

# THUNDERWORD

## In this issue

Campus Life	2-3
Views	4
Puzzles	5
Arts	6
Sports	7-8
Food	9
News	10-12

**Page 3**  
ASHC president proposes changes to Student Government



**Page 6**  
Country queen Carlene Carter comes to Kent



**Page 7**  
T-Bird men's basketball jumps into third place



# First gen students fine their way

**By Harry Espinoza**  
Staff Reporter

Joel Guzman is a first generation student who is not sure what to study.

Guzman was born in the United States, but when he was a baby he was taken to Mexico.

After high school, he returned to the country in search of new opportunities, starting in the ESL program at Highline in 2018.

"The biggest challenge I've faced since then has been known what to study," Guzman said.

He said no one in his family went to school, so he never had support or advice about what a career is.

"I'm very pressured not to know what to study because I feel like I'm going to be stuck all my life without doing anything," Guzman said.

He said that language was a barrier when he arrived here.

"I was very nervous to say hello to people because I knew almost nothing," Guzman said.

Guzman's first step was to study English; he entered the



Joel Guzman



Deyaneira Rivera/THUNDERWORD

ESL program at Highline.

"My first challenge was to learn English to make a study plan and enter college," Guzman said.

Highline has many first-generation students.

The students said that being first-generation generates many feelings, such as pride, fear, pressure, motivation, happiness, and nerves.

For instance, some students said when they started school, they felt a lot of pressure and nervousness, but now they feel good.

Like Guzman, many

first-generation students at Highline feel nervous or pressure as they have no idea about how to get a degree.

Allison Rodriguez is a student from Mexico who had no idea how the education system worked in this country.

"Being a first-generation student, I felt a lot of pressure because my parents didn't know how to help me apply to a school or college, even connect with the right people," Rodriguez said.

She also said she needed more advice since her brother

was also going to enter school, so she felt pressure to help him.

"They also made me want to study, so that increased the pressure," Rodriguez said.

Some students said they felt another kind of pressure,

"I feel a little pressured because my mother wants me to graduate," Italia Ibarra said.

Other students said they felt happy, proud, and excited.

"I am really happy and proud

See First Gen, page 12

# Many students feel the Bern

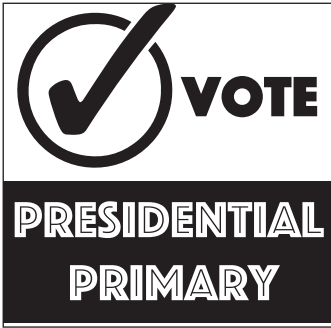
**By Samuel Watson and Marta Barlow**  
Staff Reporters

Though they differ on specific candidates, most Highline students plan on voting Democratic in the upcoming presidential election.

Washington state has recently changed from a caucus system to a primary election system.

Both are measures used to decide which candidate the state wants on the ballot for the general presidential election later in the year.

Several students said they plan on voting for Democratic presidential candidate and Vermont Senator Bernie Sanders in



See Elections, page 12

# Running Start works for some – but not all – students

**By Samuel Watson**  
Staff Reporter

Free college. A chance to get ahead of your peers. The opportunity to earn an Associates degree by the time you graduate

high school. These things and more attract many students to the Running Start program each year.

Running Start is a dual-credit option that allows students who are in their last two years

of high school to take certain college classes at no cost.

Some students do not thrive in Running Start; in fact, much the opposite. For a variety of reasons, students may come to Highline and end up leaving the

program after a quarter or two to go back to high school.

This year specifically, 22 students who participated in Running Start at Highline for Fall Quarter did not return for winter.

Now, however, Highline is trying to ensure that Running Start students are truly ready for college.

High school students inter-

See Running Start, page 11



# College transitions to new software next year

By Ally Valiente  
Staff Reporter

Highline will soon take its first steps to implement a new software system.

The new software system, called ct-Link, will be implemented next February, 2021.

CtcLink will allow faculty, staff and students to have access to information from anywhere at any time.

CtcLink will be a new website that will help Highline better manage everyone’s experience as a student or employee.

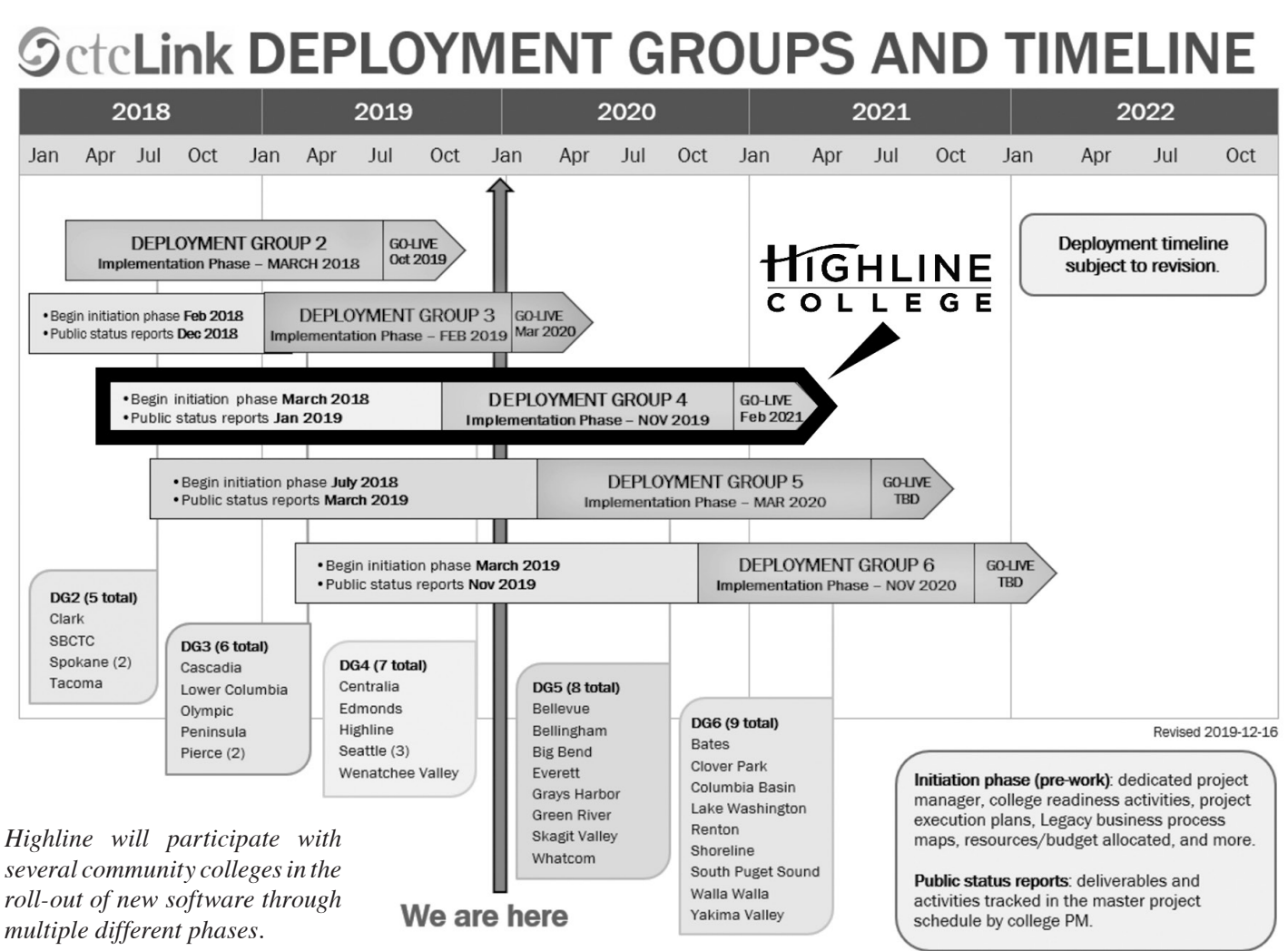
The new software modules will also cover core administrative processes such as registration and course management, financial aid, financial services and human resources.

Executive Director of Information Technology Services Tim Wyre says that ctcLink is being adopted state-wide by the 34 community and technical colleges and the Washington State Board for Community and Technical Colleges.

“Because it involves so many colleges, moving to ctcLink is a very large, very complex project. Colleges are transitioning to ctcLink in groups, involving anywhere from five to nine colleges in each Deployment Group over a multi-year period,” Wyre said.

Wyre said, “A few colleges transitioned in August 2015 as part of the pilot phase of the project. Highline will make the switchover in February 2021 as part of Deployment Group 4. Leading up to that time, Highline will prepare by going through a series of prescribed phases.”

Group 1 is known as Pilot Colleges, where the new ctcLink was tested and implemented in Spokane, Spokane Falls, and Tacoma. Schools in those areas are continuing to use the new system.



Highline will participate with several community colleges in the roll-out of new software through multiple different phases.

Highline is currently at Group 2, which is known as Successful Transition. Wyre added that the new software system will make it easier for students to transfer from one community college to another. “Students will use ctcLink for doing their college business, and they’ll have a more common experience across the community and technical college (CTC) system, whether they transfer from one college to another or attend two or more

CTCs at once,” Wyre said. “They will have one student ID and use common online tools for everything from admission to graduation.” Highline currently uses a number of old administrative systems, such as the Financial Management System (FMS), Student Management System (SMS) and Payroll/Personnel Management System (PPMS), which Wyre says are limited and outdated. “[The current systems] were devel-

oped in the early 1980s by the Washington community and technical college system, and use database and reporting tools that are no longer supported. These systems have no long-term support options, and are at risk of failing,” Wyre said. “While we have been able to keep them working this long, it becomes more and more expensive to do so over time, and is not a long-term solution to our needs.”

