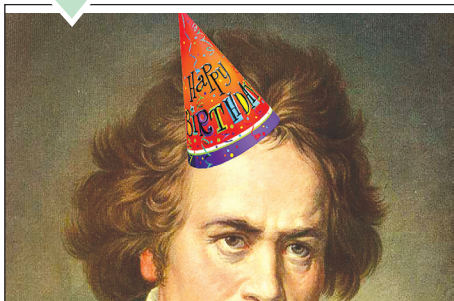


# THUNDERWORD

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Auburn Symphony throws  
Beethoven birthday bash



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Students talk of triumphs  
and failures of V-Day



**Page 11**  
Thunderbird men on track  
to make the playoffs



## Coronavirus may be less dangerous than anticipated

**By Caleb Ruppert**  
Staff Reporter

The 2019 coronavirus may be scary and unknown, but it is unlikely to spread far in the United States, members of a

coronavirus panel said on campus yesterday.

"What do we know about this virus? Not a whole lot," said Dr. Colleen Sheridan, an immunologist and professor here at Highline. "There is re-

ally good evidence, so far, that it is like viruses that came from bats."

The recently renamed covid-19 is a virus that seems to

See Virus, page 15

## Tales of temptation



THUNDERWORD photo illustration

## Highline shares stories of cheating and heartbreak

**By Thunderword Staff**

"Immature," "disgusting," "immoral," and "scummy" are just some of the words used to describe cheating.

Highline students shared their experiences of being cheated on, or knew someone who had been.

Student Fernando Carmona said, "Honestly I don't think it's acceptable or something people should do, but it's not the end of the world if it does happen."

Highline students shared their experiences of being cheated on, or knew someone who had been.

Student Fernando Carmona said, "Honestly I don't think it's acceptable or something people should do, but it's not the end of

the world if it does happen."

"I find cheating to be one of the most deplorable things you could do, to maliciously hurt your partner," Anthony Evje said.

Student Mo Singh said that he doesn't understand why people cheat in the first place.

"I think people should let [their significant other] know if they're losing interest, instead of trying to manage two relationships at once," said Singh.

See Cheating, page 10



Mitchell Roland/THUNDERWORD

Umoja Black Scholar Naejah Robinson said that she attends the group to be around people like her.

## Umoja gives scholars a space to belong

**By Mitchell Roland**  
Staff Reporter

While it can be difficult for African American students to find a place where they fit in, one program on campus tries to offer a sense of home.

The Umoja Black Scholarse is a program at Highline designed to highlight the African and African American experience around the world through a curriculum of hands on learning and a sense of community.

In Kiswahilli, Umoja means unity. At Highline, Umoja's space is dubbed the village, and is meant to be a welcoming place for students.

With paintings of African American luminaries such as Nelson Mandela and Colin Kaepernick hanging on the walls, program assistant and former Umoja student Shijuan Hayes said that the village is designed to maximize student success.

"The space is very intentional," Hayes said. "They're not asked to leave their identity outside the door."

The village is an all-in-one space, with a kitchen area and food meant to ensure students can reach their full potential.

"Hungry students can't learn," Welch said.

Naejah Robinson, who is in her first quarter in Umoja, said that she was encouraged by other members to join the program. Part of the appeal for her was being around people that are like her.

"I wanted to be part of a black group," she said.

Robinson said that it usually takes time for her to warm up to people around her. But not in the village.

"When I got here, I was all in. I was ready," she said.

Robinson said that Umoja is "an African American group that encourages each other" to accomplish their goals.

Krystal Welch, the program manager of the cohort community learning program at Highline, said that when she started working with Umoja, she saw what it was like to fit in in the classroom.

"One of the things that I learned for the first time was what it was like to be culturally represented in academics," she said.

Welch said that they try to do a variety of activities for students in Umoja, and that is

See Umoja, page 16



## Students can earn free credits

The Arrive course will return to Highline this Spring. “The Arrive program is for students who are ready to start their education at Highline, but have missed a funding deadline,” said Shannon Waits, director of academic assessment and placement.

The free course offers seven credits to students. It will offer five credits of English 101 and two credits of College 100.

The course will not only cover the standard English 101 course, but it will also cover career exploration, financial literacy, utilizing advisors, and other resources available to Highline students, Waits said.

“We found that many students, especially during Fall enrollment, would come to campus excited to start their education only to find out they missed the financial deadline, which for Fall quarter is all the way back in Spring,” Waits said. “We didn’t want to turn these students away anymore, because we realize there is a chance that they will not come back and start the next quarter.”

Interested students will have until the first week the course is offered, or until it is filled up to sign up for it, she said.

“Nearly half of the students in the Fall Arrive classes said if it weren’t for this class, they would not have continued their education at Highline,” Waits said. “Students also build a community of learners, which we know is an important factor in persistence and connections on campus. There are many more reasons it is helpful: Free credits, momentum towards getting a degree, supportive on-ramp to college, etc.”

### Learn about Running Start program

Highline will hold an information session about the Running Start program on Feb. 22 from 11 a.m. to 12 p.m. in Building 8, room 130. The session will give prospective students and their families information on the program, potential benefits, eligibility requirements and enrollment steps.

Participants can sign up at [runningstart.highline.edu](http://runningstart.highline.edu).

### Calendar

- The Financial Aid Department is holding ongoing workshops on Fridays from 9 a.m. to 1 p.m. in Building 30, room 101.
- A workshop on creating research and professional posters will be held tomorrow from 12:15 to 1:15 p.m. in the library, room 206A.
- The Benefits Hub will host an event, Side Hustle Strong, teaching students how to create and maintain extra sources of income. The event will be tomorrow from 12:30 to 2 p.m. in room 619 in the library.
- There will be no classes and all offices will be closed for the Presidents’ Day holiday on Monday.
- The Umoja Black Scholars will host an open house on Feb. 19 from 2 to 4 p.m. in the Umoja Village Community Space on floor six of the library.
- The NEA Big Read will hold a book discussion on *When the Emperor was Divine* by Julie Otsuka before her campus visit in March. The discussion will be from 12:30 to 2 p.m. on Feb. 24 in the Mt. Constance room in Building 8.
- AANAPISI will hold a Pancake Party in room 619 of the library from 9 a.m. to 12 p.m. on Feb. 28. Participants will be provided pancakes, but are encouraged to provide their own toppings.
- 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 Annual College and Career Day will be held on March 23. The event is an all-day event for high school seniors making decisions about their future education goals. A resource fair will be held for the students from 11 a.m. to 12 p.m.

# College opposes bill to shift Running Start costs

By Mitchell Roland  
Staff Reporter

A bill that would shift some Running Start costs onto colleges is expected to be significantly altered, college officials say.

During a wide-ranging town hall event last week, Highline President Dr. Mosby said that there is currently a “big push” in the State Legislature for community colleges to pay more of the cost of Running Start, although he said there is a low likelihood of it passing during the current session.

“I don’t think it’ll pass this year,” he said.

Colleges in the state have objected to SSB 6505, which would require community and technical colleges to cover costs for Running Start students, including fees as well as books and other materials needed for classes. The bill does not appear to provide additional funding to cover the additional costs.

The fiscal note attached to the bill says that this change would cost the community and technical college system more than \$32 million between 2023 and 2025, which is nearly \$1 million per school.

SSB 6505 is cosponsored by Sen. Claire Wilson, D-Federal Way, and is currently in the Senate Rules Committee, where it could be scheduled for a floor debate and eventual passage in the full Senate.

Dr. Mosby said that Highline has voiced its displeasure with the proposal to local legislators.

And although this is a short session, Dr. Mosby said that he is still busy talking to legislators.

“We still have work to do,” he said.

While focused on the current session, Dr. Mosby said that he already has an eye on next year’s session, where the Legislature will pass a biennial budget.

“Next year is the big year,” he said.

While his efforts in Olympia continue, Dr. Mosby addressed several other topics in what he hopes to be a quarterly event to inform the campus, including his plan to take his work global.

Dr. Mosby said that a planned trip to Vietnam as well as Japan at the end of March will “build on those relationships in those respective regions.” On the trip, Dr. Mosby will open Highline’s first satellite office in Vietnam.

Four students recently returned from studying abroad in Vietnam, and if Dr. Mosby’s plan comes to fruition, those four will only be the beginning. Dr. Mosby said that Highline is still looking “to expand our



Izzy Anderson/THUNDERWORD  
*Dr. Mosby assured the audience that he is not leaving Highline, but he might move his office.*

study abroad program.”

Dr. Mosby also highlighted the newly renovated Building 26, and its recent ceremonial opening.

“We had a wonderful ribbon cutting,” he said. “Walking through that building - it’s a wonderful, great amount of space.”

Building 26 may be just one of many new spaces on campus. Dr. Mosby said that he is looking at the possibility of a center for Dreamer students on campus, and that he hopes to find the Veteran Services office a larger space while also providing additional signage for the office.

Dr. Mosby said that during his time at Highline, he has worked to shorten “how long it takes to hire” new employees and has worked to limit how long it takes to fill positions. Since July 1, 2019 Highline has hired 96 new people, Dr. Mosby said.

Dr. Mosby rhetorically asked what Highline could do differently to get a wider array of candidates who come from different backgrounds.

“What do we do to get the best possible candidate pool for these open positions?” he asked.

Highline has looked at

things such as where open positions are posted and advertised as ways to expand searches, Dr. Mosby said.

During a section titled “Rumors,” where attendees could ask about various things they had heard, Dr. Mosby addressed several rumors that audience members had heard. One rumor was that he plans on moving his office. Currently, Dr. Mosby’s office is in Building 99, which is located across the east parking lot in Kent.

Dr. Mosby said that while nothing is cast in concrete, he eventually hopes to move his office, while also possibly building a new boardroom.

“I plan to be on campus in the next few years,” he said.

Another rumor Dr. Mosby addressed was a delay in getting a Washington license plate on his car. The college president said that this led to suspicion among faculty and staff that he planned on moving back to California, but he assured the crowd his car has Washington license plates now and that he plans on staying at Highline.

Dr. Mosby said that he is looking at doing a similar town hall every quarter as way to be “creative and innovative.”

## Surrender to your destiny!

Take Journalism 101 in Spring Quarter  
**Item No. 4176 - 11 a.m.**  
**Item No. 4178 - 1:20 p.m.**  
Write for the Thunderword!  
Thrill your loved ones!  
Amaze your friends!



# December student of the month

Bien-Aime awarded for her dedication, commitment to helping on campus

**By Ally Valiente**

Staff Reporter

Highline student Florence Bien-Aime is a Student Ambassador for TRiO, works for the Community Pantry, and is currently working on her pre-nursing degree.

But she is best known for her hard-work and dedication to the community.

Each month, a Core Team member nominates another student based on their leadership, activism for the community, and hard-work.

In December, Florence Bien-Aime won Student of the Month.

Bien-Aime has been a student at Highline for three years.

