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After a multi-year absence, T-Birds clinch a playoff spot

A hint of spring



Stephen Glover/THUNDERWORD

With spring soon approaching, cherry blossoms are beginning to bloom across campus.

Clerk and barista show locals kindness

By Joe Locher
Staff Reporter

A comfortably dressed, yet shabby, and dirty young man in tennis shoes, sleeps peacefully on the retaining wall outside the Chevron gas station on the northwest corner of Highline.



Joe Locher/THUNDERWORD
A man sleeps on the wall outside the gas station on Pacific Highway South.

jumps off the wall and walks into the store, looking at the ground while avoiding eye contact with those around him. Aman, the store clerk behind the register, has a sandwich ready and delivers it to the young man in a relaxed manner. The young man's demeanor changes instantly to a warm smile.

The Chevron station and the convenience store, which are one of many that border this artery for public traffic, seem to be a place which has become a bit of an oasis in the uncertain world of Pacific Highway South.

Taylor, a young woman who operates the drive through coffee service, also provides



Joe Locher/THUNDERWORD
Aman and Taylor in the Chevron station.

random essentials to the general public. Plumbers, electricians, carpenters and building inspectors arrive daily to obtain a cup 'o joe "on their work force

See Blade, page 12

TOWN HALL
30TH DISTRICT

Legislator
defends
sex ed bill

By Mitchell Roland
Staff Reporter

A bill to increase sex education training in schools was a major topic of discussion during a recent town hall meeting with local legislators.

During the event in Pacific on Saturday, state legislators from the 30th district updated constituents on their work in the capital during the current session.



Sen. Wilson

At the event, the legislators covered topics including what bills they're working on, efforts to repeal the death penalty and a bill to require comprehensive sex education.

A hot button issue that audience members wanted information on was a bill to require comprehensive sexual education. Several audience members showed up with signs to protest the proposal, saying it was inappropriate.

SB 5395 has passed the Senate and is scheduled for a hearing in the House Committee on Education today. Sen. Claire Wilson, D-Federal Way, said that efforts to pass sex education died in the house last year due to issues with elementary school curriculum.

Sen. Wilson, who is a sponsor on the bill, said that the curriculum for students in kindergarten through the 5th grade is solely focused on student health.

While Sen. Wilson said that "par-

See Town Hall, page 11

Job fair connects students with opportunities

By Mark Stasyuk
Staff Reporter

Highline’s winter job fair connects more than 60 employers from a variety of industries with students.

The fair will be in Building 8 on March 2 from 10 a.m. to 1 p.m.

The fair focuses on Highline’s six career pathways, arts and communication, business, education and library services, health and wellness, STEM, and people and communities.

The job fair is an opportunity for students and job seekers to meet with recruiters and be interviewed for a potential job

offer right then and there. Positions include full-time, part-time, and temporary opportunities.

Students attending the fair can increase their chances of getting interviews and being hired by updating resumes and bringing multiple copies to hand out to employers, pre-

paring some questions to ask employers and be prepared to answer questions, research companies that are going to attend the job fair, and dress professionally.

In order to prepare for the job fair students can attend a career fair preparation workshop today from 11:30 a.m. to

12:30 p.m. in Building 6, room 214.

The workshop will help students update their resume, write cover letters, networking, professionalism, and interview skills using mock interviews.

Both the preparation workshop and the job fair are free and open to the public.

Students learn transfer options

Students can explore transfer options at Highline’s Transfer Fair on Tuesday, March 3.

This event is being held on the first floor of Building 8, the Highline Student Union, from 9:30 a.m. to 12:30 p.m. It is for students hoping to transfer to a baccalaureate institution.

Students will have the opportunity to meet with and ask questions of admissions representatives from 20 different Washington colleges and universities, in addition to several from schools in other states.

For a complete list of schools with admissions representatives at this event, go to <https://bit.ly/2I01BIW>.



More than 30 college representatives will be at Highline on March 3 to assist students with their transfer needs.

In total, admissions representatives from 30 schools will be at the event. These schools include Central Washington University, Seattle University, University of Washington – Seattle, Arizona State University, and many more.

Students may consider asking many questions of admissions representatives. For example, what is the college looking for in an applicant, what are the admission requirements of the school, and what types of financial aid and scholarships are available.

A full list of questions can be found at <https://bit.ly/2HX-ldqN>.



Active threat drill

Highline will hold a drill for the “hide” portion of the run-hide-fight active threat response strategy on March 5 at 9:40 a.m.

The five-minute drill will encourage students, faculty, and staff to lock classroom doors or barricade entrances with available furniture into occupied spaces. Participants are also asked to close windows and shut blinds, turn lights off, stay low and out of sight, turn cell phones to silent and lower screen brightness.