## Trustees meeting happening today

Highline’s Board of Trustees meets today at 10 a.m. today in the Library boardroom on floor 5.

There will be a study session in the Library, room 411 beginning at 8 a.m.

The general session will include reports from Associated Students, Washington Public Employees Association, Highline College Education Association, Faculty Senate, and the Highline College Foundation.

The board will also discuss travel reimbursement for trustees and tenure recommendations.

Materials, including agendas, can be found at <https://bit.ly/37CFHzu>.

## Performers bring civil rights to life

Umoja, Puente, and AANAPISI, in recognition of Black History Month, will present “Living Voices – The Right to Dream,” a combination of theatrics and archival film.

The performance will highlight the struggle and sacrifice of the fight for civil rights in America. It will tell the story of an African American student



in Mississippi during the 1950s and 60s.

The program will highlight the fight against prejudice in America and its impact on American history.

The performances will be at 10 a.m., 11:30 a.m., and 2 p.m. on February 26 in Building 7. The performances will be about 50 minutes and will include a discussion afterwards.

## Transfer fair comes to Highline

Admissions representatives from 20 Washington colleges and universities will be at a college transfer fair on March 3 from 9:30 a.m. to 12:30 p.m. in Building 8.

The fair is intended for students planning on transferring to a four-year institution after graduating from Highline.

The fair will allow interested students to ask questions about the

transfer process, application deadlines, admissions requirements, and financial aid and scholarships. The representatives will also provide students with application and program materials.

## Conference for Latinx community

The first Latinx family and community conference will occur on April 18 from 8 a.m. to 4:30 p.m. at Highline.

The conference will hold performances, giveaways, and workshops about community building, resources, career exploration, and healthcare. It will also cover college applications and payment options.

Childcare will be available for children between three and 10 and parking will be free.

The event is free and open to anybody. Though registration is requested, it is not required. Information can be found at <https://bit.ly/37In514>.

## PLU provides information

There will be an information session with a representative from Pacific Lutheran University today from 10 a.m. to 1 p.m.

in Building 6, room 164.

The session will help students that plan on transferring and give information as well as answer questions about opportunities and the enrollment process for PLU.

## Calendar

● The Financial Aid Department is holding ongoing workshops on Fridays from 9 a.m. to 1 p.m. in Building 30, room 101.

● The Global Student Ambassadors will hold their Winter Gala tomorrow night from 6 to 11 p.m. in the Mt. Townsend room in Building 8.

● The NEA Big Read will hold a book discussion on *The Emperor was Divine* before author Julie Otsuka visits Highline in March. The discussion will be on Feb. 24 from 12:30 to 2 p.m. in the Mt. Constance room in Building 8.

● There will be a SoJust film showing of the documentary *Whose Streets? We Will Not Go Quietly* from 2 to 4:15 p.m. in Building 7 on Feb. 24.

● Applications for the Southeast Asian American Education Scholarship are now being accepted. Applications must be in by March 1 and submitted

to <http://bit.ly/2O6VTck>.

● Career Services will hold a Career Fair on March 2 from 10 a.m. to 1 p.m. in the Mt. Townsend/Mt. Constance room in Building 8. The fair will have more than 60 potential employers and students are expected to bring their resumes and dress for the jobs they want.

● AANAPISI will hold a family night on March 2 from 6:30 to 8:30 p.m. in Building 2. The night will be an opportunity for students and their families to learn about campus resources and to provide scholarships to outstanding students.

● 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 is 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 noon.

● Applications are being accepted for the University of Seattle’s Alfie Scholarship. Applications must be in by March 29. Submit applications to <https://bit.ly/37KYpF8>.



# Changes coming to Student Government

By Mitchell Roland  
Staff Reporter

Associated Students of Highline College President Mohamed Jama is leading an effort to restructure Student Government at Highline.

Currently Jama oversees a student council made up of club leaders, but he has convened a committee to find an alternative. The committee is made up of six selected students: two club leaders, Jama, the Student Government vice president, the speaker of the caucus and adviser Lyall Rudenskjold.

"The goal's to basically restructure government," he said.

Jama said that the change was necessary because the current student council is no longer functional. Student council meetings became difficult as Student Government executives often had to search around the Student Union to find council members, Jama said.



Izzy Anderson/THUNDERWORD  
*Mohamed Jama formed a committee to find a new structure to how Student Government works at Highline.*

"The current one was not sustainable," he said. "It can't work in the long run."

Jama said that another problem with the current system is that it does not allow typical student input. To vote

on proposals or make suggestions, you must be a club leader.

"It does not provide students an accessible way to join," he said.

The committee has consid-

ered five different proposals, which they call Proposed Restructures.

Currently, they are considering Proposed Restructure No. 5, which is a combination of Proposed Restructures 2 and 4.

Under Proposal No. 5, the Student Council would be replaced by 16 representatives from areas such as clubs, athletics, international students and other groups. These representatives would receive a quarterly scholarship.

In this proposal, any student would be able to directly submit their own proposals and there would be additional public forums each quarter. Jama said that the restructuring committee is expected to adapt this plan at their meeting later today.

"We're expected to approve it," he said.

The committee has already rejected several proposals, however.

Proposed Restructure No. 1 proposed 20 elected stu-

dent senators who would not be paid for their time. Jama said that this plan was rejected because of the challenges for both Student Government and students for conducting 20 additional student elections each spring.

"It would be difficult for these elections to be conducted," Jama said. "It was complex."

Proposed Restructure No. 3, which would keep the current system intact, was voted down without any discussion, Jama said.

"It was rejected," he said.

Once a plan is officially approved, Jama said that the restructuring committee will plan either a tabling event or a student forum so students can provide input.

"We have to be mindful that there are 17,000 students," Jama said. "Student voice is the spirit of Student Government."

After that, the plan would be sent to Student Council for final approval.

## New club aims to help support mental wellness

By Harry Espinoza  
Staff Reporter

Jessica Neilson has overcome the challenges of mental illness and addiction, so she decided to found the club Active Minds.

A Highline teacher for 15 years, Neilson is a lawyer who got an LL.M at Harvard, and she has experienced mental illnesses such as bipolar disorder, Post-traumatic stress disorder (PTSD), and social stigma.

"I stayed in my office, and I didn't go out and connect with the campus because I felt shame," Neilson said.

Also, she said she had some addictions that made it much harder.

"With these conditions and addictions, I just felt bad about myself, and I felt lonely and ashamed," Neilson said.

She said those conditions make it harder for her to connect with people.

"I just felt like something was wrong with me," Neilson said.

She said many people on campus have similar conditions or even something as common as depression and anxiety.

"I want to build a community of care and support on campus for all who face mental/emotional challenges or those who support and love



Jessica Neilson

people who do," Neilson said. "While the club isn't a peer-to-peer support group and doesn't provide counseling per se, it is a mental health advocacy club that people can find strength in." Neilson said.

"We (people in general) have to be open to listening to students facing these problems," Neilson said.

She said the name of the club is Active Minds because Active Minds is the nation's premier non-profit organization supporting mental health awareness and education for students in high schools and colleges in the United States.

According to the website Activeminds.org, there are over 500 chapters of the club at various high schools and colleges.

"Fifteen thousand students

enjoy the chapters," Neilson said.

She said the percentage of students with mental illness is worrying.

"Thirty nine percent of students in college experience significant mental health issues," Neilson said.

She said some of the illnesses are bipolar disorder, anxiety or depression, and addiction.

"Students need to know there is support for them on this campus, and this is a great opportunity," Neilson said.

"I believe the risk of being judged is less important than the need to shine a light on the darkness," Neilson said.

On the other hand, she said the campus needs to help change the culture around emotional disorders by being more open in conversations about

them.

"Students should feel free to discuss their emotional health as freely as they feel able to discuss their physical health," Neilson said.

Meanwhile, she said that the hardest part of the club was getting five students to start.

"I need people that participate in the club, one or two hours per week," Neilson said.

"It is difficult because it costs a lot for people to be open and share their experience with mental/emotional health challenges," Neilson said.

"This club has support from Access Services and the Counseling department. Together, we can create a community and culture of support and encouragement," Neilson said.

She said some of the activities would be speakers and other mental health awareness programs.

"I am willing to expose myself to potential judgment to help students who face these challenges," Neilson said.

In addition, she said the club's initial interest meeting is on Feb. 25 at noon in Building 8, room 301.

"Members of the Psychology Department have expressed their interest in supporting the rollout of the club as well," she said.

Students can contact Professor Jessica Neilson by email at Jneilson@Highline.edu.

Students can also visit the website at [www.Activeminds.org](http://www.Activeminds.org).

"We have to bring the light to the darkness in the students' lives," Neilson said.

**'I stayed in my office, and I didn't go out and connect with the campus because I felt shame'**

- Jessica Neilson,  
Highline professor



Students must make themselves heard in upcoming election

Ballots drop for the 2020 election tomorrow, Feb. 21. After the deadline of March 10, counting will begin.