“The bottomline is I just want to help people,” Bien-Aime said. “Whenever I was in a stressful situation, I often wished someone would be there for me. So that’s what I try to do for them.”

Bien-Aime has worked for the Community Pantry since November 2018.

As she was looking for a job around campus, Bien-Aime said it was important to find a job that would help her be more active and engaged with the community.

When she got hired at the pantry, she said it helped her feel fulfilled.

“I’ve been able to make so many connections with so many different people that I otherwise would not have,” Bien-Aime said. “And having that fulfillment, even when I’m tired at the end of the day, if I at least helped one person out that day, then it’s worth it.”

Bien-Aime said that food insecurity is one of the biggest problems in the U.S. right now, especially in colleges and universities.

“You have to take care of yourself before you can take on responsibilities like getting

a good grade. You need to fuel yourself,” Bien-Aime said.

If a student is almost done with their degree program and runs out of energy toward the end of the quarter, or if they are stressed about transferring, Bien-Aime said that the last thing that should be on anyone’s mind to worry about is if they can afford their next meal.

“You don’t want one more thing to worry about like food insecurity, or wondering if you have enough money for your next meal. We don’t really talk about that a lot,” Bien-Aime said.

Bien-Aime’s tasks include providing food for the Placement and Testing Center during midterms and finals and assists with the Library Food Project.

“Every Tuesday and Thursday, we make sure the mini-fridge on the second floor of the library is stocked up with food. And oftentimes students just come in and take whatever they need, just to fuel themselves,” Bien-Aime said.

“We’re always running out of plastic bags and containers. But oftentimes we’re always trying to think out of the box to solve different problems that might arise,” Bien-Aime said.

“Sometimes they’re conventional, sometimes they’re not. We resort to using the boxes that we have and sometimes it’s weird having to carry a box around campus,” Bien-Aime said. “However, staff and faculty will reach out and donate grocery bags or containers that they’re not using, which is nice.”

When Bien-Aime isn’t working at the Pantry, she volunteers as a Student Ambassador for TRiO.

This is her second year volunteering.

“It’s mostly attending the meetings we have and meeting up with the advisors of TRiO. We mostly talk about the projects that we’re working on,” Bien-Aime said.



*Florence Bien-Aime is involved in a variety of groups on campus that help students succeed.*

Bien-Aime is currently working with another pre-nursing student to try to create a study group that pre-nursing students and TRiO students can get into.

Bien-Aime says that her experience as an ambassador gave her the opportunity to practice her public speaking skills.

Oftentimes she will do class presentations and talk about TRiO.

“It was scary at first, for sure. I feel like every quarter that we start again it’s a little scary but it’s also good practice. And as I go along, it’s kind of second nature, which is nice considering that it’s important to talk about TRiO,” Bien-Aime said.

“My first quarter here was

terrible. But when I joined TRiO, it really changed my academic career. So when I talk to students, I make sure to tell them that TRiO works. If you make it work, it works,” Bien-Aime said.

“The people at the program are so helpful and they really do help the stress go away, especially since our goal here is to help people who are like myself, low-income and first generation.”

TRiO also helps Running Start and undocumented students reach their goal of transferring to a four-year university.

“What I do during the class presentations is talk about my experience. Hopefully it resonates with other people.”

Bien-Aime says that positive reinforcement helps alleviate the stress of anxiety of public speaking.

“Every beginning of every quarter, we have to give maybe five or so presentations. They’re quick five-minute to 10 minute presentations. But having that repetition really helps solidify my confidence,” Bien-Aime said.

Bien-Aime said, “The only way you can really test yourself and see how comfortable you are is to be able to get out of your comfort zone. Once you keep doing it over and over, It’s more like ‘okay, I can do this. I’ve done it before I’ll do it again.’”

Last November, Bien-Aime had the opportunity to speak at the Legislative Breakfast in front of staff and faculty members, students, and state representatives.

Bien-Aime spoke about mental health, food insecurity, and financial aid.

“Legislative Breakfast was a great platform because at some point students will face all three of these problems. Students will often joke and say they live off ramen and while it may be true sometimes, first of all, it sucks. Second, we have different resources to combat that insecurity,” Bien-Aime said.

“There’s people who are in different stages in their life who maybe they’re really stressed. Maybe they’re like myself who graduated and then moving on, or maybe they’re older and they’re just trying to provide for their kids and care for their family,” Bien-Aime said.

Bien-Aime says she was given two weeks prior to prepare and finalize her speech.

She wanted to make sure she stayed genuine and true to herself while also being professional and respectful.

“Those are the types of topics that you can’t afford to sugarcoat. If you’re here for us, I want to make sure you hear us.”

Bien-Aime plans to complete her pre-nursing degree this year, attend UW Seattle, and go into their Public Health program.

**‘My first quarter here was terrible. But when I joined TRiO, it really changed my academic career. So when I talk to students, I make sure to tell them that TRiO works.’**

- Florence Bien-Aime,  
December student of the month



New Running Start requirements may improve success rate

Highline’s Running Start program is putting updated entry requirements into place, and they may just serve to better identify students who are truly ready for college.

Running Start can be great for high school juniors and seniors who are prepared for advanced classes. It gives them an opportunity to pursue both high school and college credits simultaneously at a reduced cost.

It’s somewhat widely agreed upon among faculty and instructors, however, that many Running Start students are simply not ready to be in a college environment. The reason for this sentiment can likely be traced back to the beginning of the program, when it had little to no entry requirements whatsoever.

Students who were essentially failing high school were trying their hands at making it in college, and failing at that too, more often than not.

But even when Highline put a requirement of a 2.0 or higher GPA into effect, as well as requiring the submission of high school transcripts, SBAC scores or Accuplacer testing, students still struggled. Succeeding in college calls for a higher degree of maturity and follow-through.

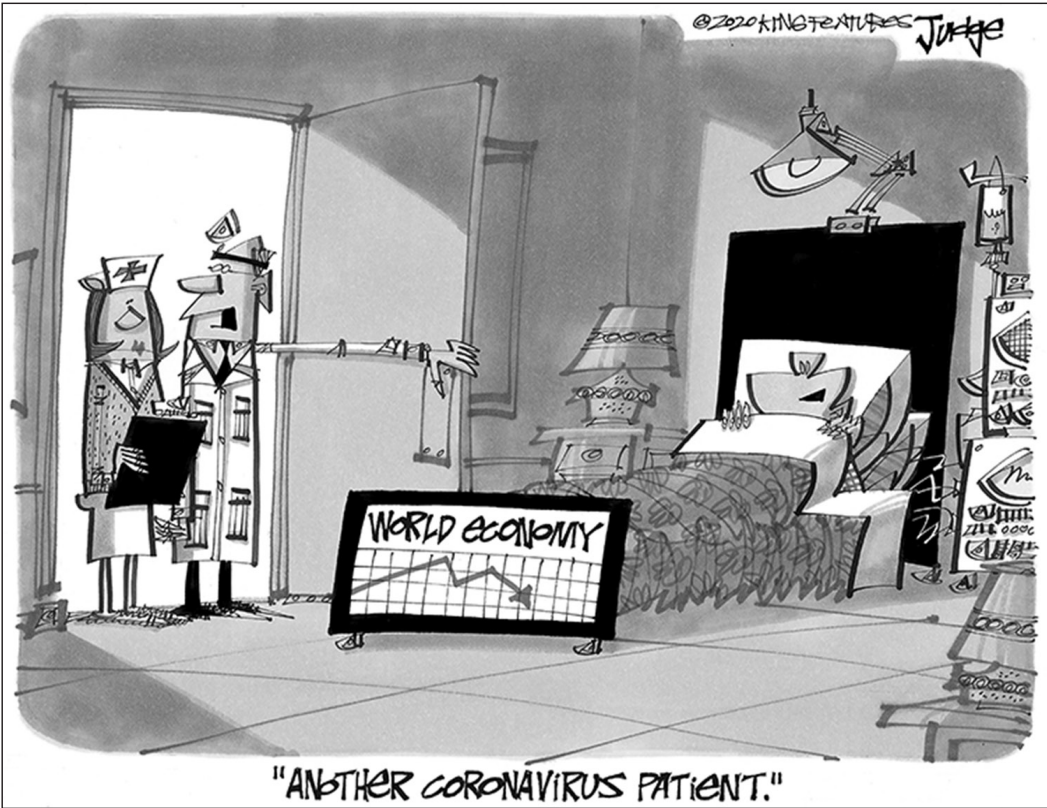
Some students are ready for the tribulations of classes at Highline, just not as many as are allowed into the program.

It just can’t be helped that college is a different animal from high school. However, this new requirement that calls for students to showcase their ability to write at a college level by testing their eligibility for placement into English 101 may be the right step toward a solution.

This is because one of the keys of succeeding here is rooted in the ability to write a solid and concise paper. The ability to buckle down and write something legible out of your notes will ensure your ability to convince your instructor that you understand the material and pass your class, provided you complete your work on time.

Aside from scoring a minimum of 253 on the Accuplacer Reading Test with a minimum 2.0 high school GPA, there are myriad ways students can prove their eligibility for English 101. Additionally, exceptional scores in some areas can provide an English 101 credit outright along with placement in English 205.

This change in requirements seeks to help reclaim enrollment numbers that have fallen from previous years. Highline also plans to help support what they’re hoping will be an influx of Running Start students by increasing the number or advisers available to them.



A little food for thought

College students, by and large, do not eat enough. What we do eat is not good for us.

I’m not healthy, and it shows. My pale skin, slender frame and the dark pigment beneath my eyes are all common subjects of harmless ridicule among friends. But I attribute these and other traits, more than anything, to my diet.

Or, rather, my lack thereof. After spending the better part of my high school years being relatively overweight, I felt that I needed a change in my diet. Being the kind of person who likes seeing results fast, I didn’t just eat differently, I ate a lot less.

Over the summer, I managed to drop from the higher portion of the 190s in pounds, to the lower end of the 150s. My primary care doctor found it somewhat alarming when I lost nearly 50 pounds in three months, but after a blood test I was given a clean bill of health.

But I had grown very accustomed in that time to consuming smaller and less frequent portions, and I never really started eating more again. This likely wasn’t helped by my noticing that the less I ate, the more money I tended to have on hand, since I happen to very much enjoy money.

Gone Fishin’



Jack Fishkin

In college, I find myself with less and less free time, along with less and less time to notice when my blood sugar is low. Despite my best efforts to get a good meal when it enters my mind, I still find myself standing up from my desk after classes only to feel my legs wobble.

The bottom line: I don’t think to eat as often as I should, and when I do, I don’t much enjoy it. My sleep, energy and concentration all suffer significantly for it, and I’m not the only one. Studies have shown that roughly 59 percent of college students may very well suffer from malnutrition due to what’s known as food insecurity. Food insecurity is comprised of sev-

eral factors that contribute to a lack of access to healthy foods.

These can include the high cost of healthy food combined with the limited income common in students, along with a lack of education about the importance of a balanced and sufficient diet in regards to its relation to good school work.