The drill will start with an alert to the HC Alert System which will send a starting message as texts, desktop alerts, emails, digital signs, indoor and outdoor speakers, and the college social media account. The alert system will also noti-

fy participants when the drill is over.

More information about active threat strategies can be found at <https://bit.ly/39en0UB>. More information about the “hide” portion of the drill can be found at <https://ietv.co/2Pt-kvph> or <https://bit.ly/2VqswPy>.

Alumnus award nominations

Nominations are now open for the Highline College Distinguished Alumnus Award.

Nominees must have attended Highline more than five years ago and have made significant contributions through community service, noteworthy professional achievement, and/or leadership.

Nominations can be made by faculty, staff, students, family, friends, and other alumni. Nominations must be made by May 1.

Nominees will be asked to submit a resume and a questionnaire that will be reviewed by a selection committee.

The nominee will be asked to speak at the Spring Luncheon for staff and faculty and will be recognized at commencement

on June 11.

Nominations and information can be found at <https://bit.ly/393rPQn>.

Healthy learning

A student-led informational health fair will be held on March 10 from 9:30 a.m. to 1 p.m. in the Mt. Townsend/Mt. Constance and Mt. Olympus rooms in Building 8.

The fair will contain booths on topics and screening tests such as blood pressure, eye exams, and body fat.

STEM stems networking

The Mathematics, Engineering, Science, Achievement (MESA) and the Women in Science and Engineering (WiSE) programs will host a networking lunch on March 12 from noon to 2 p.m. in the Mt. Constance/Mt. Olympus room in Building 8.

The lunch will provide students with an opportunity to learn from higher education professionals about how to be competitive in science, technology, engineering and mathematics and will focus on development, research opportunities, career progression, internships and network building.

If students want to attend the event they can email MESA director Timur Kutzu at tkuzu@highline.edu to register and should include why attendance

would be beneficial for them and their major.

Cultural learning during lunch

AANAPISI will host a conversation-based event where participants can discuss Southeast Asian and Pacific Islander topics and issues on March 17 from noon to 1 p.m. in the Mt. Skokomish room in Building 8.

Participants should bring their own lunch. The event is free and no registration is required.

UW scholarship

Applications are now being accepted for the Martin Family Foundation Achievement Scholarship for students interested in transferring to University of Washington, Seattle campus.

The Martin Achievement Scholarship awards students who have shown exceptional abilities in art, humanities, music, science, and leadership early at community colleges around Puget Sound.

The scholarship will award up to \$5,000 for student’s final year in community college and up to \$12,000 per year for three years at UW Seattle. The award will only be given upon successful admission to UW Seattle.

Students interested in the scholarship must be U.S. citizens, currently enrolled at Highline or one of 14 other

Puget Sound two-year colleges, have successfully completed 15 transferable credits, and planning to transfer to UW, Seattle after summer 2021.

The scholarship application must be submitted by April 10.

More information and the application can be found at <https://bit.ly/2I19ZBM>. For any questions, contact Robin Chang at robinc@uw.edu or 206-543-2603.

Calendar

- 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 next Science Seminar will be tomorrow from 1:30 to 2:35 p.m. in Building 3, room 102.
- 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.
- Julie Otsuka, the author of this year’s regional NEA Big Read book, *When the Emperor Was Divine*, will discuss and read from the book on March 9 from 1:30 to 3 p.m. in Building 7.

A
glimpse
of a
gorgeous
gala



Stephen Glover/THUNDERWORD
Students filled the Student Union at the Global Student Ambassadors' Winter Gala last Friday night.

Coordinator helps students have success

By Izzy Anderson
Staff Reporter

Mariela Barriga's family helped raise her up into who she is today. She is now helping raise students up to reach their full potential.

Barriga is the Student Success coordinator at Highline, and has been working here for five years.

"I started at Highline, because we were awarded a grant called the working student Success Network and that was through Achieving the Dream. ... I was hired to basically implement that grant," she said. "There were 18 schools from across the country who got them."

But before all of this, Barriga was raised in the sunshine state.

"I grew up mostly in California, but I moved here my freshman year of college. I went to university [Seattle University]," she said.

Barriga was an only child for a long time.

But when her parents divorced and remarried, they each had three children, making Barriga the eldest of her seven siblings.

"My parents were teenagers when they had me, so I didn't have any siblings for a long time," Barriga said. "But a lot of my aunts and uncles are close to my age, so I kind of grew up with [them]. I feel lucky because I was raised intergenerational."

Because of her parents having her so young, they had to grow up much faster than most teenagers.

"They were so young when they became parents, so they had to mature really fast," she said. "They both started going to a community college, when they could take me to the day care that was on campus. So that opened up access for them, when it came to attaining housing security and careers and degrees."

Her parents would both go on to pursue careers in educa-



Mariela Barriga said her family experiences helped lead her to where she is today at Highline.

tion as well.