We need to vote, and not enough of us are doing it.

In the 2016 Presidential Primary, a total of 1,421,841 ballots were cast out of Washington’s then 4,088,029 registered voters. That’s a little less than a 35 percent turnout.

This is somewhat baffling when you consider the ease of access not only to voter registration, but also the act of voting itself along with information about candidates and their stances.

Registration can be done online at myvote.wa.gov and all that’s required is your mailing address and certain information found on your driver’s license or ID.

It’s also noteworthy that the state of Washington allows for preregistration at age 16. This means that after preregistering, you can instantly vote at age 18 without registering again.

Washington is also a vote-by-mail state. We don’t have to designate a day to go to the ballot box, we fill our ballots in the comfort of our own homes and place them in various drop-boxes around town, be it on our way to work, school or otherwise.

Aside from the internet and news media to inform you on a candidate’s beliefs and intentions, ballots also come with a voter information pamphlet that provides a brief rundown on where their priorities lie.

As more and more ways to simplify the voting process emerge, excuses not to vote dwindle further. For how much complaining people do about a candidate they don’t like reaching office, not nearly enough of them seem to show up to change things when it counts.

The time to vote is the one time in our lives that our voices are truly equal; the ballot counters can’t judge, only put another ballot toward the total. Although the decisions made in Washington, D.C. may not have the largest baring on your commute to work, presidential election season may just be when it matters more than ever, in the grand scheme of things.

This year’s election arguably holds a particular significance. Whatever your thoughts on our current president, it’s undeniable he’s been one of the most divisive in history.

It appears more and more like Trump may again be the Republican candidate. When it comes to the Democrats, however, it seems like it could be anyone’s game.

Think about who you do and don’t want to represent your voice as an American and cast your vote.

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.



It isn’t just a flesh wound

I didn’t lock my wrist in time while hitting a punching bag a little less than a year ago. It hurt.

Fast forward to the present, that same hand is now prone to random shooting pain and is responsible for a frankly humiliating amount of broken plates and spilled drinks.

After a much overdue visit to the doctor, I learned that my wrist had actually been slightly sprained and hasn’t been able to properly heal.

I would have known this a lot sooner and spared myself many baking accidents if I had only seen the doctor sooner. But I didn’t, and it’s difficult to explain why without feeling foolish.

The first week after the seemingly minor accident was the most painful, but for some reason, I was convinced that if I ignored it long enough it would heal. I don’t know why I thought this.

I’ve also considered that perhaps some subconscious part of my psyche was afraid of hearing that it might have been a more serious injury than I cared to deal with.

Even worse, maybe treatment would cost more money than I cared to part with.

Am I a moron? I hope not,



**Gone Fishin’**

Jack Fishkin

but I may not be totally alone.

According to a survey from March 2018 by the West Health Institute and National Opinion Research Center at the Institute of Chicago, 53 percent of Americans between ages 18-29 admitted to avoiding the doctor when they were sick or injured in the last 12 months.

Additionally, 32 percent admitted to not filling a position or taking less than their prescribed dose of a given medicine; 42 percent to skipping a recommended medical test or treatment; and 47 percent to going without a routine physical or preventative checkup.

This is attributed mostly to cost, at least by the total of 44

percent of Americans across all age groups who had skipped a doctor visit in the past year at the time of the survey.

There’s a serious problem if that many people are weathering potentially serious injuries for fear of financial problems.

Aside from financial reasons, many people, myself among them, have a kind of “see no evil, hear no evil” attitude. That is, if no one tells me it’s worse, maybe it won’t be. Irrational as that obviously is.

The delusion rarely ends there. Sometimes we’re able to fool ourselves into believing beyond a shadow of a doubt that “toughing it out” and pretending we don’t feel pain will somehow make the pain itself cease to be real.

There’s a Psych 101 paper somewhere in here but the point remains.

If it’s within your power and income to see a doctor next time you think you might be hurt, do it. Even if nothing’s wrong, your piece of mind is worth the hassle.

There are people less fortunate who would give a lot to afford a basic doctor’s visit.

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

THE STAFF

What about ancient aliens is illogical to you?

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# Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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1. **SCIENCE:** What is dendrochronology?
2. **FOOD & DRINK:** What are the ingredients in a Tom Collins drink?
3. **GENERAL KNOWLEDGE:** Who is considered to be the father of nuclear Navy submarines?
4. **LITERATURE:** Who wrote the novel *Anne of Green Gables*?
5. **AD SLOGANS:** Which product is advertised as “the quicker picker-upper”?
6. **U.S. PRESIDENTS:** Who was the shortest president in U.S. history?
7. **HISTORY:** Who was the oldest signer of the U.S. Declaration of Independence?
8. **GEOGRAPHY:** Which country lies on the eastern

- border of Ukraine?
9. **MOVIES:** Which 1980s movie featured the Top Ten hit song *Danger Zone* (Kenny Loggins)?
10. **MEDICAL:** Who is the drug morphine named for?

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1. The scientific method of dating tree rings
2. Gin, lemon juice, simple syrup and club soda
3. Admiral Hyman Rickover
4. Lucy Maud Montgomery
5. Bounty paper towels
6. James Madison, 5-foot-4
7. Benjamin Franklin (70)
8. Russia
9. “Top Gun”
10. Morpheus (Greek god of sleep and dreams)

### ANSWERS

Puzzle answers on Page 11

## GO FIGURE! by Linda Thistle

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

DIFFICULTY: ★★★  
★ Moderate ★★ Difficult  
★★★ GO FIGURE!

	+		×		15
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	+		÷		6
×		÷		+	
	×		+		10
4		10		7	

1 2 2 3 4 5 6 7 9

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# King Crossword

### ACROSS

- 1 Satchel
- 4 Nowhere to be seen
- 8 Visored military cap
- 12 — out a living
- 13 State
- 14 Object of worship
- 15 Have a bug
- 16 Dilute
- 18 Up to
- 20 Finish
- 21 Second letter
- 24 Sponsorship
- 28 Negative aspect
- 32 Took the bus
- 33 Fire residue
- 34 Oodles
- 36 Wager
- 37 Amorphous lump
- 39 Onion rings, e.g.
- 41 Takes to the skies
- 43 Carry on
- 44 "That feels so good!"
- 46 Black board?
- 50 Exemplar of dullness
- 55 Cattle call
- 56 Leading man
- 57 Volcanic flow
- 58 Request
- 59 Floor cleaners
- 60 Gasoline, e.g.

1	2	3		4	5	6	7		8	9	10	11
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			21		22	23		24		25	26	27
28	29	30					31		32			
33				34				35		36		
37			38		39				40			
41				42		43						
			44		45			46		47	48	49
50	51	52				53	54			55		
56					57					58		
59					60					61		

61 Born

### DOWN

- 1 Suitor
- 2 Related
- 3 Moolah
- 4 Anarchic
- 5 Eggs
- 6 Prepared
- 7 Genealogy chart
- 8 Actress Margot
- 9 "Green" prefix
- 10 "Bam!"
- 11 Hostel
- 17 Genetic stuff
- 19 — Saud
- 22 Twitches
- 23 Fire-fighting legend Red
- 25 Asian desert
- 26 Mid-month date
- 27 Green or Rogen
- 28 Slight touches
- 29 Norway's capital
- 30 "Halt!"
- 31 Icelandic poetry
- 35 More than just a few
- 38 Lullaby composer
- 40 Society newbie
- 42 Tool with teeth
- 45 50 percent
- 47 Muscat's land
- 48 Small winning margin
- 49 Oxen's harness
- 50 Water barrier
- 51 Berlin's "What'll —?"
- 52 Potential syrup
- 53 Greek cross
- 54 56-Across' partner

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**ARIES** (March 21 to April 19) There could be some negative reaction to your tough stance when making a recent decision. But overall, your efforts result in well-earned recognition and all that can follow from that.

**TAURUS** (April 20 to May 20) Your financial situation seems confusing, even for the fiscally savvy Bovine. Maybe it's the conflicting advice you're getting. Check it out before things get too tangled to unknot.

**GEMINI** (May 21 to June 20) A relaxed attitude goes a long way in helping you deal with any of life's irritants that might be popping up this week. You're also a reassuring role model for others in the same situation.

**CANCER** (June 21 to July 22) Your aspect favors creativity, which should persuade you to work on your artistic projects. If time is a problem, prioritize your commitments so that your work isn't compromised.

**LEO** (July 23 to Aug. 22) Scrutinize all the job offers that interest you. Most are honest and worth consider-



ing. But a few might not be completely forthcoming about what the job is and what the salary and benefits are.

**VIRGO** (Aug. 23 to Sept. 22) An unexpected snafu could delay the completion of a project you're eager to finish. Find out what's causing it, fix it, and if you need help, don't be shy about asking for it. Good luck.

**LIBRA** (Sept. 23 to Oct. 22) An idea that could be helpful to you comes from an unlikely source. Listen to it. Discuss it. If necessary, adjust it. If it looks as if it might work out quite well, go ahead and use it.

**SCORPIO** (Oct. 23 to Nov. 21) Be careful about allowing someone to share a very personal secret with you. This could cause problems down the line with others who are involved in that person's private life.