These are all known to contribute to anxiety and depression, trouble concentrating on work, for class or otherwise, and general poor health.

But I haven’t given up yet. Permanently damaging my metabolism more than I probably have already doesn’t sound fun, so little by little, I try to increase my portions.

After some research, there are some methods that I’m slowly putting in place to help keep up with my appetite. For instance, I’ve taken to setting alarms on my phone to remind me of key meal times during the day.

The point is, don’t let it get to that point. Educate yourself on proper nutrition if you haven’t, and don’t let classwork and lack of time management get in the way of your bodily wellbeing.

Jack Fishkin is the opinion editor of the Thunderword.

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.

THE STAFF

Kudos to that rat.

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# Weekly SUDOKU

by Linda Thistle

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

## DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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## ACROSS

- 1 Docket entry  
5 Heidi's range  
9 One's years  
12 Greatly  
13 Inquisitive  
14 Present  
15 Madison's place  
17 Exist  
18 Ardor  
19 Cuts into cubes  
21 Extra  
24 Rover's friend  
25 Difficult  
26 Hawk trainer  
30 Carte lead-in  
31 Eliot's Marner  
32 Rotation duration  
33 Outwardly curved on both sides  
35 Bouquet holder  
36 Reed instrument  
37 Essential points  
38 Prenatal test, for short  
40 — morgana  
42 Island neckwear  
43 Grayish metallic element  
48 A Gershwin  
49 Author Hunter  
50 Medicinal

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52 Force measure  
53 Unseen hitch  
9 Huge snakes  
10 Bush opponent  
11 Rams fans?  
16 U.K. ref. bk.  
20 Altar affirmative  
21 Moby-Dick's pursuer  
22 "The Persistence of Memory" painter  
23 Severe  
24 Linen source  
26 Basketball team  
27 Brewery product  
28 Right on the map?  
29 Deli loaves  
31 Took a nap  
34 Japanese sash  
35 Food  
37 Classic muscle car  
38 Settled down  
39 nembellished  
40 Drescher or Lebowitz  
41 Zits  
44 Poison —  
45 Charged bit  
46 Portion of N.A.  
47 "Family Guy" daughter

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1. **GEOGRAPHY:** Which is the least-populated continent?  
2. **GEOLOGY:** What metal is produced by refining the ore bauxite?  
3. **EXPLORERS:** Where was explorer Marco Polo born?  
4. **ART:** Which popular American artist referred to himself as *Painter of Light*?  
5. **GENERAL KNOWLEDGE:** What is the pH value of pure water?  
6. **ANIMAL KINGDOM:** What is a group of leopards called?  
7. **LITERATURE:** What was the birth name of author *Toni Morrison* (a pseudonym)?

8. **MOVIES:** In which James Bond movie is the character of Jaws introduced?  
9. **HISTORY:** Which country was home to the Contras guerilla force in the 1980s?  
10. **LANGUAGE:** What is a truel?

- Answers  
1. Antarctica  
2. Aluminum  
3. Venice, Italy  
4. Thomas Kinkade  
5. 7  
6. A leap  
7. Chloe Ardelia Wofford  
8. *The Spy Who Loved Me*  
9. Nicaragua  
10. A fight between three people

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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!

	x		-		21
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	x		+		16
19		20			17

1 2 3 3 4 5 6 8 9

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# King Crossword

**ARIES** (March 21 to April 19) All that flattery and fawning shouldn't affect any decision you have to make. Keep your focus on the facts and ignore all the hyperbole, especially if it gets uncomfortably personal.

**TAURUS** (April 20 to May 20) Your Bovine instincts are on the mark about that "favor" you're being asked to do. Agree to nothing unless you get a full explanation -- which you would check out first, of course.

**GEMINI** (May 21 to June 20) A somewhat unsettled recent period should give way to a smoother time going through the week. Use this quieter time to catch up on matters you might have had to let slide.

**CANCER** (June 21 to July 22) Feeling a little confused is understandable with all those mixed messages. Take time to list the questions you have. Then present them and insist on answers that make sense.

**LEO** (July 23 to Aug. 22) Cupid can be very helpful for Lions seeking a love connection. The chubby cherub also brings warm and fuzzy



feelings to paired Leos and Leonas who already share a special love line.

**VIRGO** (Aug. 23 to Sept. 22) Travel is favored this week, whether you'll be globe-trotting or taking a trip to a nearby getaway. You might be surprised (or maybe not) by who wants to be your traveling companion.

**LIBRA** (Sept. 23 to Oct. 22) Getting advice on your next business-related move is a good idea, but only if your advisers are trustworthy. Get references that you can check out before you make any decisions.

**SCORPIO** (Oct. 23 to Nov. 21) Getting a boost in your self-esteem is one benefit that comes with a job well done. There are other plusses as well, including being noticed by all the right people. Good luck.

**SAGITTARIUS** (Nov. 22 to Dec. 21) Make time to deal with family matters, especial-

ly where they concern your elderly kinfolk. Being there for them from the start can help resolve problems sooner rather than later.

**CAPRICORN** (Dec. 22 to Jan. 19) Getting a project started can often be difficult. But the good news is that you won't want for lack of assistance from colleagues who would like to work with you. So, let them!

**AQUARIUS** (Jan. 20 to Feb. 18) A lot of work-related issues might be raised this week, and you need to be prepared for whatever comes along. Things should be easier when it comes to matters in your private life.

**PISCES** (Feb. 19 to March 20) What might appear to be a much unwanted change in your life right now could turn out to be a very welcome event after all. Give yourself a chance to see where it might take you.

**BORN THIS WEEK:** You exercise your strong leadership qualities well, which is why people believe in you and feel reassured by you.

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# A Thai recipe for a healthy heart

February is National Heart Month, so it's a great time to make a change for better heart health. Heart disease is the leading cause of death in the United States, with stroke coming in fifth, according to the American Heart Association. Both of these conditions result when blood flow is reduced or stopped altogether. But there are steps people can take to reduce the risk.

Increasing age, gender and heredity cannot be changed, but other risk factors can be. A person at risk for heart disease can reduce the risk by: avoiding smoking, being physically active every day, choosing good nutrition, reducing high cholesterol, lowering high blood pressure, aiming for a healthy weight, managing diabetes, reducing stress and limiting alcohol.

This laundry list of risk factors may seem overwhelming, but the good news is that they interact in a positive way. In fact, the American Heart Association boils it down to just three easy steps, the ABCs of heart health:

- A — Avoid smoking
  - B — Be physically active
  - C — Choose good nutrition
- These steps may not seem so easy, but by making small steps in the right direction it will be possible to live healthier and feel better. Choose a small change to make in each category. For example:
- As a stress break at work, try skipping a cigarette and going



for a short walk instead. Even 10 minutes at a time of walking may have health benefits.

Vow to skip French fries one day per week — make it fries-free Friday.

Go dancing with a friend to increase physical activity, which will also help to lower cholesterol and blood pressure, get diabetes under better control and move toward a healthier weight, plus you'll be having fun while you're at it!

Investigate the calorie count of a favorite food and see if you can eat just one serving or find a healthier, just as tasty, option.

Challenge yourself to make two to three small changes, for your own sake and for those you care about. Or invite someone you care about who is at high risk for heart disease to join you in making those changes. Take one new small step toward better health each month and the benefits will accumulate, making the better choices add up quickly. Start today and enjoy a better, healthier tomorrow together.

The American Heart Association website, [www.heart.org](http://www.heart.org), has many ideas on how to make heart-healthy choices related to



Depositphotos

Thai lettuce cups to help your heart this month.

physical activity, stress management, weight management, quitting smoking, healthy kids (help them start early to form heart-healthy habits), workplace health and healthy eating (including a searchable recipe database and tips for healthy choices when dining out).

Try this heart healthy recipe for Thai Lettuce Cups and be kind to your heart.

### THAI LETTUCE CUPS

#### To Make the Cilantro Sauce:

- 1 chopped small jalapeno (remove the ribs and seeds to con-

- trol heat, if desired)
- 2 tablespoon fresh lime juice
- 1/2 cup plain Greek yogurt
- 1 cup fresh cilantro, including stems
- 1 tablespoon low-sodium soy sauce
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground black pepper

In a blender, puree chopped jalapeno with lime juice, yogurt, cilantro, soy sauce, cumin and black pepper until very smooth. Cover and refrigerate until time to serve.

#### To Make the Lettuce Cups:

- 1 1/2 pound ground turkey or ground chicken
- 2 tablespoons vegetable oil
- 1 small onion, finely chopped
- 1 teaspoon ground cumin
- 1 teaspoon ground black pepper
- 1/2 teaspoon cinnamon
- 2 cloves garlic, finely chopped
- 1 small jalapeno, finely chopped (remove the ribs and seeds to control heat, if desired)
- 1 tablespoon freshly grated ginger, or 1 teaspoon ground ginger
- 1 tablespoon low-sodium soy sauce
- 2 tablespoons lime juice
- 1/4 cup water or low-sodium chicken broth
- 2 scallions, green tops and white parts thinly sliced, roots removed and discarded
- 1 carrot, finely chopped
- 8 butter lettuce leaves

1. Heat canola oil in a large cast-iron or heavy-bottom skillet on medium-high heat. Add the onion, cumin, black pepper and cinnamon and cook for 1 to 2 minutes. Add the garlic, jalapeno and ginger, and cook for 1 minute.

2. Add the ground turkey or chicken and cook, breaking it up with a spoon, until golden brown and crispy, 6 to 8 minutes. Add the low-sodium soy sauce, lime juice and up to 1/4 cup water or chicken broth (if mixture seems dry), cook for 2 minutes.

3. Sprinkle with scallions and carrots, if desired. Spoon into butter lettuce leaves and serve with drizzle of the cilantro sauce.

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## Peppers brighten winter dishes by adding a little taste summer

Add an instant taste of summer to savory winter dishes with a peck of bright peppers. When you can't — or don't have time to — grill them yourself, grab a 12-ounce jar off the pantry shelf, drain well and chop, and try them in this quick recipe.

### Pepper and Egg Sandwiches

- 1 large sweet onion, chopped
- 8 large eggs
- Red peppers
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 4 ounces (1 cup) provolone cheese, shredded
- 4 (6-inch) hero rolls

1. Spray a 12-inch non-stick skillet with nonstick spray; then heat on medium 1 minute. Add onion and cook, covered, 10 minutes or until lightly browned, stirring occasionally.

### GOOD HOUSEKEEPING

2. Meanwhile, in bowl, whisk together eggs, salt and pepper. Add red peppers to onion in skillet. Pour eggs over vegetables; cover and cook 8 minutes or until almost set, stirring occasionally. Sprinkle with provolone cheese; cover and cook 2 minutes or until cheese melts.