"My dad, he's a high school principal," Barriga said. "[My mother's] now a political scientist and a published author. She's a professor [as well]."

Barriga continued to follow this path, through her various roles at Highline, and her position within School's Out Washington.

School's Out is a program that aims to provide safety, learning, and growing for kids while they're not in school.

"I'm currently the president of the School's Out Washington board," Barriga said. "I was vice president of the local board ... I've been doing this for seven or eight years."

However, Barriga will be

stepping down from this to start up other projects she'd like to take on.

"I'll be rolling off this spring. So that's going to create more time for me," she said. "I plan on starting a consulting and training workshop."

"And then on this side, I want to grow into being a dean," Barriga said.

She said that with all the work being developed out of the Student Success Center, a dean position being created for the center does not seem unlikely.

Some work through the center that Barriga's been heavily involved in include the WISH program and the community food pantry.

WISH (While-In School

Housing) is a program focused on getting homeless Highline students into housing.

"I guess that's one thing I'm proud of, is that I've been able to help create new positions on campus that I know support the students in meaningful ways," she said.

Barriga credits the center success in part to the campus leadership.

"We have some really awesome leaders. We're seeing a lot more people of color being in leadership positions, including our president," she said. "That makes a difference I think, to me in my work, because I don't always have to prove that certain things are important and that certain things are needs."

This includes ensuring that undocumented students are being given opportunities to flourish, inside and outside of school.

For Barriga, this work hits home.

"My family's been here a long time on my maternal lineage [side], I'm the fifth generation born in the United States," she said. "But my dad was from Mexico and he was undocumented. And my mom's dad was also from Mexico, and he was undocumented."

Barriga's grandmother shared with her one of many struggles she faced growing up under these circumstances.

"My grandmother was ... nine months pregnant with my uncle; He was born in the late '70s. She had to climb a tree [while] pregnant to hide from, at the time, what was ICE," Barriga said. "She was out there putting her body on the line, working in an orchard."

Barriga said that her grandparents would later host and take care of many other undocumented people as well.

When reflecting on how her mother and grandmother grew up, Barriga said that she's grateful for the atmosphere she was raised in.

"The way that I'm becoming a mom with the way that my life is set up, is literally nothing like the way my mom's life was set up ... when she became a mom, or her mom, or her mom," Barriga said. "It makes me really grateful."

These differences all come together, though, when everyone shares their struggles and lifts each other through a good story, she said.

"I think that my family was always really intentional about telling us about our heritage and their stories. Because of it being a source of strength, even though our battles are different," Barriga said.

"That's where I come from – educators, artists, farmers and storytellers."

Skin color does not determine what kind of leader someone is

The role of any legislator should be to represent all of their constituents. To do that, they must confront issues of race, as everyone simply does not face the same challenges.

But a comment at a recent legislative town hall shows that work still needs to be done. During the event an audience member said that Rep. Jesse Johnson, D-Federal Way, needed to represent all of his constituents and not just those of color.

This comment came after the audience member praised the work Johnson’s seatmates, who are both white, are doing in Olympia.

While it likely wasn’t the first time or the last time he will hear this comment, it was the definition of racist. The white representatives at the town hall were not asked if they were representing their African American constituents, or just the white ones.

With a background in Education, three of the bills that Rep. Johnson has sponsored this quarter have dealt with schools. Rep. Johnson also sponsored a bill this session that would increase access to dentists for children.

The bills that Rep. Johnson has worked on show that he is representing everyone in his district. Every single person that he was appointed to represent will benefit from increased access to education and dentistry for children.

Rep. Johnson has worked on a variety of issues this session, but each representative brings their own expertise and point of view on subjects.