**SAGITTARIUS** (Nov. 22 to

Dec. 21) A cooling down of a relationship could be the result of neglect, unintended or not. To save it from icing over, you need to warm it up with a large dose of hot Sagittarius passion.

**CAPRICORN** (Dec. 22 to Jan. 19) This is a good time to get involved with a number of family matters that involve money and other issues that might jeopardize the closeness between and among family members.

**AQUARIUS** (Jan. 20 to Feb. 18) Cheer up. That difficult person who appears to be deliberately stalling your project might just need to be reassured of the value she or he brings to it.

**PISCES** (Feb. 19 to March 20) Good news! Expect to feel re-energized now that you've gone through that stressful energy-depleting period involving a lot of changes. Now, go out there and show them what you can do.

**BORN THIS WEEK:** You have a warm, giving nature that inspires many to follow your example.

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# Carlene Carter comes from country royalty

But she promises much more at her show in Kent

By Katie Bennett  
Staff Reporter

Carlene Carter understands that she isn't what everyone expects.

"One challenge is being up against the pre-conceived notions people have of what I'm supposed to sound like," Carter said. "Some of the music I play is in the tradition of family, and some isn't."

A big advantage is having the experience of growing up around some of the best entertainers on the planet, which far outweighs the challenges."

Carter is performing a concert next Friday, Feb. 28 at Kent-Meridian Performing Arts Center as part of Kent's Spotlight Series.

Carter is the daughter of country music legends Carl Smith and June Carter. She is also the step-daughter of Johnny Cash. She is descended from the Carter family, who helped to create country music as we know it today.

Carter doesn't need to perform, but she does it anyway.

"I love the whole process of writing of a song, putting it together, recording it, and then playing it live. That whole dance of creation into realization and sharing. I love getting to see the audience's reaction to my music after all the time I spent making it," Carter said.

Her show isn't really about country music, Carter said. People who aren't country music fans need not be afraid to go out and have a great time.

"It's about having a nice time out and hearing someone's stories and songs. I haven't had anyone leave one of my shows yet, which is a good sign," Carter said. "I bring everything to it. I'm an entertainer. I'm as



Carlene Carter plays Friday, Feb. 28 in Kent.

country as can be, but I'm also rocking.

"I made records in England with the band Rock Pile, which included Dave Edmunds and my then-husband Nick Lowe," she said. "Throughout my career, I never fit squarely into one genre despite my pedigree."

Carter is always learning, even though she's nearly 50 years into her career.

"Every time I pick up the guitar, I learn something," she said.

"Every time I touch the piano, I learn something. Being totally present and in-the-moment is an experience unto itself. My life has been full of surprises, believe me."

The concert won't be just

Carter's solo works.

"I'll be mostly playing my own songs, but also some music from the Carter Family songbook, and some of my mom's material, including *Ring of Fire*. There will be a little something for everyone," Carter said about the concert.

The concert will be Feb. 28 at 7:30 p.m. at the Kent-Meridian Performing Arts Center.

Tickets are \$15 for youth 25 and younger, \$25 for seniors 60 and older, and \$28 for general tickets. Tickets and more information are available at [carlenecarter.net/calendar](http://carlenecarter.net/calendar) or at [kentwa.gov](http://kentwa.gov).

The Kent-Meridian Performing Arts Center is located at 10020 SE 256th Street, Kent.

# Rainier Symphony gets determined

Pull up your boot straps and get yourself to the Rainier Symphony's next concert, "A Relentless Determination."

There will be two performances of the concert for you to take your pick from, Saturday evening, Feb. 22 at 7:30 p.m. or Sunday afternoon, Feb. 23 at 3 p.m. at the Foster Performing Arts Center in Tukwila.

The concert is all about determination and persistence and relentlessly moving forward toward your goals.

The concert will feature Verdi's *Overture to Nabucco*, Lalo's *Cello Concerto* featuring Tom Walworth on cello, and Beethoven's *Symphony No. 5 in C minor, Op. 67*.

Tickets are \$20 for adults, \$14 for students and seniors, and children 12 and under are free.

Tickets can be purchased online at [rainiersymphony.org](http://rainiersymphony.org).

Foster Performing Arts Center is located at 4242 S. 144th St., Tukwila.

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T-Bird men jump to third place in West

Now at 6-5 after defeating Centralia in a pivotal matchup, the T-Birds are aiming to lock up a playoff spot

By Calvin Domingo  
Staff Reporter

After going 2-0 this past week, including a must-win victory over Centralia, the Highline men's basketball team are now in third place in the West Division and in control of their own destiny as the playoffs are right around the corner.

After defeating the Centralia Blazers 78-70 in a very pivotal matchup with playoff implications this past weekend, the Thunderbirds will look to continue to build off its momentum.

"It was a good win, especially because we were tied with Centralia going into that game, so that [win] put us two games ahead of the pack," sophomore forward Nathan Yockey said.

"There's three different teams that are tied at 5-6, so that was definitely a must-win. It also broke the tie-breaker that we had with [Centralia]. It showed us what we can do on defense."

Head Coach Che Dawson attributed the team's win against the Blazers to two things.

"We started the game focused and with energy," he said. "When we set the tone like that, the game becomes a little easier."

Just a few weeks ago, the Thunderbirds were looking from the outside in as they were in fifth place in the West Division and out of a spot in the playoffs with a record barely hitting .500.

Fast forward to today, and the T-Birds are now 6-5 and in sole possession of third place in the West Division.

"The guys are playing with more energy and have been more consistently focused on both ends of the floor, Coach Dawson said about the team's turnaround to this point.

Winners of five of their last six games, the 'Birds are in the driver's seat for a spot in the playoffs after a recent surge up the standings.

"Mostly figuring everything out and coming out with a sense of urgency, like coach always talks about, as well as not having to come from behind," Yockey said about how the team has risen in the standings.

"We had a lot of games



Stephen Glover/THUNDERWORD

Forward LeAndrew Menefee (No.12) boxes out Centralia's Tyler Ashmore. Menefee has been instrumental off the bench for Highline this season. While the numbers might not show it (1.8 ppg, 1.8 rpg), his energy, defense, and hustle have been irreplaceable.

where we'd start out slow and not come out ready, and then we'd have to try and play catchup. A lot of times, we weren't able to catch up so now, we've kind of turned the tables a little bit."

The T-Birds have been missing one of their starters as forward Griffin Gardoski has been nursing a strained achilles tendon for the last couple of games.

"Griffin is supposed to be an energy guy for us; someone who brings toughness and enthusiasm to the team," Coach Dawson said. "We'll be good down the stretch if he commits to that."

He won't be missing anymore games however.

"I just needed to rest it," Gardoski said. "I still have it, but it can't get much worse so I'm going to play [through it]."

Before defeating the Blazers, the T-Birds defeated the Pierce Raiders, 89-80.

Dating back to last season, the Raiders have always had the Thunderbirds' number.

After sweeping them during league play last season, the Raiders (2-9, second to last place in the West) also defeated the 'Birds 80-64 last month.

If basketball games were played with one half instead of two, then the Raiders would have swept Highline 2-0 again in league play this season.

However, it was in the second half when the T-Birds finally woke up.

After trailing 65-44 after six minutes had eclipsed in the second half, they went on a 24-3 run to tie it up.

The rest was history. Highline took over the game and finished the game on a 45-15 run.

"It was an interesting game," Coach Dawson said. "The guys made a couple of plays which changed the momentum and energy, then stayed focused enough to do what allowed us to start the run."

"We finally broke the Pierce curse," Yockey said about the team's first win against Pierce in years.

"The big difference maker was LeAndrew [Menefee] coming off the bench. He came out with crazy energy at the time where we were getting out-rebounded and hitting everything. LeAndrew was just getting every single rebound and going crazy on defense," Yockey said.

"He played with an attitude and that really gave the whole team a spark of energy [to the point] where Pierce just couldn't catch up nor match our energy."

The surging Thunderbirds traveled to South Puget Sound (10-1, second place in the West) to take on the Clippers last night, but results were unavailable at press time.

The T-Birds will try to solidify their playoff spot as they have two games remaining in league play.

They'll host Tacoma (1-10, last place in the West) this coming Saturday for a clash with the Titans at 2 p.m.

Following that matchup, the 'Birds will cap off the regular season next week on Wednesday, Feb. 26 as they travel to take on the Grays Harbor Chokers (5-6, fourth place in the West) at 8 p.m.



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# Five wrestlers headed to Iowa

By **Eddie Mabanglo**  
Staff Reporter

The Highline wrestling team has five wrestlers qualifying for Nationals after placing in the west regional tournament in Coos Bay, Ore. Highline finished the tournament in fifth place.

Highline’s Gerardo Suarez (141), Jeramias Sandoval (149), John Sowers (157), Hayden Henry (184), and Kai Olson (197) have qualified for Nationals.

Gerardo Suarez (141) received a first-round bye before losing to Clackamas’s Marckis Branford by technical fall (7:00).

After receiving a bye in the back bracket, Suarez lost the third place match to North Idaho’s Larry Johnson via 8-1 decision.

Suarez won the fourth place



Gerardo Suarez (141)



Hayden Henry (184)



Jeramias Sandoval (149)

patch against Kobe Olson of Umpqua by an 4-1 decision, earning him a wildcard position in Nationals.