3. Spoon egg mixture into split hero rolls. Serves 4.

### Vegetable Fritters

- 1 large carrot
- 1 medium (10-ounce) zucchini
- 1 medium (10-ounce) yellow straightneck squash
- 1/3 cup all-purpose flour
- 1/3 cup freshly grated Parmesan cheese
- 1/2 teaspoon salt
- 1/8 teaspoon ground black

- pepper
- 1 large egg
- 1/2 cup vegetable oil

1. With course shredder, shred carrot, zucchini and squash. Pat vegetables very dry with paper towels.

2. In medium bowl, mix shredded vegetable with flour, Parmesan cheese, salt, pepper and egg.

3. In 10-inch skillet, heat oil over medium heat. Gently drop one-eighth of vegetable mixture at a time (1/4 cup) into oil in skillet, flattening slightly to about 3 inches around.

4. Cook 3 fritters at a time, turning once, 5 minutes, until golden brown. With pancake turner, transfer to paper towels to drain. Keep warm in low oven while cooking remainder. Makes 4 accompaniment servings.

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## Salute first president with easy cherry cobbler

Even if George Washington didn't cut down the cherry tree, he'd be first in line for a tasty piece of this ultra-easy dessert.

### Chocolate Cherry Cobbler

- 1 (4-serving) package sugar-free cherry gelatin
- 1 (4-serving) package sugar-free vanilla cook-and-serve pudding mix
- 1 (16oz) can tart red cherries, packed in water, drained and 1/2 cup liquid reserved
- 1 1/4 cups water
- 3 tablespoons chopped pecans
- 1/3 cup plain fat-free yogurt
- 1/4 cup fat-free mayonnaise
- 3/4 cup biscuit reduced-fat baking mix
- Sugar substitute, suitable for baking, to equal 1/2 cup sugar
- 3 tablespoons unsweetened cocoa
- 1 teaspoon vanilla extract

- Heat oven to 350F. Spray an 8-by-8-in. baking dish with oil.
- In a medium saucepan, combine dry gelatin, dry pudding mix, reserved cherry liquid and 1 cup water. Stir in cherries. Cook over medium heat until mixture thickens and starts to boil, stirring often and being careful not to crush cherries. Spoon hot mixture into prepared baking dish.
- In a large bowl, combine baking mix, cocoa, sugar substitute and pecans. Add yogurt, mayonnaise, remaining 1/4 cup water and vanilla extract. Mix gently just to combine. Drop by spoonfuls onto cherry mixture to form 6 mounds.
- Bake for 25 to 30 minutes. Place baking dish on a wire rack and let set for 5 minutes. Divide into 6 servings.





# These Jersey boys do the doo wop

By Katie Bennett  
Staff Reporter

Surprise your boo with tickets to The Doo Wop Project this Wednesday, Feb. 19 at the Federal Way Performing Arts and Events Center.

The Doo Wop Project takes their audience on a journey through the history of doo-wop, ending with doo-wopped versions of modern songs from artists such as Jason Mraz, Michael Jackson, and Maroon 5.

The Doo Wop Project recreates and sometimes entirely reimagines some of the greatest music in American pop and rock history.

“I grew up in New Jersey with a father who is a doo-wop aficionado. It was part of the fabric of his being which translated to me. It’s effect on me was something deep rooted,” The Doo Wop Project co-creator Dominic Scaglione Jr. said.

Scaglione starred as Frankie Valli in the Broadway musical Jersey Boys.

“The group was created backstage at the August Wil-



The Doo Wop Project brings its smooth style to Federal Way next week.

son Theatre at Jersey Boys on Broadway with me and my partner in crime Dominic Nolfi. We realized quickly that we had an affinity for this music so when I thought about the idea to create a doo-wop group, Dom

N. took it and ran with it,” Scaglione said.

The group features stars from Broadway hits such as *Jersey Boys*, *Motown*, *A Bronx Tale* and more.

“We felt like there needed to

be a newer group to carry on the doo-wop legacy. We also knew that we wanted it to sound authentic so we got the best singers we could and it was off and running from there,” Scaglione said.

The group is in their seventh

year and continues to sell out and grow, Scaglione said.

“I love it when we sing the more obscure songs like *That’s My Desire*, *Gloria*, and *Come Go With Me* to name a few. They really show that we have knowledge of this style of music,” Scaglione said.

“My absolute favorite is when we come together for an encore with an a capella version of Oldies but Goodies,” he said. “It’s when me and the fellas can mix and blend and it makes me think of all the groups that came before us.”

Anyone who appreciates good live singing with great harmonies mixed with rat pack-style jokes should come have a good time with us, Scaglione said.

The concert is Wednesday, Feb. 19 at 7:30 p.m. at the Federal Way Performing Arts and Events Center. Tickets are \$64, \$44, or \$34 depending on where you sit. Tickets can be purchased online at [fwpaec.org](http://fwpaec.org).

The PAEC is located at 31510 Pete von Reichbauer Way S, Federal Way.

## Happy birthday



# Beethoven!

## Auburn Symphony will celebrate composer’s 250th

By Katie Bennett  
Staff Reporter

Put your party hats on and celebrate Beethoven’s 250th birthday this Sunday, Feb. 16 with the Auburn Symphony.

The symphony is performing the concert this Sunday as part of their symphony series.

“2020 is the 250th anniversary of Beethoven’s birth so orchestras throughout the country are celebrating,” Executive Director Rachel Perry said.

The symphony will be performing Beethoven’s Symphony No. 7 to celebrate.

“One thing that’s interesting about the Beethoven 7th Symphony that movie lovers will note, is that it was used in the film *The King’s Speech* from 2010,” said Auburn Symphony cellist Dave Beck.

“The second movement of the Beethoven 7th is used in the movie as the character King George VI of England practices a radio speech he had to give to British citizens at the outbreak of World War II,” Beck said.

“The music creates a dramatic backdrop as the king works diligently to overcome the stutter and eventually delivers an eloquent and inspiring speech.”

Seattle radio host Beck will be giving a pre-concert talk before the show.

“I’ve been a member of the Auburn Symphony cello section



Sam Almaguer will be the guest artist at Auburn Symphony this weekend.

since it was founded in 1996. It’s a nice complement to my day job as midday announcer at Listener Supported Classical KING FM, 98.1,” Beck said.

The symphony will be joined by Sam Almaguer, the principal clarinetist for the North Carolina Symphony, for Copland’s *Clarinet Concerto*.

“The music is a mix of classical styles with elements of jazz and Brazilian folk music,” Beck said.

Copland’s work is a lively and jazzy piece, Perry said.

“Beethoven’s work is often very intense, and so to give variety to the program, the entire program is not music by Bee-

thoven,” Perry said.

The symphony will also be performing *Three Dance Episodes*, from Leonard Bernstein’s Broadway hit *On the Town*, and George Walker’s *Lyric for Strings*.

“The program this weekend beautifully represents the diversity of the American experience as it touches on the worlds of film, Broadway, and jazz, and offers such a satisfying diversity of music and composers,” Beck said.

George Walker was an African American composer who died in 2018.

“It’s appropriate that we are presenting the piece in Black History Month,” Beck said. “African Americans and women in particular are highly underrepresented in the world of classical music. Presenting Walker’s beautiful piece is an important step in creating better representation of women and people of color in classical music.”

The concert is Sunday, Feb. 16 from 2:30-4:30 p.m. The concert is 1 hour and 45 minutes long including intermission. The pre-concert talk hosted by Beck starts at 1:30.

The concert will be held at the Auburn Performing Arts Center located at 702 4th St. NE, Auburn.

Tickets are \$37 for general admission, \$30 for seniors, and \$10 for students and teachers. Tickets can be purchased online at [auburnsymphony.org](http://auburnsymphony.org).



# Sometimes, cupid's aim can be really off...

By Thunderword Staff

Valentine's Day can be awful in a lot of different ways. Sometimes you make the day bad for others, while other times people make the day bad for you. Other times they might end up being awkward and uncomfortable.

Two years ago, Emily Rosero had a girlfriend who she wanted to introduce to her family on Valentine's Day.

In the end, she experienced the worst Valentine's Day of her life because her mother refused to meet her girlfriend.

She said she was excited to introduce her new partner to her mother because long ago, she was done with her ex-boyfriend named Leo.

"My mother didn't know that I liked girls too, and I wanted to tell her that part of me," Rosero said. "First, I had to tell my mom I was with someone else."

"My mother was glad, especially because my relationship with Leo was over," Rosero said.

"My mother asked me what the boy's name is, so I answered Rose," Rosero said.

She said her mother got upset and didn't believe her.

"I was very sad that day, and I went with a broken heart to my ex-girlfriend's house," Rosero said.

However, she said the worst part was when she got home from her ex-girlfriend's.

"I arrived at my ex's house and found another woman who had been her partner in the past. I just wanted to disappear," Rosero said.

After that happened, she said that she ended the relationship.

She said that some time later, she dated Leo again, and now they have a good relationship.

"I'm excited to celebrate the next Valentine's Day with someone who loves me," Rosero said.

One student said a guy liked her, but she didn't like him back. Nonetheless, she gave him a chocolate-filled basket for Valentine's Day.

This caused mixed signals and when he asked her out she turned him down.

Valentine's Day can cause misunderstandings, but it can also be a time for understanding one's wants and needs in a relationship.

"I take holidays to re-evaluate my relationships," a student said. Because of this, the student dumped her boyfriend before Valentine's.

Unfortunately, the boyfriend had planned a Valentine's date on a cruise. It didn't happen.

"My worst day was in elementary school when we had to give something to our classmates. I gave them nothing, and I felt sad," Patrick Thompson said.

"Last year, I ended my relationship with my boyfriend, so I spent time alone on Valentine's Day," Tara Jazmin said.

"Last Valentine, I was waiting for a rose from my boyfriend, and it never came, I got furious and sad because I gave him chocolates," Arely Castaneda said.

One student liked a woman for months and decided on Valentine's to leave flowers on her desk with a note written in Chinese, because she knew Chinese. However, it turned out that she had a boyfriend.

The boyfriend talked to him and it was overall embarrassing. After that, the woman stopped

Samuel Hernandez/  
THUNDERWORD

talking to him, he said.

"In high school I really liked this girl and I made her a collage and asked her to be my valentine at school," said Shaniqa Jones. "But she said no because she doesn't swing that way."

The courage it took to make a move like that was overshadowed by the later rejection, she said.

Some Valentine's Days start out great, but quickly turn sour. A student's boyfriend, at the time, had planned out a "whole dinner date and surprise afterwards."

They went out to dinner and the boyfriend forgot his wallet. That started the downhill run of this Valentine's.

On top of forgetting his wallet, the boyfriend also knew the waitress as more than just friends. This ruined

the date and she never found out what the surprise was.

On Valentine's Day, one woman's date took her to see Jeepers Creepers, a horror movie.

"Kinda speaks for itself," she said.

Erica Kenney remembered a loveless Valentine's Day with her long-term boyfriend.

