preparing for this position since I was a student on this campus. My career path, personal and professional experiences have led me to this role,” Reader said.

Both highs and lows in his life have helped him appreciate his current position even more,

he said.

“There have been extensive struggles and wins, and that journey makes me appreciate this destination and understand the honor of serving our students so much more,” Reader said.

And the people in his life helped lead him to where he is today.

“I have been blessed to have had some amazing people around me and many leaders of color that not only believed in me, but provided opportunities for growth and development,” he said. “They taught me to strive to always be better and pushed me outside of my comfort zone to greater levels of achievement.”

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## Budget

continued from page 1

lot of competition from Amazon, eBay, etc.,” said Dr. Pham. “Textbooks have been increasing in price as well.”

Bookstore aside, Highline’s projected revenue is up for tuition and parking, among other things.

Tuition recently increased by 2.4 percent; however, this is not why Highline is expecting more money.

“This tuition increase was not included in our projected revenue from tuition,” said Dr. Pham. “Despite declining enrollment, we’re hoping to reach how much money we made last year.”

Highline expects to receive \$12.5 million from tuition this year, which is higher than last year, when the total revenue from tuition was \$11.2 million.

This year, tuition accounts for 16.5 percent of the total revenue, which is projected to be \$75.3 million.

As for parking, a new fee is the cause for the increase in revenue.

“Last year, our student body voted for a transportation and safety fee, \$20 per eligible student,” Dr. Pham said. “This fee is meant to pay for creating more parking spaces and adding things such as cameras, etc.”

Highline expects to receive \$909,146 from parking and transportation this year, which accounts for only 1.2 percent of

total revenue.

State allocation makes up the biggest chunk of Highline’s funding. With \$33.3 million estimated for this year, it makes up 44.2 percent of total revenue.

Another funding source, auxiliary enterprises, accounts for 0.8 percent of Highline’s total revenue with \$615,878 projected to come in.

Auxiliary enterprises is made up of money that Highline gets from third parties.

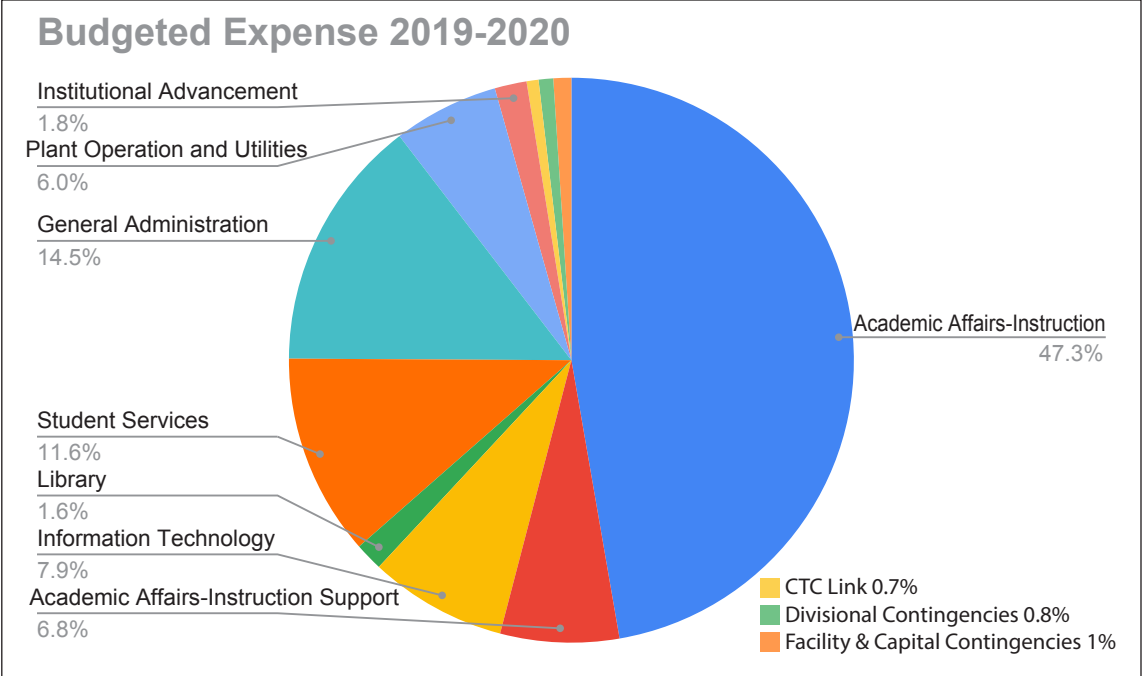
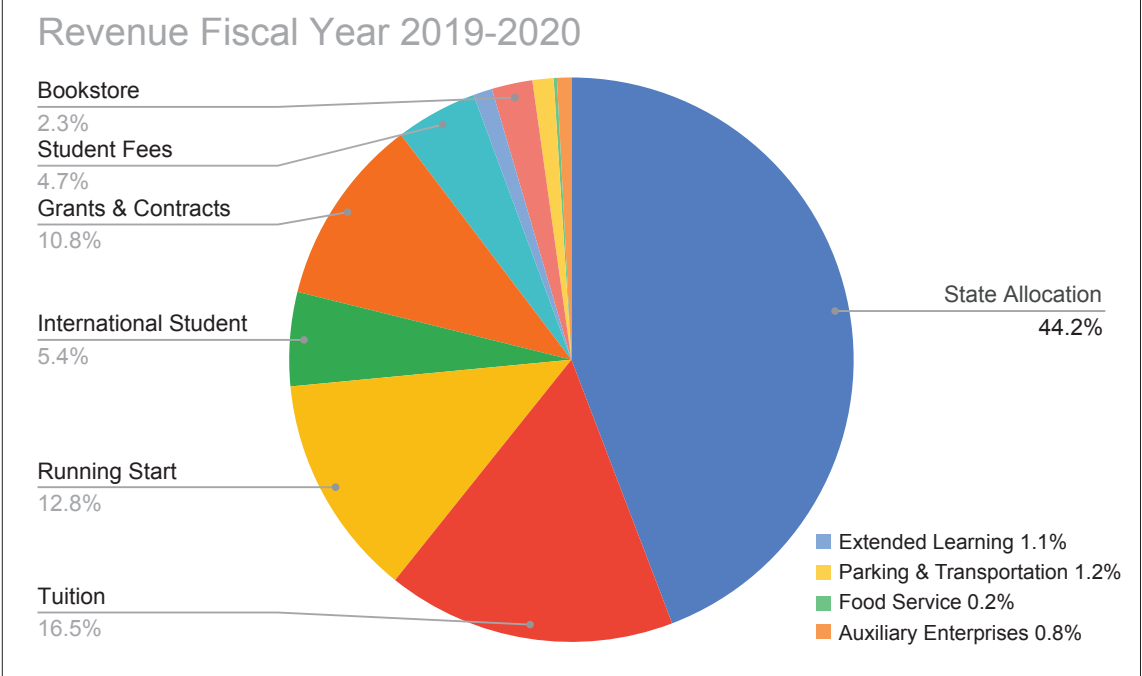
“Essentially, it’s the functions that are not core to the mission of the college,” said Dr. Pham. “This includes the renting out of the [Highline’s] facilities. During the weekends we do rent out a lot to community groups.”