Ta-Tes Boulbly (174) beat Jacob Westfall of Southwestern Oregon by 12-5 decision, then lost to Logan Folsom of Umpqua by fall (1:28). He finished in fourth.

Jeramias Sandoval (149) received a first-round bye before losing to Marty Margolis III of Clackamas by fall (2:05).

Sandoval then beat AJ Lira of Southwestern Oregon by 3-2 de-

cision, then won the next match over Titus Mejia of Umpqua by 8-5 decision, earning him a third place spot and a ticket to nationals.

John Sowers (157), pinned Southwestern Oregon’s Noah Wusstig (0:37) before doing the same to North Idaho’s Navarro Nanpuya (4:12), earning Sowers a spot in the first place match.

“The team did a really good job of staying motivated, especially after going through a tough first round,” Sowers said.

Sowers lost the final match to Joel Romero of Clackamas by pin (4:52), finishing in second place and earning him a trip to Iowa.

“I took second,” Sowers said. “But that’s not how I wanted the tournament to go. The goal is always to win, over everything as much as possible.”

Hayden Henry (184) re-

ceived a first round bye before losing to North Idaho’s Hunter Gregerson by a 7-0 decision.

Henry won the next match against Southwestern’s Isaac Butler by 8-4 decision, earning a third place spot and qualifying for nationals.

Kai Olson (197), who is nationally ranked sixth, lost to Tarik Sutkovic of Clackamas before beating Louie Sanchez-Rivera of Umpqua.

Olson won a major decision (16-5) over Ben Hughes of Southwestern Oregon for a third place finish and a trip to Nationals.

The National Junior College Athletic Association’s 2020 National Wrestling Championships will take place at Mid-America Center in Council Bluffs, Iowa March 6-7.



John Sowers (157)



Kai Olson (197)

# Women’s hoops chasing playoffs

By **Emmitt Sevores**  
Staff Reporter

The Lady T-Birds went 1-1 on the week but are in prime position to make the NWAC tournament.

Highline won its game against Pierce but then got crushed by Centralia for the third time this season.

The team right above Highline in the standings, South Puget Sound, slipped up against Pierce this week and went 0-2.

This leaves the door wide open for Highline to creep into the final playoff spot.

Of course, much depends on Highline’s game against the fourth place Clippers that took place on Wednesday, with results not available at press time.

Highline seems to be catching South Puget Sound at the right time, as the Clippers have lost four of their last five games.

This game is a rematch of the game that took place at the Thunderdome earlier in the season, in which South Puget Sound was able to sneak out with a win.

But, the Lady T-Birds had their fair shot to win that game.

They led for the entire game but with 1:03 left in the fourth quarter, the Clippers took their first lead of the game and held on.

Assuming Highline is able to beat South Puget Sound, there are a few ways they could get their playoff spot.

The easiest way would be to take care of business themselves: beat Tacoma and South Puget Sound and then they



Stephen Glover/THUNDERWORD  
Freshman center Kylie Lunday is double teamed by Centralia.

don’t have to scoreboard watch.

This could be difficult with them going up against a polished team like Tacoma (10-12, 7-3).

The more likely scenario is that they will need to win one of their last two games and have South Puget Sound lose at least one of its last two games.

This could be very likely as South Puget Sound will play Centralia, who is 10-0 in conference play, on the final gameday of the season. And Highline would have to beat Grays Harbor or Tacoma to punch their ticket to the dance.

But the players know they still have to beat South Puget Sound.

“We lost on our court so it’s important we beat them this time,” guard Patrea Topp said before the game.

“We know that we are capable of beating them and that we have the potential and talent to,” guard Catherine Sunny said. “We just need to continue to keep the momentum of our game up. This

rematch means a lot to us because we need this win.”

“What’s on the line is getting the chance to go to playoffs and we all want that more than anything. To get there we need to come together as one and communicate,” Sunny said.

Highline was able to take care of their business against Pierce last week in a 67-61, overtime thriller.

It was neck and neck throughout the entire first half and the Lady T-Birds took a 25-24 lead into the break.

Highline then had an explosive third quarter, led by Sunny, who put up 11 points, and nailed all three of her three-point attempts.

Center Kylie Lunday also had one of her best games of the season, with a season high 27 points plus 16 rebounds, which tallies out to her 12th double-double of the season.

But in the fourth quarter it was Pierce who caught fire.

They were able to erase the 11-point deficit and even take

the lead with just over three minutes to go.

Lunday made two free throws to tie the game up with 38 seconds to go, and the game went to overtime.

Highline out scored the Raiders 11-5 in OT and came out with the win.

“We knew we had to win in order to be in the top teams of our conference to end the year,” Topp said. “We just decided losing wasn’t an option and we had to play our best most aggressive game.”

“We knew that we needed this win so going into OT. We knew that they would also try to give it their all,” Sunny said. “So, we picked up the energy and came together as a team to get that win. We knew what we were capable of doing and we brought that talent and kept it going until the last second.”

On Saturday, Highline played against Centralia and got smoked again 74-26.

Centralia was able to have its way with Highline on both sides, holding the T-Birds to their lowest point total of the season.

Highlines highest scorer on the afternoon was newcomer Halle Kane with 6 points.

The Lady T-Birds seemed rattled even at the free throw line where the shot 8-17.

Highline will play its final home game of the season on Saturday, Feb. 22 against the third-place Tacoma Titans with tip-off at noon.

## THE SCOREBOARD

### Women’s Basketball

WEST		
Team	League	Season
Centralia	11-0	18-7
Lower Columbia	9-2	18-8
Tacoma	7-3	10-12
Highline	5-6	7-14
S Puget Sound	5-6	5-19
Pierce	4-7	6-18
Green River	2-9	2-22
Grays Harbor	0-10	0-14

EAST		
Team	League	Season
Walla Walla	12-1	23-2
Yakima Valley	11-3	21-6
Wenatchee Valley	10-3	19-7
North Idaho	8-5	14-10
Treasure Valley	7-7	13-10
Columbia Basin	4-9	7-18
Spokane	4-10	11-12
Big Bend	3-10	11-15
Blue Mountain	1-12	3-21

NORTH		
Team	League	Season
Whatcom	10-1	19-7
Bellevue	8-3	15-6
Peninsula	8-3	15-7
Edmonds	6-5	9-15
Everett	5-6	13-13
Shoreline	4-7	11-13
Skagit Valley	3-8	9-14
Olympic	0-11	3-17

SOUTH		
Team	League	Season
Umpqua	13-0	26-0
Clackamas	9-4	19-5
Mt. Hood	9-4	17-8
Lane	8-4	19-6
Linn-Benton	6-6	17-8
Chemeketa	6-6	11-13
SW Oregon	4-8	10-15
Clark	1-11	5-17
Portland	0-13	1-18

### Men’s Basketball

WEST		
Team	League	Season
Lower Columbia	10-1	22-4
S Puget Sound	10-1	20-5
Highline	6-5	14-11
Grays Harbor	5-6	14-12
Green River	5-6	10-15
Centralia	5-6	10-15

EAST		
Team	League	Season
North Idaho	13-0	24-1
Spokane	12-2	22-5
Wenatchee Valley	9-4	21-5
Treasure Valley	7-7	14-11
Yakima Valley	7-7	10-15
Walla Walla	5-8	11-14
Big Bend	4-9	10-17

NORTH		
Team	League	Season
Skagit Valley	9-2	24-2
Everett	9-2	22-4
Peninsula	8-3	18-5
Shoreline	7-4	12-11
Edmonds	6-5	14-11
Whatcom	2-9	5-18

SOUTH		
Team	League	Season
Clackamas	12-1	23-2
Umpqua	11-2	23-3
Portland	9-4	13-9
Chemeketa	6-6	12-11
MT Hood	5-8	11-14
SW Oregon	4-8	9-14
Lane	3-9	12-11



# Healthy snacks are easy on heart

February is a celebration of matters of the heart. Love is in the air this month, so remember to love yourself and take good care of your health.

Avoid overeating or going hungry between meals by eating nutritious meals and snacks. Eating three small, well-balanced meals and two or three nutritious snacks are good ways to protect your health and your heart.

Research shows that people who eat a healthy breakfast, lunch and dinner along with two or three healthy snacks are less likely to overeat and gain weight.

Avoid foods with lots of simple carbohydrates (sugars) such as candy bars or soda. Healthy snacks contain complex carbohydrates like whole-grain breads and cereals.

Combining complex carbohydrates with protein-rich foods such as low-fat yogurt, peanut butter or low-fat cheese creates a satisfying snack.

Read food labels and check the nutrition facts information on packaged snacks.

Just because something is labeled as “low fat,” “all natural” or “pure” doesn’t necessarily mean that it’s nutritious. Many low-fat snacks contain unhealthy amounts of sugar and as many calories as full-fat snacks.

Do the math when reading the serving size information on the label, as most snack foods are meant to be two or more servings. You may need to double or triple the listed amount of



fat, calories or sugar to get an accurate caloric count.

The best way to avoid eating junk food and save money is to make your own snacks at home.

Keep plenty of fresh fruit and vegetables refrigerated in small, sealed plastic bags, ready to grab and go.