"Two years ago he didn't even say Happy Valentine's Day," she said. "he didn't buy anything, or plan anything, not any type of celebration. I felt so unappreciated."

The day of love ended up being a day of solitude.

"I was talking to someone at the time," recalled one anonymous student. "He made me feel like he really liked me and that I was going to be his valentine. But he just stopped talking to me and later I saw him on social media with another girl."

And bad Valentine's Day experiences aren't limited to just students.

One student had to write compliments for her classmates in her fifth-grade homeroom. One boy gave her a card that said "call me," with his name on it.

The student was previously homeschooled and this was one of her first public school experiences. This experience was "so uncomfortable," the student said.

Being lactose intolerant on Valentine's Day can also cause some unfortunate events to happen.

"I can't have 100 percent milk, but if you have eggs and put a little bit of milk in I can have that," the student said.

On Valentine's, one guy "gave me milk-based chocolate," the student said.

Because of what happens when she has milk, "it was pretty embarrassing," the student said.

And negative experiences and outlooks on Valentine's Day aren't limited to

students.

One Highline staff member said that when she was younger, she had a "friend who wanted to be my boyfriend."

The man asked the staff member's dad about being her boyfriend.

"It was just weird," she said.

To add to the awkward and uncomfortable of it all, the guy gave her a Nike shirt that said "Just Do It."

"He didn't know it could be taken very weirdly," she said.

"Valentine's day is a conspiracy by Hallmark and I refuse to participate," Highline staff member Dianne Lonsberry's husband said.

Staff reporters Marta Barlow, Harry Espinoza, and Empress Robinson contributed to this story.

# LOVE & LOSS



THUNDERWORD photo illustration

# But time spent with loved ones is often spot on

By Samuel Watson  
Staff Reporter

Highline students have varying ideas about what makes a good Valentine's Day, but most agree that it should be spent with loved ones.

"As long as I'm with my loved ones, the day will be well spent," said Highline student Mary Belay. "It doesn't have to be anything big or extravagant because being with the people I love is already good enough."

"Hanging out with your loved ones" is ideal, one student said.

Another student said that "spending time with people you like" is the key factor.

"A good Valentine's Day is letting all the one's you know that you love them," student Nicole Baker said. "All in all, just simply care about letting others know you love and value them."

Multiple students said that their ideal Valentine's Day would be spent either partially or fully in downtown Seattle.

One student said a good Valentine's would include "going to eat in Seattle, [for] a fancy dinner. Walking around downtown Seattle. Going to Pike Place to get flowers. A dinner in Seattle and a ride on the Ferris wheel."

One student who wished to remain anonymous said they wouldn't want anything too fancy. "Probably just walking around the city looking at all the lights. Maybe a dinner but someplace chill, then exchange gifts," they said.

"For me, it would mostly be in downtown," said another student who wished to remain anonymous. "Breakfast or brunch at a really cute place and then walk around Alki or downtown Seattle."

Another common theme among

students was finishing the night off quietly by watching a movie at home.

"I'd say going out to dinner all dressed up and then going home and watching a movie in PJ's," said Faith Felner.

A student who wished to remain anonymous also said they'd want to end their Valentine's Day by watching a movie at home together.

"Watching movies at night with my girlfriend would be my ideal day," Obrien Parker said.

More than anything else, students want to show their loved ones that they care on this special day, whether this means a significant other or just family and friends.

"Sharing candies with friends and family would be an ideal Valentine's Day," Heidi Martinez said.

"Unfortunately my man will be in another state, but I did create a thoughtful gift," Baker said.

"I'm happy not being in a relationship, so I wouldn't want to become sad on this day where you're supposed to be spending it with your significant other," said Selah Meyering. "I would say staying home, watching a romcom, and maybe hangout with some friends."

Staff reporters Marta Barlow, Harry Espinoza, and Izzy Anderson contributed to this story.

**More than anything else, students want to show their loved ones that they care on this special day, whether this means a significant other or just family and friends.**



# LOVE & LOSS



## Valentine's Day didn't start out all hearts and flowers

By Ally Valiente

Staff Reporter

For most people, Valentine's Day is all about appreciating and spoiling their special someone with chocolates, flowers, and heart-shaped candy.

For others, it can be a difficult day to get through especially if you're single.

And although it is impossible to imagine Valentine's Day without associating the holiday with love and chocolates, its history is darker than people may realize.

Highline history professor Rachel Bledsaw said the origin of Valentine's Day was based on St. Valentine, a Roman priest, and his execution on Feb. 14, 270 A.D.

"The origin of the date [of Valentine's Day] as a festival itself was the death of St. Valentine, who died as a martyr for marrying Roman soldiers, who was not supposed to, and helping Christians," Bledsaw said. "He was executed by the Roman Empire."

At the time, Emperor Claudius II decided that single men were better off as soldiers than husbands.

This resulted in marriage being outlawed for young men.

St. Valentine, who thought the law was unjust, continued to perform marriages for young men and their lovers anyway.

When the emperor discovered that St. Valentine had defied the law, he was sentenced to death.

St. Valentine also may have been killed due to the fact that he helped Christians escape Roman prisons, where they were beaten and tortured.

Other people associated the holiday with another Roman pagan festival called Lupercalia.

Lupercalia is associated with fertility, random matchmaking, and animal sacrifice.

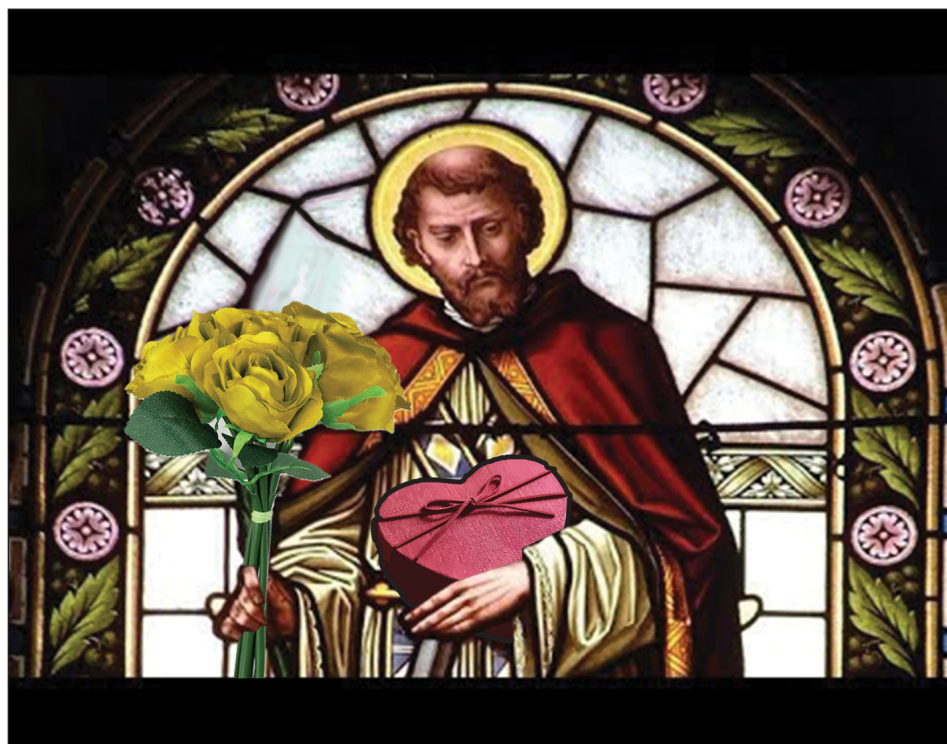
However, it was known for being violent, bloody, and sexually charged. There is no answer as to whether the pagan holiday is correlated with Valentine's Day.

"As for the celebration of it being associated with love and romance, the first mention that we have with it is with Chaucer," Bledsaw said.

Chaucer was an English poet from the 14th Century and is known for writing *The Canterbury Tales*.

His poem, *Parlement of Foules*, was the first connection between Valentine's Day and love.

Bledsaw said, "He's the first one to associate Valentine's Day with romance.



Samuel Hernandez/THUNDERWORD illustration

*St. Valentine was a martyr killed for marrying Roman soldiers and helping Christians.*

And then it just spiraled from there. We only started treating Valentine's Day as a romantic holiday after Chaucer."

"And then steadily, particularly in the Victorian era, that's when it turned into a holiday of giving cards, flowers, chocolates and gifts in particular to Western European society," Bledsaw said.

Through colonialism and imperialism, the holiday was able to spread throughout the world and eventually came to the United States.

"The difference between then and now is that back then they would hand-print their cards whereas now it's mass produced," Bledsaw said. "There's also a lot more pressure to find someone for Valentine's Day than there would have been in the Victorian era."

The holiday was not commercialized until the consumerism boom in the 1920s.

Companies began to realize that they could make a profit out of the holiday by selling different flowers, chocolates, cards, and candy.

"It's technically celebrated everywhere but how it's celebrated is entirely different. For example, in Japan it's not a lover's holiday," Bledsaw said. "It's a day that you give chocolate to your co-workers."

The holiday is known as Tomochoko, which is known as giving chocolates to

the people that you appreciate in life such as coworkers and friends.

Bledsaw said, "The focus of that holiday is making sure that you give the right amount of chocolate to people. Even if you do not like your co-worker, you are still obligated to. So instead [of a whole box], give them a sample pack or something."

In the United States, it is common for a man to give chocolate to a woman. Bledsaw said that in Japan, it is usually women who give chocolate to men.

"And then White Day, which is on March 14, is a day when the men return the favor," Bledsaw said.

According to the National Retail Federation, the average man spends a total of 20.7 billion dollars on flowers and other gifts in revenue.

Today people associate Valentine's Day as Single Awareness Day.

Although it can be depressing for some people, Bledsaw said Valentine's Day doesn't always have to be about love and romance.

"For the people viewing Valentine's Day as Single Awareness Day, take a page from some other countries like Japan and use it as a time to celebrate friendship, even if it's not romantic," Bledsaw said. "And that's just to show and tell people, 'hey, you're my friend. I care about you.'"

## Cheating

continued from page 1

"The whole point of a relationship is sharing something significant, so I think you should be honest."

"Cheating isn't something that just happens on accident, it's premeditated," said an anonymous student.

Jason Leinger said, "[Cheating] is like taking advantage of someone else's heart. I could never imagine cheating on them."

Although they had not been cheated on themselves, an student who chose to remain anonymous found out their parents had been cheating.

"I found out that my dad had cheated on my mom," the anonymous student said. "It really hurt to find out about it."

A student who chose to remain anonymous said, "I haven't been cheated on myself but I know a friend who cheated on someone. She was into another guy at the time while she was in a relationship."

Lily Molloy shared her story:

"He cheated on me three days before Valentine's Day, and I found out right after we had done a gift exchange," Molloy said. "I found out because I saw text messages between the girl who he cheated with and my friend. She didn't feel bad about it at all."

"I found out he had been cheating when his mom texted me," Another student named Evie said. "He told her that he was at the movies with a girl, but I wasn't at the movies."