Running Start makes up 12.8 percent of total revenue with \$9.6 million; grants and contracts make up 10.8 percent of total revenue with \$8.1 million; International Student Programs accounts for 5.4 percent with \$4 million; student fees account for 4.7 percent with \$3.5 million; Extended Learning makes up 1.1 percent with \$819,853; and food service accounts for 0.2 percent of total revenue with \$141,696.

Overall, Highline’s total projected revenue for the 2019-2020 fiscal year is \$75.3 million.

When it comes to Highline’s overall expenditures, 78 percent goes to labor costs, including benefits.

“The biggest chunk of our expenses is labor and benefits,” Dr. Pham said. “About 75 per-



Deyaneira Rivera-Torres/THUNDERWORD

cent of money is spent on people’s salaries.”

Apart from labor costs, Highline has budgeted \$7.5 million for contracts, goods, and services; \$1.6 million for equipment-related costs; \$661,397 for travel; and \$170,000 is budgeted for debt service.

## Z

continued from page 1

living and I loved it,” he said.

And then things changed.

Z said he had a job in Auburn at a Subaru dealership and he lived with a girl named Tabitha, whom he loved dearly. They were doing drugs together. Time passed and Tabitha had enough of the drug scene. She cleaned up.

Leaving Z was part of the cleaning up. Z said he is still heartbroken over this matter.

Which eventually brought him to the Blade.

He’s not always clear on the details.

“I really don’t remember,” how he got there, Z said. And he reflects on this for a few minutes, then replies, “Yeah, I really don’t remember.”

Z lives in a tent at the bottom of a muddy ravine in a wooded area bordering the highway. Z corrects, that his tent is actually a wood structure that he built himself.

“It doesn’t have any windows, but if I look out the door, I can just make out the 7-Eleven store at the top of the highway,” he said.

Z’s latest move has been

north from South 304th Street in Federal Way.

He has to think a moment about when that was.

“Here?” He reflects momentarily and says, “It has been one year this January.”

It’s not an easy life.

Someone threw a whiskey

bottle from a passing car, hitting him in the leg. Z walks with a slight limp and complains mightily at this indiscretion.

He said a man named “T-bone” wants to beat him up over a \$10 drug deal gone bad.

“The Blade will cut you,” he said. “It will cut you real deep.”

But Z said it is more important to get his fix of narcotics and be subjected to an occasional beating by another person in the throes of addiction, then to clean up and get back to the real world, as he puts it.

He reflects on what it would take to get him off the street.

“Getting off heroin and money in my pocket,” he said. He hesitates, then replies, “I don’t really know what it is going to take to get me off the Blade.”

Z turns away, smiles and picks up his sign.

“Cold and Hungry/Anything Helps,” it says.

6

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