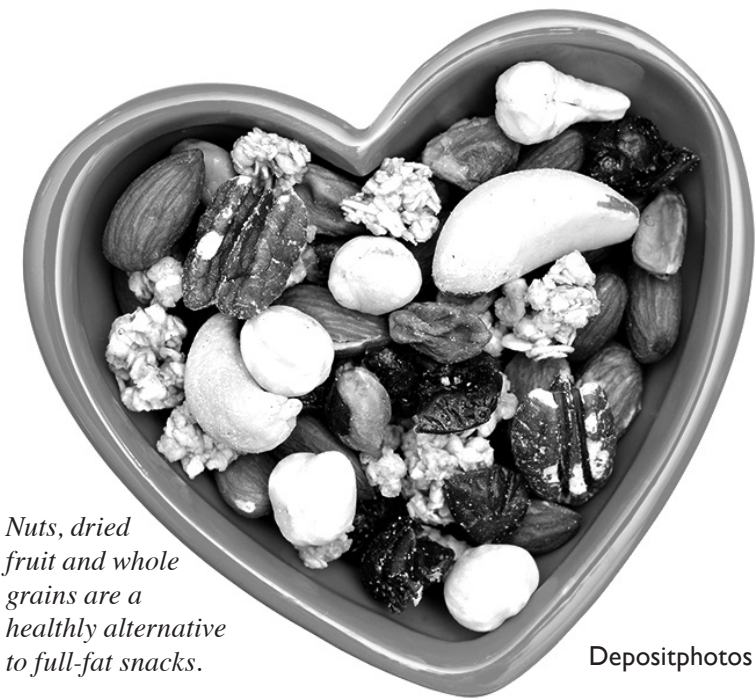
Whole-wheat pretzels, baked tortilla chips and rice cakes are delicious with low-fat toppings like spicy mustard or salsa.

Spice up air-popped popcorn with a little cayenne pepper or garlic powder. Dried fruit such as raisins or cranberries mixed with walnuts and whole-grain cereal are easy to pack in small plastic bags for a quick and healthy homemade trail mix.

If you love chocolate like I do, 2 ounces of dark chocolate or an 8-ounce mug of hot chocolate are healthier snacks than a milk chocolate candy bar.

Nonfat frozen yogurt or sorbet contain half the calories and are a better substitute for ice cream.

These heart-healthy recipes will ensure that you’ll avoid fattening junk food while enjoying a satisfying and nutri-



Nuts, dried fruit and whole grains are a healthy alternative to full-fat snacks.

Depositphotos

tious mid-meal snack.

**SPICY ROASTED CHICKPEAS**

This high protein snack is low in fat and high in flavor.

- 1 (15-ounce) can chickpeas or garbanzo beans
- 2 teaspoons olive oil
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 teaspoon salt
- 1/4 teaspoon cayenne pepper

1. Heat oven to 400 F.
2. Using a colander, rinse and drain the chickpeas, shaking the colander to remove as much liquid as possible. Place the chickpeas on a rimmed baking pan.
3. Sprinkle the chickpeas with the olive oil and shake the pan to coat the chickpeas with oil. Season the chickpeas with the cumin, chili powder, salt and cayenne

pepper. Shake the pan to coat the chickpeas with the spices.

4. Bake for 10 minutes. Shake the pan and return the chickpeas to the oven for another 10 minutes or until crispy.

**FRUITY CHEESE BREAD**

- 2 slices dense, multigrain bread
- 1 tablespoon low-fat cream cheese
- 8 blueberries or 6 peach, apple, banana or strawberry slices or a mixture of all
- 2 tablespoons peanut butter or nut butter
- 1 teaspoon honey

1. Place the slices of bread on a plate. Spread with a thin layer of the cream cheese. Top evenly with the fruit.
2. Place the peanut butter or nut butter and the honey in a small, microwave-safe bowl and mix

well. Heat on high for 15 seconds or until the peanut butter melts.

3. Drizzle the nut butter mixture over the fruit. Cut the fruity cheese bread in half and then into quarters. Serve immediately. Serves 2.

**CINNAMON APPLE CHIPS**

- 4 Granny Smith or other tart apples
- 2 tablespoons stevia or sugar substitute
- 1 tablespoon ground cinnamon
- Nonstick, butter-flavored cooking spray

1. Heat oven to 250 F. Line 2 baking sheets with parchment paper or aluminum foil.
2. Slice the apple into four sections. Cut out the core and the seeds. Slice the apples as thinly as possible. The slices don’t have to be uniform.
3. Place the sugar and cinnamon in a large bowl and mix well. Add the apple slices and toss until most of both sides of the apples are well coated. Place the apples, in a single layer, onto the baking sheets. Spray the apples with the cooking spray.
4. Bake for 1 hour, stir and spray the apples with more of the cooking spray. Continue baking until the apples are lightly browned and crisp, about 1 hour.
5. Set aside to cool and then transfer the apple crisps into an airtight jar or a sealable plastic bag.

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## Puff pastry key to classic pot pie

This recipe from Woman’s Day gets to the heart of what makes pot pie so good: the creamy chicken filling. It’s so tasty, you can skip the puff pastry altogether and just serve it with some crusty bread on the side, if you prefer.

### SLOW COOKER CHICKEN POT PIE

- 1/2 cup dry white wine
- 2 tablespoon all-purpose flour
- Kosher salt and pepper
- 4 medium carrots
- 2 stalk celery
- 1 onion
- 1 1/2 pound boneless, skinless chicken thighs
- 1 sheet frozen puff pastry
- 1 egg
- 1 cup frozen peas
- 3 tablespoon fresh dill sprigs

1. In a 5- to 6-qt slow cooker, whisk together the wine, flour, 1/2 cup water and 1/2 teaspoon each salt and pepper.
2. Add the carrots, celery, onion and chicken, and toss to combine. Cook, covered, until the chicken is cooked through and easily pulls apart, 6 to 7 hours on low or 4

### GOOD HOUSEKEEPING

to 5 hours on high.

3. When the chicken has 30 minutes left to cook, heat oven to 400 F. Cut the puff pastry into 8 rectangles and place on a parchment-lined baking sheet. Brush with the egg and bake until puffed and golden brown, 20 to 25 minutes.
4. Gently fold the peas and dill into the chicken and vegetables and cook, covered, until heated through, about 3 minutes. Spoon into bowls, sprinkle with additional dill if desired, and top with the puff pastry. Serves 4.

**CREAMY FUDGE**

- 1 can (14-ounce) sweetened condensed milk
- 1 pound semisweet chocolate, chopped
- 1 ounce unsweetened chocolate, chopped
- 1 1/2 teaspoons vanilla extract
- 1/8 teaspoon salt

1. Line 8-by-8-inch metal

baking pan with foil, extending foil above edge at 2 sides.

2. In 2-quart saucepan, combine condensed milk and chocolates. Cook over medium-low heat 5 minutes or until chocolates melt and mixture is smooth, stirring constantly.
3. Remove saucepan from heat; stir in vanilla and salt. Pour chocolate mixture into prepared pan; spread evenly. Refrigerate until firm, at least 4 hours or overnight.
4. Remove fudge from pan by lifting edges of foil. Invert onto cutting board; discard foil. Cut fudge into 8 strips, then cut each strip crosswise into 8 pieces. Store fudge in tightly covered container, with waxed paper between layers, at room temperature up to 1 week, or in refrigerator up to 1 month.

*Each serving: About 55 calories, 3g total fat (2g saturated), 2mg cholesterol, 15mg sodium, 8g total carbohydrate, 1g dietary fiber, 1g protein.*

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## Chicken is regal in this easy casserole

Chicken is an almost universal favorite — and especially when served in tasty, easy dishes like this.

### CHICKEN A LA KING CASSEROLE

- 1 1/2 cups diced cooked chicken breast
- 1 (2.5 ounce) jar sliced mushrooms, drained
- 1/2 cup frozen peas
- 1 1/2 cups cooked noodles, rinsed and drained
- 1 (10 3/4-ounce) can reduced-fat cream of mushroom soup
- 1/4 cup fat-free milk
- 1 (2-ounce) jar diced pimiento, undrained
- 1 teaspoon dried parsley flakes

1. Heat oven to 350 F. Spray an 8-by-8-inch baking dish with butter-flavored cooking spray.
2. In a large bowl, combine chicken, mushrooms, peas and noodles. Add mushroom soup, milk, undrained pimiento and parsley flakes. Mix well to combine.
3. Spread mixture into prepared baking dish. Bake for 25 to 30 minutes. Place baking dish on a wire rack and let set for 5 minutes. Divide into 4 servings.