Some students, however, admitted to cheating on their significant other, like the one who said they did it in the heat of the moment.

While most students take public transportation such as the bus, one anonymous student took the train.

She didn't regret cheating on her partner, and even said, "I got a train ran on me by the whole football team."

Despite that, almost all students felt that cheating was simply an inexcusable thing to do.

One student who asked to stay anonymous said although they didn't get caught cheating, they felt guilty for throwing their entire relationship away.

Student Logan J said he caught someone in the act of cheating, "a girl we knew was cheating on her boyfriend, it was in the back seat of some car in a Walmart parking lot."

Another student who also caught someone cheating said, "I was at a party with some friends and this guy was there with us, he had brought his girlfriend. I think towards the end of the party I walked in on her with some other guy in the bathroom."

"I've seen both physical and emotional," another anonymous student said.

Emotional cheating can be defined as confiding in the person they are cheating with their hopes, dreams and fears, which are usually topics reserved for their significant other.

One student said emotional cheating "provokes more pain" than physical cheating.

While some students have had their share of cheating experiences, one said that they could never imagine themselves in a position to which cheating would be the last resort.

"I would imagine it would be surprising and disappointing to know that someone you love cheated on you," the student said.



## T-Bird men stuck in fourth gear

Highline is 4-5 in league play, with Centralia (4-5) right behind them as the two square off again this weekend

**By Calvin Domingo**  
Staff Reporter

Following a two-game win streak that put the Highline men's basketball team back in the playoff picture, the Thunderbirds split their last two games and remain in fourth place in what's heating up to be a very competitive fight for the playoffs down the stretch.

"For us to finish up strong and be ready for the playoffs, we need to play together and trust the process," freshman guard James Brown said. "We've had some good practices and we're getting back to what brought us all of our success."

"As long as we execute, we've got this," Brown said.

The Thunderbirds (4-5) are fourth in the West Division, which would mean that if the playoffs started today, they would qualify as the final team from the West.

Head Coach Che Dawson said that while the team has had discussions about the post-season, he downplayed the race to get there.

"Yes, we are talking about post-season play," he said. "We are not looking ahead to any opponent, the most important game of the season is always the next game."

The race for the fourth and final spot in the West Division comes down to Highline, Centralia, and Green River (3-6).

The Centralia Trailblazers, 4-5 like the T-Birds, lose the tie-breaker battle due to a weaker overall record. They are 9-14 on the season as opposed to Highline at 12-11.

It doesn't help the 'Birds that the Blazers do have an advantage by virtue beating Highline earlier in the season, 82-72.

As Highline is set to host Centralia this Saturday, Feb. 15 at 2 p.m., the rematch is a chance for them to get even and get a little bit of breathing room.

"[The game against Centralia] means a lot because that's the tiebreaker," sophomore guard Mahlik Hall said. "If it comes down to it, they'd be in, so we have to tie the [season] series with them."

Hall also mentioned that the team pays attention not only to



Stephen Glover/THUNDERWORD

*Guard Mahlik Hall (No. 24) dissects the defense in a recent game. Hall is leading the team in scoring at 16 points per game in addition to filling up the box score to the tune of 6.1 rebounds and 4.9 assists.*

the teams trailing them in the standings, but the ones who occupy spots above.

"We're paying attention to every team that's close just like us," he said. "We can't take any game for granted, so we definitely need to keep an eye on the teams behind us as well as in front of us."

Third place is not out of reach. The Grays Harbor Chokers are 5-4, with Highline having defeated them once already this year.

The T-Birds have four games remaining in league play, against South Puget Sound (9-0), Tacoma (1-8), and Grays Harbor.

Last year's team finished 8-6, yet failed to make the playoffs, after they lost three in a row toward the end of the season.

Hall said he wants to avoid a repeat of last year's disappointment.

"Keeping guys in the moment, don't take any game or practice for granted," he said. "Making sure these guys realize that we have a goal that we're trying to achieve so we can't take these moments for granted."

Aiding in their fight for the playoffs, the Thunderbirds traveled to Green River last Wednesday and swept the season series as they came out on top in overtime once again, 83-78, capped off by Hall's clutch performance with 8 points in

the extra period.

"Going to a tough place like Green River and winning felt good especially because we already know we're in for a fight to get into the playoffs," Hall said.

Hall was responsible for sending the game to overtime, as he sized up his man and hit a contested jumper to tie it up at 69-all with 34 seconds remaining in regulation.

"We weren't trying to lose at all," Hall said. "I knew I wasn't playing as well as I could have in the second half, so I didn't want to let my teammates down. Just having that will to win, I wanted to win so bad."

Coach Dawson pointed out why Hall is so dangerous in the clutch.

"Mahlik is picking his spots better," the coach said. "He has the ability to create his own shot and is consistent mid-range. Mahlik is a warrior, his competitive fire will be necessary as we finish the regular season."

However, the T-Birds' three-game win streak came to a halt as they fell to the Lower Columbia Red Devils for the second time this season, 77-68 this past weekend.

"Lower Columbia is a good team," Coach Dawson said. "To beat good teams on the road, you have to play well throughout the game. We played well in

stretches against Lower Columbia, but not enough to get over the hump."

The Thunderbirds had no answers for Lower Columbia forward Samaad Hector, who scored 14 points (6 for 8 from the field) and snagged 21 rebounds as the Red Devils outbounded the T-Birds 45-32.

"We got beat inside, primarily on the glass," Coach Dawson said. "That can't happen against a team that defends like Lower Columbia."

"The game was close, but sometimes a few shots and bounces don't go your way," guard James Brown said about the defeat to the Red Devils.

Despite controlling their destiny in the playoff picture, the T-Birds are not where they want to be at this point in the season.

"We believe we should be in an even better position, but we are where we are at and we've got to try our best to make sure we finish out in the best way," Brown said.

On top of matching up against Centralia in a pivotal game this weekend, the T-Birds are set for a road date with the undefeated South Puget Sound Clippers next Wednesday, Feb. 19 at 8 p.m. as they look to avenge their 88-73 defeat from last month.

### Intramurals are underway

Play ball for free at Highline intramurals in the Pavilion.

Highline intramurals coordinator Steve Turcotte said the school is offering intramural sports three days a week, Tuesday through Thursday, 1-2 p.m.

"If you are looking for some extra exercise or to just hang out with friends and play some games, then look no further than intramurals at Highline College," he said.

Students can choose between basketball and volleyball, although other activities such as ping pong and indoor soccer are also available, Turcotte said.

"We are looking to fill the Pavilion with Highline College students for intramurals," he said. "And best of all, there is no charge for the program."

Turcotte said students do not even have to sign up before hand to join in on the fun.

"Just head to the Pavilion on Tuesday through Thursday and enjoy some sporting competition for an hour," he said, through the end of the school year.



# Lady ‘Birds split last two games, stay on edge of playoff picture

**By Emmitt Sevores**  
Staff Reporter

The Lady T -Birds went 1-1 on the week and gained no ground on fourth place South Puget Sound in the race to get a playoff spot.

Highline beat the one win Green River and then got crushed by the second place Lower Columbia Red Devils.

Highline started off the second half of its conference season with a 51-38 win against Green River last Wednesday.

Highline was able to control the game on the boards.

Led by freshman center Kylie Lunday, Highline was able to out rebound the Gators 53-40.

“It shows that we care about the basketball and will fight to win it. It shows that we work hard at every aspect of the game and are constantly working at being our best,” Highline guard Patrea Topp said.

Lunday notched her 10th double-double of the season with 16 points and 21 rebounds, both leading the team.

“I knew she was going to be one of the leaders. What she’s doing doesn’t surprise me. There is more to her game that hasn’t been seen,” Head Coach Daimen Crump said.

The Lady T-Birds also saw some production from freshmen guard Catherine Sunny, who also had 16 points and was 4 of 7 from beyond the three-point line.

“We decided before the game we were going to come out strong and play our game, not theirs. That allowed us to pull together to get a win,” Topp said.

Highline was able to jump on Green River getting an 11-point lead in the second quarter.



Stephen Glover/THUNDERWORD  
*Freshman guard Catherine Sunny scans the open floor. Sunny is second on the team in scoring at 11.1 points per game.*

“We just dug deep and decided we deserved that game. We huddled and talked about how we need to play composed, confident, and strong and that’s what we did,” Topp said.

Highline’s defensive pressure lasted all game long.

Along with never trailing in the game, the Lady T-Birds were able to keep the Gators scoreless for the last 4:44 of the ball game.

“I would say our strong defense stems from communication, heart and strong practices. We get a lot of situational reps in practice and that keeps us prepared for game situations,” Topp said.

Highline has also seen the addition of freshmen guard Halle Kane for the past few games.

“Halle adds additional ball handling to the team. We don’t have a lot of ball handlers,” Crump said.

But that was the end of the good news for Highline for the

week. Sophomore guard Caitlin Conwell, who had come back from injury, came back for two games and then broke her collarbone and is set to get surgery this week, likely ending her season.

Highline also played its second game against Lower Columbia.

The Lady T-Birds were down 10-0 in the blink of an eye, and just couldn’t battle back.

They went into half down double digits, as they did in the first matchup.

Highline’s season-long problem with turnovers reared its ugly head again.

They turned it over 24 times.

These turnovers allowed Lower Columbia to put up 15 more shots than Highline, and they capitalized.

“We have been struggling because of the large amount of turnovers per game. Teams are getting 15 to 20 more shots than

us. Plus, our shooting percentage is not very good,” Crump said.

They allowed Lower Columbia to shoot over 50 percent from the field and over 40 percent from 3.

Lower Columbia also bullied Highline with their depth.

The Red Devils’ bench was able to put up 37 points to Highline’s 19.

“I feel like they have a really good rhythm and we need to find ours,” Topp said.

“In order for us to win we have to take care of the ball and shoot better. We have a young team, but every team is young. We can’t use that for an excuse. We have to play better,” Coach Crump said.

Highline played Pierce on Wednesday with results not available at press time.

Assuming that Highline beat the Raiders (5-17, 3-6) on Wednesday, the Lady T-Birds would still likely need two more wins to get an entry into the NWAC tournament.

Highline will surely need to play better in its remaining five games, and Coach Crump said he believes that is definitely possible.

“We are a better team than what we show. We just have to stay focused and work together. When we do that we have the potential to be pretty good,” Crump said.

They have two tough challenges ahead of them this week.

Highline will take a third shot at taking down Centralia on Saturday, Feb. 15.

This time, at the Thunderdome with tip-off at noon.

Then, Highline will travel to play South Puget Sound on Wednesday, Feb. 19 at 6 p.m.

The game will be played at The Evergreen State College.

## Highline wrestling preparing for west region championships this weekend

**By Eddie Mabanglo**  
Staff Reporter

The Highline wrestling team has three days to finish fine-tuning itself in preparation for the West Region championships on Feb. 16.

This will be Highline’s second trip to Coos Bay, Ore. after their dual with Southwestern Oregon Community College in January.

Head Coach Chad Beatty said that due to the importance of the tournament, the team will be spending the remainder of the week focusing on improving and maintaining their health.

“We want to be as close to a hundred percent as possible going into our regional tournament,” he said. “This includes our physical, mental, and emotional health. We want to be firing on all cylinders.”

Beatty said that the following event, the national tournament in Iowa, has also been on the team’s mind as they get closer to the conclusion of the season.

“[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.”

Beatty also said that the team is working on maintaining their physical condition and developing their individual strategies for both tournaments.

“Our team is going to focus on refining our skills, making game plans for individual matchups and getting healthy,” he said.

Beatty said that this will be done with minor changes for 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.”

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

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

Got sports news? Contact us at thunderword@highline.edu to send in your news.

### THE SCOREBOARD

#### Women’s Basketball

##### WEST

Team	League	Season
Centralia	9-0	16-7
Lower Columbia	7-2	16-8
Tacoma	6-2	9-11
S Puget Sound	5-4	5-17
Highline	4-5	6-13
Pierce	3-6	5-17
Green River	1-8	1-21
Grays Harbor	0-8	0-12

##### EAST

Team	League	Season
Walla Walla	11-0	22-1
Yakima Valley	9-3	19-6
Wenatchee Valley	8-3	17-7
North Idaho	7-4	13-9
Treasure Valley	5-6	11-9
Spokane	4-8	11-10
Columbia Basin	3-8	6-17
Big Bend	3-9	11-14
Blue Mountain	1-10	3-19

##### NORTH

Team	League	Season
Whatcom	8-1	17-7
Bellevue	7-2	14-5
Peninsula	6-3	13-7
Edmonds	5-4	8-14
Everett	4-5	12-12
Shoreline	3-6	10-12
Skagit Valley	3-6	9-12
Olympic	0-9	3-15

##### SOUTH

Team	League	Season
Umpqua	11-0	24-0
Clackamas	8-3	18-4
Lane	8-3	19-5
Mt. Hood	8-3	16-7
Linn-Benton	5-5	16-7
Chemeketa	4-6	9-13
SW Oregon	3-7	9-14
Clark	1-10	5-16
Portland	0-11	1-16

#### Men’s Basketball

##### WEST

Team	League	Season
S Puget Sound	9-0	19-4
Lower Columbia	8-1	20-4
Grays Harbor	5-4	14-10
Highline	4-5	12-11
Centralia	4-5	9-14
Green River	3-6	11-13

##### EAST

Team	League	Season
North Idaho	11-0	23-1
Spokane	11-1	21-4
Wenatchee Valley	8-3	20-4
Treasure Valley	6-5	13-9
Yakima Valley	5-7	8-15
Walla Walla	4-7	10-13
Big Bend	3-9	9-17

##### NORTH

Team	League	Season
Skagit Valley	8-1	23-1
Everett	7-2	20-4
Peninsula	6-3	16-5
Shoreline	6-3	11-10
Edmonds	5-4	13-10
Olympic	2-7	5-18

##### SOUTH

Team	League	Season
Clackamas	10-1	21-2
Umpqua	9-2	21-3
Portland	7-4	11-9
Chemeketa	6-4	12-10
MT Hood	5-6	11-12
SW Oregon	4-6	9-12
Lin-Benton	3-7	9-14



# Bookstore writes up plan to keep costs low

**By Samuel Watson**  
Staff Reporter

As student enrollment and bookstore revenue decline, Highline’s Bookstore wants to change the way they run things.

Interim Bookstore Manager Flint Thornton has been at Highline since last August. Prior to working at Highline, Thornton worked as the bookstore director at Olympic College.

Following the trend of many other Washington state colleges, Olympic made the decision to contract its on-campus bookstore out to a third party.

In their case, it ended up with Barnes & Noble.

“It’s a sad thing to see, as Barnes & Noble has to make a profit,” said Thornton.

He added that as a result, product affordability won’t be made as high a priority.

Maintaining product affordability is one of the main reasons Highline continues to manage and run its own bookstore.

“I’m pretty passionate about a school-run bookstore in terms of providing affordability to students,” said Thornton.

The Bookstore has been working with faculty to ensure this is being made a priority.

Some ways that faculty have been able to help is by using older editions of textbooks, or choosing to use open educa-



Izzy Anderson/THUNDERWORD

*Flint Thornton has been working as interim manager at Highline’s Bookstore since last August, and previously worked as bookstore manager at Olympic College.*

tional resources (OER) in lieu of a traditional textbook, Thornton said.

“Our partnership with faculty has been working, and there’s room for a lot more to be done,” said Thornton. “They’ve certainly demonstrated that they *care about making things affordable for students.*”

Specific changes are also being made to combat declining revenue.

“When we’re seeing a decline in revenue, we try to reduce our expenses. We’ve been successful by ordering less merchandise,” said Thornton.

Additionally, when certain items are not selling, the Book-

store may cut back on its orders or stop them completely, Thornton said.

The Bookstore has also had some struggles with their website.

While staying within budget, Thornton hopes to make some changes in order to make the website easier to navigate and

improve textbook orders.

“We can order just about anything someone needs if they let us know,” Thornton said. “I’d be happy to hear from student with requests.”

Thornton encouraged students to speak up about any changes they’d like to see regarding the Bookstore.

# Get a taste of food business insights and experiences

**By Seattle Valdivia**  
Staff Reporter

Highline will host a gastronomic event on March 7 for food entrepreneurs.

Food Biz Day is a day-long conference and marketplace that will provide insight, education, and networking for food entrepreneurs.

Henry Wong is the program director for Food Business Resource Center (FBRC) and special projects.

Current and aspiring food business entrepreneurs should attend this event to learn from and network with valuable resource providers and experienced industry professionals, Wong said.

The conference will take place in Building 8 from 8 a.m. to 2 p.m.

“We are expecting a wide range of farm and food business entrepreneurs in attendance,” Wong said.

It will present a combina-



Henry Wong

tion of speakers and panelists with extensive experience, breakdowns and panel discussions.

The sessions of the conference will cover financing, market research, business plans, permitting, manufacturing, catering, home-based production, packaging and labeling, sourcing, process improvements, cost management, marketing and

sales.

Topics will be centered around tips for those currently and aspiring to join the food business.

“Food business entrepreneurs will gain valuable insight and education to start, fund, or grow their food business,” Wong said.

The event will be followed by a pay-to-vend and free to attend marketplace from 2:30 to 4:30 p.m.

Around 25 food businesses vendors of different cuisines will table their products for feedback and vending experience, with some products not yet available in the market.

“[Marketplace] is open to anyone who is interested in trying new foods, sampling their way through the latest and most innovative new foods, and taking some products home,” Wong said. “Marketplace attendees’ feedback and support will be valuable to shaping the growth of these small business-

es.”

The marketplace will be open to the public and it’s free to attend, but registration is required.

You can register on the Food Biz Day webpage through this link: <https://businessimpactnw.org/fbd/marketplace/>.

The price for attending the conference is \$30 per ticket.

The price for attending the

conference and being a marketplace vendor showcasing, sampling, or selling goods is \$75 per ticket.

You can purchase your tickets in the Food Biz Day conference and marketplace webpage through <https://businessimpactnw.org/fbd/tickets/>.

For more information, visit <https://businessimpactnw.org/fbd/>.

If you want an ad and you know it, clap your hands. We heard that. A Thunderword rep will reach out to you shortly.

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# Sound Transit to begin link to Federal Way

By Jack Fishkin  
Staff Reporter

With more than \$1 billion in new money in hand, Sound Transit is finally prepared to break ground on their South King County light rail extension this spring.

The extension seeks to bring the light rail from the Angle Lake Station in SeaTac all the way to the Federal Way Transit Center.

Spanning almost eight miles, the extension will include three stations in the Kent/Des Moines area near Highline on South 272nd Street.

Additionally, a total of 3,200 parking spaces will be added along the route.

Scott Thompson, the public information officer responsible for the project, said that construction will include relocating underground facilities, taking down necessary structures on properties that have been acquired for the project and clearing and grubbing vegetation.

This includes the permanent closure of the Star Lake Park-and-Ride on Saturday, March 21.

Commuters are to be directed to the Redondo heights Park-and-Ride.

The Star Lake Park-and-Ride is meant to be the future location of the South 272nd Street Station.

Beginning in late February, Sound Transit representatives will be at the Park-and-Ride to provide information about the closure.

The project’s overall funding includes a recent \$790 million federal grant, along with a \$629.5 million loan from the federal government.

An issue facing progress on the extension, however, is the consideration of Initiative 976. This is an effort to put a cap on car tabs, which happens to be a significant source of revenue for Sound Transit.

I-976 is currently being evaluated in courts for its constitutionality.



Sound Transit will use a combination of federal grants and loans to push forward with its plans to extend light rail to Highline and Federal Way.

Thompson said that should the courts uphold it, revenues from Sound Transit’s Motor Vehicle Excise Tax (MVET) will likely be significantly reduced.

This could push the Sound Transit board to delay or defer certain projects that are currently in progress.

“Stopping projects that are already in construction or under contract would be the last place that Sound Transit staff would recommend for absorbing such reductions,” said Thompson.

As it stands, the South King County extension is under a design/build contract with the Kiewit Infrastructure West Company.

# Running Start program to change entrance requirements

By Samuel Watson  
Staff Reporter

High school students interested in Running Start must now place into college-level English to qualify.

This is one of several recent changes that Highline has made to the Running Start eligibility requirements, said Chase Magliocca, who is the director of the Running Start program at Highline.

Running Start is a dual-credit program that allows students who are in their last two years of high school to take certain college classes at no cost.

Previously, in order to be eligible for Running Start at Highline, students needed a minimum 2.0 GPA. In addition, students previously had to show what English class they were ready for either by submitting high school transcripts, Smarter Balanced scores, or taking the Accuplacer test at Highline.

Now, however, entry into the program depends on a students’ ability to do college-level writing.

As always, students must be enrolled in a Washington state public high school and have a high school junior or senior standing. The changes are more centered around how students show that they’re eligible for English 101.

The overall requirement of a 2.0 GPA has been done away with, but students must show they are ready for English 101 in order to be eligible for Running Start.



Chase Magliocca

To be eligible for English 101, students can do one of the following: Have a 3.0 high school cumulative GPA for a minimum of 3 semesters, score a 3 or 4 on the Smarter Balanced ELA test, score a 480 or higher on the SAT (evidence-based reading/writing), score a 34 or higher on the ACT (English and reading combined), score a 3 on the AP English Lit./Comp. or Lang./Comp., score a 4 on the IB English Lang./Lit., or score a 253 or higher on the Accuplacer and have a high school GPA of 2.0 or higher.

Alternatively, there are two ways that students can bypass English 101 entirely and qualify for English 205 or an equivalent class. This can be done by either scoring a 4 or higher on the AP English Lit./Comp. or Lang./Comp. or scoring a 5 or higher on the IB English Lang./Lit.