*Each serving equals: 241 calories, 5g fat, 23g protein, 26g carb., 440mg sodium, 3g fiber; Diabetic Exchanges: 2 Meat, 1 1/2 Starch.*

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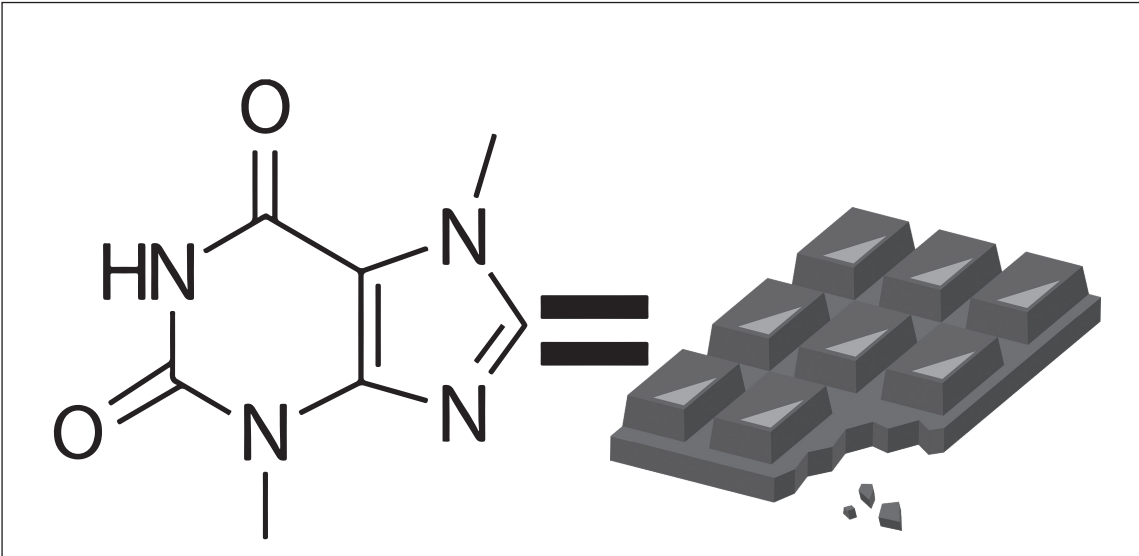
# Dark chocolate boosts good mood, not obesity

By Caleb Ruppert  
Staff Reporter

It is a long journey for the cocoa bean to become the tasty treat that is known as chocolate. The journey of chocolate is not only a long one in its creation, but in its history too, said Dr. Aaron Moehlig, chemistry professor at Highline at last Friday’s Science Seminar. The first known discovery of chocolate is attributed to the Mokaya people from Mexico over 3,500 years before Europeans set foot on the continent. The cocoa bean was ground and used to make a beverage. Chocolate had made its way out of Spain and into the rest of Europe by the 1600s, and “only the richest people had access to chocolate beverage,” Dr. Moeh-



Dr. Aaron Moehlig



Samuel Hernandez/THUNDERWORD

lig said. Chocolate had to be pressed by hand until 1824 when the modern chocolate press was invented. The modern press also separated the chocolate from the fat of the cocoa bean, called chocolate butter. With the invention of the press and then condensed milk, chocolate took on a new form and by 1847 the first chocolate bar was invented. The chocolate bar with milk and sugar brought companies like Hershey and Mars to life in America. Between 1925-1950 some of the most common chocolate treats were invented such as Snickers, Kit-Kats, and M&Ms.

The changes that chocolate goes through during its creation, as well as the addition of milk and sugar, drastically changes the taste of chocolate. During the presentation, Dr. Moehlig allowed participants to try milk chocolate bars, which are mostly made up of milk and sugar, as well as bars made up of 72 percent chocolate, 85 percent chocolate, and 90 percent chocolate. Many of the participants found the 90 percent chocolate bars too bitter and could only take small bites. The process that chocolate goes through from the cocoa bean to what we know as chocolate involves fermenting, roasting, and pressing, all of which releases enzymes and sugars that begin to alter the taste as well as to combine molecules, such as proteins and carbs, that react together to give the chocolate a whole new taste from the bean. Chocolate is made up of mostly water, 60 percent, but it also has 31 percent carbs and 11 percent protein, as well as 3 percent polyphenols, or antioxidants, which is “two to three times what is found in red wine and tea,” Dr. Moehlig said. Within the chemical make-up of chocolate are also found molecules that can affect the body in some way, such as theobromine, caffeine, anandamide,

and phenethylamine. “Though there is not a lot, there are definitely stimulants in chocolate,” he said. The anandamide in chocolate targets the same receptors in the brain as THC from marijuana, though it is such a small amount in the chocolate that it would take quite a large amount to feel any sort of similar high, Dr. Moehlig said. The phenethylamine found in chocolate is also called chocolate amphetamine, and can promote attraction, excitement and giddiness, he said. “[Phenethylamine is] found when a person is in love and when a person orgasms,” he said. There are myths that many people believe when it comes to chocolate, such as obesity, tooth decay, and acne being caused by it, but the truth is that these things are caused by added sugars, not the chocolate itself, Dr. Moehlig said. “In moderation, overall, chocolate is good for you, especially the darker [the chocolate] you get,” he said. The next Science Seminar will be tomorrow in Building 3, room 102 from 1:30 to 2:35 p.m. The presentation will be by Bri Gabel from the MaST Center on nudibranchs, more commonly known as sea slugs.

## Upcoming S&A budget to bring no changes

By Mitchell Roland  
Staff Reporter

Major changes are not expected in the upcoming Students & Activities budget, Associated Students of Highline College President Mohamed Jama says. Jama sits on the S&A Budget Committee. The S&A budget funds non-academic student programs on campus ranging from athletics to the Thunderword. This year’s S&A budget is \$2.7 million, which is the same as last year’s. Funding for the budget comes from student fees, paid as a part of tuition. Jama said that clubs and programs have submitted their budgets to the S&A Budget Committee, and now the committee meets weekly to look them over. “Budget managers submitted their proposals,” he said. “We’re reviewing all of them to make decisions.” The committee is expected to review and approve all proposed budgets in roughly

## \$&A Service & Activities BUDGET

a month. “We should have everything finalized at the end of March,” he said. Jama said that the committee has not rejected any budgets yet, and the budget will roughly be the same as this year. “We’re not anticipating any changes,” he said. Jama said that there is not expected to be more requests for funding than money available. “At large, everything seems to be OK,” he said. After approval, the budget proposal will go to both the Student Council and the Board of Trustees for final approval. The S&A budget runs from July 1 to June 30.

## Randomness may not always be accidental, professor says

By Caleb Ruppert  
Staff Reporter

Events that we perceive as random happen in all aspects of our lives, said a professor last week. “[Randomness] is a topic that most people know something about, but haven’t thought deeply about what it really is,” said Dr. Helen Burn, a Highline math professor. “In fact, there are a lot of unknowns around randomness. Is anything truly random? Like when coincidence happens, is that just random chance?” In ancient cultures, there was not a belief in random, but instead a belief that when things are left to chance, they are left in the hands of a god or divine power, Dr. Burn said. Decisions might be made on a hunt by drawing lots. The hunter with the shortest stick would approach the beast first. “Each person has an equally likely chance,” she said. People will often think of random as coincidental or luck, and all three are intimately tied



Dr. Helen Burn

together, she said. “Randomness is the opposite of deterministic,” one participant said. Whatever random is, it has many uses for people in the modern world. “Randomness is used by artists for inspiration,” Dr. Burn said. She showed an example of this by attributing numbers to certain notes on a piano, then using a random number generator she would determine which notes to use, how many beats they’d be played, and in what key they would be played in. Each example had an interesting rhythm that a musician could then develop into a song.

Random is an important concept for science as well. “Scientists need to select random samples for their studies. At a certain point, science proved through the Central Limit Theorem, that randomness is a superior approach to selecting samples,” Dr. Burn said. Students can use randomness as well, she said. “If you are asked to write an essay on a topic and need inspiration, go to a random word generator online to get some inspiration,” Dr. Burn said. Thinking about random events in life is important for Dr. Burn. “Most people experienced something like meeting their partner or landing a job where there was an element of chance or perhaps a coincidence that occurred. I wanted people to think about how they interpret this chance event or encounter; how they make meaning of it,” she said. The next Science Seminar is tomorrow from 1:30 to 2:35 in Building 3, room 102 by Bri Gabel on a presentation on nudibranchs, known as sea slugs.



# AP, IB programs hold high standards and rewards

**By Marta Barlow**  
Staff Reporter

AP and IB classes are rigorous, but many Highline students say the programs helped them in the long run. Advanced Placement and International Baccalaureate are programs offered in high school to give students more challenging classes. These classes have more rigorous work and higher standards. The AP program was created by College Board to create a college curriculum in high school. IB is an internationally offered program founded in Switzerland. Some of the program's main goals are to create global awareness and for students to learn skills that can be used outside the classroom. AP and IB courses differ, but

are both meant to prepare students for the future. More high schools in the U.S. offer AP courses than IB courses, but both are programs offered across the country. Mount Rainier High School in Des Moines is one local school that offers IB courses. The structure of these classes is meant to prepare students for college-level work. Many students who have taken AP or IB classes said that they prepared them for college classes. "They were tough, but a very good foundation for college," Nat Lavendre said. Frankie Alexander said, "It gives you the edge in college." The classes "challenged me to think more critically," Alexander said. The coursework for these

classes is more challenging than regular classes. "There was more reading, projects, lectures, homework," Sofiia Tarasova said. "More of everything." Other Highline students had similar experiences with the intensity of the workload. Even with the workload, Tarasova said taking an AP class "really helped" her. "Helped me understand a lot and learned way more," Tarasova said. The pace of AP and IB classes is faster than that of a regular high school class. "Keep up, or you'll fall behind," an anonymous student said. Because of the faster pace, it was a "compression of information," Lavendre said. Lavendre also said that they

would take AP classes again, and a student is better off taking an AP class "as long as you don't have a lot of extra stress." Other students had similar views about whether people are better off taking AP and IB classes. "It depends on the student," Alexander said. "It depends on your goals and your desires." Few students said people would be better off taking AP and IB classes no matter what. However, while AP and IB classes helped some students, it didn't do the same for everyone. Katie Cao, said taking an AP class was "stress-inducing" and that she "did not enjoy it." Cao also had the added stress of working her first job and participating in sports. "Definitely not for me," Cao said.