These changes are not meant to say that Highline no longer has any requirements for Running Start.

“We aren’t saying that we’re

Placement Option	Minimum Score/Grade (Course Placement)
High School cumulative GPA (min. 3 semesters)	3.0 or higher (ENGL&101)
Smarter Balanced (SBAC) ELA	3 or 4 (ENLG&101)
SAT (Evidence-Based Reading/Writing)	480 or higher (ENLG&101)
ACT (English & Reading combined)	34 or higher (ENLG&101)
AP English Lit./Comp. or Lang./Comp.	3 (ENLG&101)
AP English Lit./Comp. or Lang./Comp.	4 or higher (ENGL 205 or equivalent (credit awarded for ENGL&101))
IB English Lang./Lit.	4 (ENLG&101)
IB English Lang./Lit.	5 or higher (ENGL 205 or equivalent (credit awarded for ENGL&101))
Accuplacer Reading	253 or higher and HS GPA 2.0 or higher (ENLG&101)

removing all requirements, we’re just widening the options for students for us to measure their preparedness for college,” said Magliocca.

Magliocca has been the director of Running Start at Highline since last June. Before he started at Highline, he worked with Running Start students at Green River College.

“My position is new to the college. There hasn’t been a director only for Running Start in the past,” Magliocca said.

In the past, Highline has had one director who oversaw both

Running Start and Advising.

The main reason these changes are being made is to widen access to the Running Start program, Magliocca said. More students will have the opportunity to participate than

they have under the previous requirements.

“There is a lot of statewide data that’s mentioned student participation in dual-credit options makes them more likely to persist in earning a bachelor’s degree than those who don’t,” he said.

Highline has seen a decline in enrollment across the board, including Running Start. As of Feb. 4, Highline had 1,280 Running Start students, which is down from 1,353 this time last year, and 1,377 in 2018.

These changes to the Running Start program may positively impact Highline’s enrollment, though this had nothing to do with the implementation of these new requirements, said Magliocca.

“We are anticipating this will increase our Running Start population on campus,” Magliocca said. “With the potential to increase, we are also preparing more robust advising for Running Start and incorporating a new Running Start orientation.”

Highline plans to increase the number of advisers available to Running Start students as well as increase the support offered to them in general, he said.

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# Man trades in drugs for an honest life

By Joe Locher  
Staff Reporter

Thomas works at a towing service, reclaiming cars. The rest of the time, he is working at reclaiming his life.

Towing cars is his occupation. He tows as many as five or six cars daily.

A week ago he picked up a car from the police, who handed him the keys as they departed.

Upon arriving at the towing yard Thomas said he found \$100 in the glove box and a kilo of heroin packaged up underneath the passenger seat.

"I guess the police took off too soon," Thomas said. "This car was destined for auction."

He called the police to collect the drugs, the money, and the car.

Thomas doesn't do drugs anymore, but that wasn't always the case.

Thomas is Native American, of both Yaki and Aztec decent, and 42 years of age.

He was born in North Carolina and his father was career military in the United States Army. His mother was a part-time waitress and a full-time welfare recipient, he said.

Thomas said he grew up in a broken home. He and his sister



Samuel Hernandez/THUNDERWORD

were moved twice to foster care because his mother had a nervous breakdown, Thomas said.

He went through the schooling system in Fresno, Calif., yet he said he did not know the schools that he attended, "because there were so many of them," he said.

Thomas said he graduated from high school, according to the records, yet when reflecting on this, he said "I feel like I didn't graduate."

He and a first cousin both have the same first and last names. Further, the cousin, did indeed graduate which may contribute to the feeling that he did not.

It was a challenging time. "My mother and father both

used drugs and alcohol when I was growing up, and I myself started using when I was 15 years old. I started smoking pot which led to using other substances," he said.

He is continually pacing as he talks. "I have a hard time standing still," he said.

His drug of choice, he said, was "all of 'em."

Thomas moved to Washington state at age 19 and got married at 24.

"I was clean before I got married and my wife followed me into a church which changed our lives," Thomas said. "We had two babies, both girls, and life was good. We had a nice place and I was on my way to becoming an ordained minis-

ter. " Later his wife made a confession to church members that she was done working on her marriage.

Because of this he turned to using once again and his life took a downward spiral which lasted for the next 10 years.

At age 40 he made a personal conscious decision to turn his will and his life over to the care of God, as he understood him.

Today, Thomas works close to the Pacific Highway corridor for a towing company. "I love my job, I like where I live and most especially, I love life."

He lives in a house near Highline.

It has rules: If you use drugs, you get booted.

The house where Thomas lives is co-ed, with four women living upstairs and three men downstairs, all in recovery from one problem or another.

"Thomas is a pleasure to be around and a great help," said Faith, one of his housemates. "He takes out the garbage, he cleans around the premises and he cooks meals from time-to-time, as well."

Thomas hopes to continue to reclaim his life.

"I think about my children and I want to have a good relationship with my ex-wife," Thomas said. "Not necessarily for my own sake, but to set an example of principle, accountability and integrity for my kids."

## Virus

continued from page 1

be similar to other versions of the coronavirus such as SARS or the Severe Acute Respirator Syndrome, and MERS or the Middle East Respiratory Syndrome, Dr. Sheridan said.

These viruses begin in small animals such as rats or bats and pass to an intermediate animal such as cats, camels, or pigs, she said.

The symptoms of covid-19 are fever, cough, and shortness of breath, with an incubation period of two to 14 days.

The primary way to be infected is through direct contact with an infected person who coughs or sneezes, being within six feet of someone infected for longer than 10 minutes, or touching an infected surface and then touching your own eyes or mouth.

Around the world, there were 43,146 total cases as of 11:30 a.m. on Feb. 11. There have been

1,018 deaths and 4,347 recoveries.

"Based on statistics, we have a 2 percent case fatality rate," Dr. Sheridan said.

As it is determined how many people had mild versions of the virus and recovered, the case fatality rate is expected to go down, she said.

An important way to understand how the virus spreads is through the basic reproductive number, Dr. Sheridan said.

This is the number of people that an infected person will infect during the length of the illness.

As a comparison, the flu has a basic reproductive number of one to two, the measles has a number of 12 to 18, and the covid-19 virus has a number of one to two, Dr. Sheridan said.

"There is a low, low risk of being infected by this disease in the United States," she said.

The results of a new virus lead to misconceptions.

"This is scary because it's new and we don't know much

about it," said Dr. Ann Korn, the director for respiratory care at Highline.

"There have been more people that have recovered from it than died. Keep that in mind," she said.

The elderly and the very young are always at the highest risk of fatality from a virus, Dr. Korn said.

Healthy, young adults on the other hand are not likely to die, and the outcomes, so far, of the covid-19 virus seems to continue to show this as true.

The virus does not discriminate who it will impact, and being from a certain country, religion, or ethnicity does not raise or lower chances of infection.

There are some people that think that certain people are more susceptible based on race, and that is not correct, "viruses are equal-opportunity," Dr. Korn said.

Wearing masks does not protect you from getting a virus, but it may help to prevent you from passing it on by low-

ering the number of respiratory droplets that carry the virus and which are released during sneezing or coughing, Dr. Sheridan and Dr. Korn said.

"The truly best way to avoid any virus is washing your hands," Dr. Korn said.

For reliable information on the status of covid-19, there are several sites to check out.

Visit the Center for Disease Control website at <https://www.cdc.gov/>, the World Health Organization at <https://www.who.int/>, or Washington State's Department of Health at <https://www.doh.wa.gov/>.

## King Crossword

Answers

Solution time: 21 mins.

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

## Weekly SUDOKU

Answer

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

## Go Figure!

answers

5	×	6	-	9	21
×		×		÷	
3	×	3	+	1	10
+		+		+	
4	×	2	+	8	16
19		20		17	



# Umoja

continued from page 1

meant to be a hands-on experience.

For example, Umoja is taking students to Eastern Washington over spring break so they can visit five different college campuses. Welch said that they are also planning trips outside of the state.

“Next year we’re looking at a historically black college tour,” she said.

Besides college tours, Welch said that Umoja plans events such as whitewater rafting and trips to local theaters.

“Students have the opportunities to go on different experiences,” Welch said.

Hayes said that the trips and other activities allow the students to experience firsthand what they have learned.

“These are ways that we bring learning alive,” she said.

Welch said that for black history month, Umoja is doing a number of events.

“One of the things that we’re doing is Flick Friday,” she said.

Movies such as The Greenbook, which shows the struggles of traveling in the south during segregation, are shown to start a dialogue.

Umoja will also host a program titled Living Voices – The Right to Dream on Feb. 26 at 10 a.m., 11:30 a.m. and 2 p.m. in Building 7 that will cover topics such as civil and human rights.

Highline’s Umoja program is the only one outside of California, where it is based.

To join Umoja, students apply online before Hayes and Welch meet with them to determine if the program is the right fit.

On Wednesday, Umoja is hosting an open house from 2 to 4 p.m. inside the Umoja Village in Building 25, room 607.

Hayes said the open house “allows people to come in, see the space” and to see the “pathway to success for students” that Umoja provides.

Sara Jackson, a University of Washington-Tacoma student who uses the village as a place to study, said that the space allows her to be herself.

“It’s a place where I can let my hair down – both literally and figuratively,” she said.

Jackson said that it can be tiring to be the only African American somewhere, and that Umoja allows her to be around people that look like her.

“It’s draining to be the only person of color in a space,” she said. “It does take a toll to be the other.”

Jackson said that one of the main reasons people join Umoja is the comfort it brings to be around people with similar life



Mitchell Roland/THUNDERWORD  
*Umoja encourages students to be themselves, and aims to be a safe environment to do this in.*

experiences.

“The community aspect is a really big part,” she said.

Welch said that one of Umoja’s goals this year has been to build camaraderie among com-

munities, through events such as cultural potlucks, which “gives us a chance to open dialogue.”

Before coming to Umoja, Hayes said that she didn’t notice “the constant feeling of having to adjust ourselves.”

“I didn’t realize how emotionally exhausting code switching could be,” she said.

Hayes said that code switching means conforming to your surroundings and to what others are doing.

By allowing students to be themselves, Hayes said that the village “allows the student to be the whole student.”

Natty Ablelome, who is in his first quarter in the program, said that in Umoja, “people are more open” in conversations

and “more vulnerable.”  
“There’s no forced conversations,” he said.

Ablelome said that in other places on campus it is “easier to stay quiet,” but not in the village.

“There’s a sense of relaxation. There’s no pressure,” he said.

Both Ablelome and Robinson said that the thing that makes Umoja so special is how welcoming it is.

“The sense of community, it seems natural,” Ablelome said.

“It doesn’t matter your background,” Robinson said.

Robinson said that Umoja is one of the places on campus that is intended for African Americans.

“It’s something that’s for us,” she said.

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