If a student wants to take a rigorous course "wait until you get to college," Cao said. Cao isn't alone. AP and IB classes aren't for everyone. AP and IB classes expect students to buy books and print out papers and it can be difficult if students don't have the resources. IB was "more for the middle class," Miranda Alaniz said. The cost of the classes "made it more difficult because I was poor," Alaniz said. While the cost of the classes Alaniz took made it more difficult, it still prepared her for college. "IB challenged me to work harder and more," Alaniz said. Alaniz said "if they have the resources then, yes" students are better off taking rigorous courses.

## Running Start

continued from page 1

ested in Running Start must now place into college-level English to qualify. In the past, students have needed a minimum 2.0 GPA, and to show what English class they were ready for by either submitting high school transcripts, Smarter Balanced scores, or by taking the Accuplacer test at Highline. Now, however, more of an emphasis is being put on students' ability to do college-level writing. On top of being enrolled in a Washington state public high school and having a high school junior and senior standing, students must now show that they're ready for English 101 in order to be eligible for Running Start. 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 three 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 Literature/Composition, or Language/Composition; score a 4 on the IB English Language/Literature; 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 Literature/Composition or Language/Composition, or



Chase Magliocca

need to show that you're capable on many levels," she said. Most importantly, Hillman said she believes Running Start students must show their maturity, capability, and preparedness before being able to enter the program. Studies say that students who participate in dual-credit programs in high school are more likely to succeed in future academic endeavors. This is certainly true in the case of former Running Start student Rachel Corella. Corella participated in the program about 20 years ago, and said that she benefitted in many ways from her time at Highline. "Specifically, working in classes I took at Highline made me a much better writer," Corella said. "It set me ahead in life and even though it would be a while before I went back to school, it helped me mature as a person and harnessed my ability to work hard." Corella now works as a paralegal at a law firm. "When I was in Running Start, I really thought that I'd be a writer, and now I do quite a bit of writing, but am not a writer; it's regarding the cases that I work on," said Corella. Corella said her time in Running Start set her ahead of her peers when it came to their level of preparedness for future education. "It really gave me a head start on what college would be like. When I eventually went to a four-year school, it wasn't a surprise," she said. "The professor's expectations and the way that the classes functioned were not a surprise to me." Corella plans to attend law school in the fall, though she has not yet decided where.

Though Running Start can help students be successful, it is not for everyone. Dalijah Boldien participated in Running Start her junior year of high school, but did not return the following fall. "I decided to drop it [Running Start] because I wasn't happy there. I enjoyed being in the high school setting, seeing my friends, and doing dance there," said Boldien. "I also don't think I was ready to take college classes, not necessarily in the sense that I couldn't do it (because I could), but I wasn't ready for that independence and I didn't have any friends in the program or in classes with me, which was also why I didn't have motivation to go." Boldien spent three quarters at Highline before returning to high school. Had she received better information from her high school, Boldien said she may have had a better experience with Running Start. "I don't think high school prepares students for Running Start at all and I had no information or help going into it which is also why I felt so overwhelmed when I did it," said Boldien. "I know I could've done research on my own, but I think more information from the high school would've been nice." Selah Meyering, a student currently doing Running Start, said she also didn't get enough information from her high school counselor. Meyering is currently in her junior year of high school, and her first year at Highline as a Running Start student. Wanting to get away from high school seems to be a common motivation for students joining Running Start. "I disliked the way high

school was ran and wanted the freedom that Running Start could give me," said Meyering. "Something I've enjoyed at Highline is how I'm treated with respect in the classroom and not looked down on for being younger."

### Weekly SUDOKU

Answer

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

### King Crossword

Answers

Solution time: 25 mins.

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

### Go Figure!

answers

9	+	6	×	1	15
-		×		+	
7	+	5	÷	2	6
×		÷		+	
2	×	3	+	4	10
4		10		7	



# Elections

continued from page 1

the primary election.

“Bernie really cares about making college accessible and getting rid of student loan debt, so that is very important to me,” said a student who wished to remain anonymous.

“I support Bernie Sanders because socialism seems nice,” said another student. “I feel like I can relate to a lot of the things he’s standing for. He wants to help us,” Alexis Jackson said.

Nat Lavendre said she supports Sanders “because I actually like a socialist president.”

Students who support Sanders said they support his views on changing how expensive college is, and raising the minimum wage to become a livable wage.

Students also support candi-

dates such as Elizabeth Warren, Pete Buttigieg, Amy Klobuchar, and though he is no longer running, Andrew Yang.

“I support Amy Klobuchar because she seems more level-headed than others, and is there for a lot of people,” said one student,

“I’d say Warren, because I like how clear she is about her policies,” said another student. “I think that she is clearer about those than other candidates.”

“I support Pete Buttigieg because I liked his commercial,” said one student.

“I was supporting Andrew Yang, but now that he’s dropped out of the race, I think I’ll vote for either Bernie or Pete,” said another student.

One student said they support Joe Biden because “I like his political views.”

Other students have not yet registered to vote, for many reasons.

Some students are not old

enough to vote in this election, while others simply haven’t found the time yet to register.

“I don’t even know who is on it [the ballot],” Malaly Raphael said.

“I haven’t even thought about that yet,” one student said.

In Washington state, you can pre-register to vote starting at 16 yeears old, which makes it so that you are automatically registered when you turn 18.

To register online, visit [myvote.wa.gov](https://myvote.wa.gov).

Washington’s primary will be held on March 10, ballots will be mailed to voters by Feb. 21.

There are several ways you can register to vote in time for this election.

In order to participate in this election, you must be registered to vote either online or by mail by March 2, or in person at your local county elections office by 8 p.m. on March 10.



Deyaneira Rivera/  
THUNDERWORD

# First Gen

continued from page 1

because it is a big step for me to be the first person in my family to go over that wall of difficulties,” Alejandra Alonso said.

“It has been an excellent experience for me, and I feel proud for all the help my parents have given to me,” Inna Ryaguzova said.

Some students said they want to come to college because they want to get a great job.

Others said they felt excited because they could help their parents in the future.

ESL students said they had enormous challenges to overcome.

The students said that the biggest challenge they face is learning English.

“To be at the same level as a college student, I must first master English to at least 90 percent,” Nina Stepaniuk said.

An ESL instructor said she was a first-generation student and identifies with her students.

“I relate and understand our students’ struggle. Education is a journey, and to overcome all the barriers you have to brave and persistent,” said the instructor, who asked not to be named.

The instructor said she was attracted to the importance of education since she was a child.

“I grew up poor and in a bad neighborhood and going to college was the only way out. I wanted out,” said the instructor.

In addition, she added that there is a lot of support at Highline for both first-generation students and subsequent generations.

“We have wonderful advisers, a great financial team, and

instructors; we all care and want everyone to be successful,” said that instructor.

Meanwhile, another instructor said through clubs and activities, students can connect with other people and gain confidence and momentum to go to college.

“Making students feel welcome in my class to return, in addition to advising them on how to register, request financial help, Because being students, everything is very different,” Bevin Taylor said.

In particular, many of the students said they were pleased to be here and said they belonged at Highline.

Daniela Daniels is a student from Mexico who says she is in the process of feeling that she belongs at Highline.

She said she has been in the

United States for three months, and it is the first experience she has in an international school.

“I studied psychology in my country, so wanting to resume my career in another country is a strange feeling; it is as if I don’t belong here,” Daniels said.

However, she said that Highline is very welcoming and the instructors have been very friendly.

In particular, many of the students said they were pleased to be here and belong to Highline.

“I feel happy to be here; everyone has helped me a lot,” Visal Sok said.

Some students said everyone at Highline is open for those who want to overcome their challenges.

“I feel I belong here, and I feel like everyone belongs here, all

deserve the education,” Thanakrit Ua-arak said.

Other students said no matter your age, you will always be welcome at Highline.

Meanwhile, Guzman said have progressed a lot.

“I am now 19, and the progress I have had has been exponential,” Guzman said.

He said the instructors at Highline helped him a lot to make a study plan.

“Highline instructors have been the only ones who have given me information, so when I meet a student with the same situation I was in, I help him with recommendations or ideas,” Guzman said.

After completing ESL classes, he took the program Jumpstart to be sure of his level before taking college classes.

“Jumpstart was my final

challenge to continue with the next step,” Guzman said.

Now Guzman is taking college classes at Highline.

He said it has been difficult to get here, but it has been thanks to Highline’s programs and instructors.

“When I compare my past me with my present me, I feel very proud to have continued and not given up despite the adversities,” Guzman said.

“Although I am not clear about a specific career, I am happy to have learned another language and many other things that helped me to open my mind,” Guzman said.

He said he hopes to help future students like me, give them good advice, and study ideas.

“Highline is a community where it’s never too late to start studying,” Guzman said.

6

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