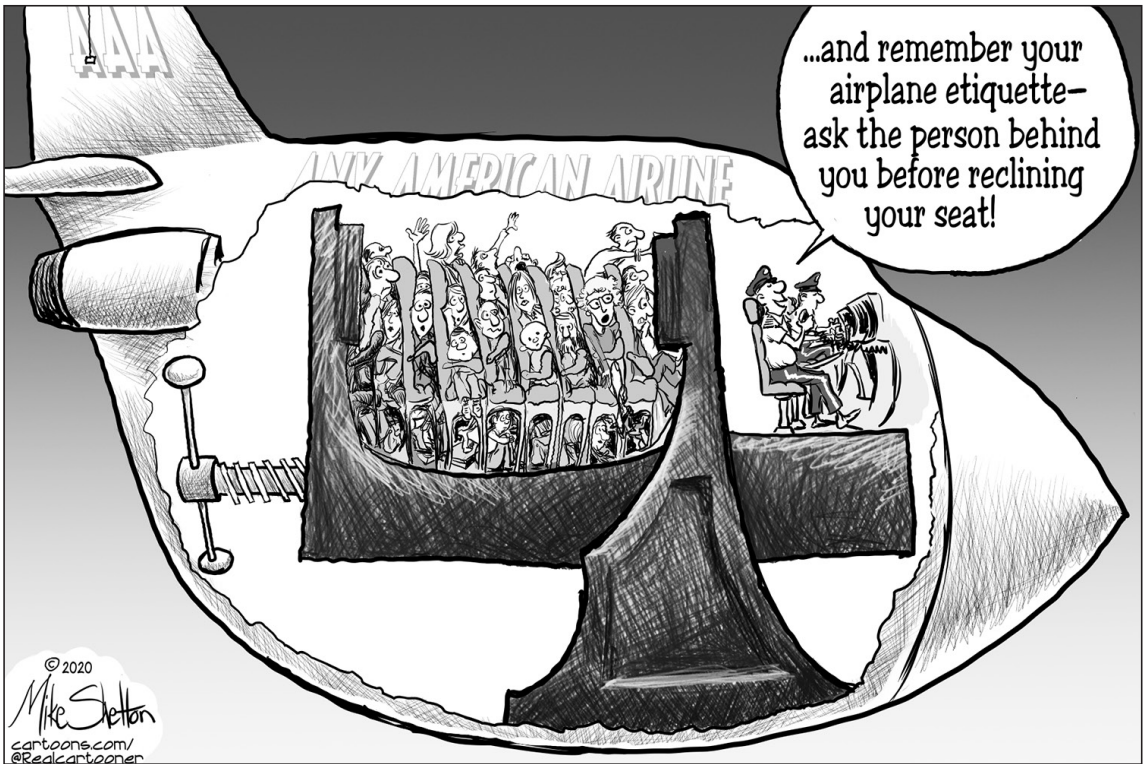
Few, if any, are knowledgeable and passionate about every issue the Legislature tries to fix. As one of three African American males in the State House, Rep. Johnson brings an experience that very few of his colleagues are likely to share.

His input on the challenges that people of color face in his district face is a valuable resource to a Legislature where those stories often go unheard.

When people talk about issues that impact minorities, they are not saying that only those issues are important. The problems that other people in the district face are not dismissed when issues that people of color have are brought up.

For society to move forward, we must start seeing people as people, and not objects. Rep. Johnson talks about issues minorities face because the simple reality that they face issues white people in the same district do not.

Rep. Johnson was appointed to serve everyone in his district. And whether he is an effective legislator or not is not dependent on the color of his skin.



Be there when they need you

My grandmother is 87 years old, and it seems as if every year brings a slew of new health problems for her. As she needs more and more help from her family to maintain a decent quality of life, she finds herself losing more and more of her independence, much to her frustration.

Try as anyone might to convince her that it’s OK –that there’s no loss of dignity for an arthritis-stricken elderly woman when she needs someone to pour her coffee for her, for instance– she simply won’t hear it.

From the perspective of someone trying to offer help, this can make it difficult to hang on. Imagine offering your grandma brownies that you’ve baked, only for her to refuse, exclaiming “I don’t want to be a bloated cow when I die.”

When I become annoyed, what I find most important is to consider her upbringing. Never mind her being a product of her time, she had a particular upbringing that makes her reluctant to accept even the smallest offerings of help.

My grandmother grew up in the wilderness without the luxury of running water or her family seeing a reliable income. Her parents were illiterate immigrants.

While her mother watched over five children, her father

Gone Fishin’



Jack Fishkin

made his living as a rock hound. That is, he collected and polished various rocks to sell as decorations.

After my growing up in a city where I never went hungry and always had a roof over my head, imagine my surprise to learn that this was a real occupation. I’m told that my great grandfather’s life was cut rather significantly short after so many years of inhaling the fumes from the chemicals used to polish his merchandise, which weren’t then understood to be harmful.

As she entered adulthood, grandma left home and worked her way through nursing school, eventually rising to the head of a medical ward in Los Angeles. She met my grandfather when

he ended up in a patient bed following some accident, the details of which are unclear.

When I consider the lifetime under her belt of having to make her own way, lacking any modicum of advantage or privilege, it becomes much clearer why she can be so stubborn and averse to my offerings of brownies and moving furniture.

As people enter their golden years, I can’t imagine there’s many worse feelings than that, that you are no longer physically capable of the things you once were. She ran an entire nursing ward, why should she need some kid to help her learn how to use a computer?

With all this in mind, I’ll continue to do what I can. I’ll keep trying to get her to eat the odd baked good, I’ll keep re-teaching her how to change the channel on her television, and I’ll keep tolerating her occasional unintentionally anti-Semitic remarks.

When you have an elder in your life who once showed you love and helped provide for you, remember the time and circumstances they came from when they might make it harder than it needs to be.

If you’re not sure, maybe it wouldn’t hurt to try to learn.

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

You’re not gonna find me slandering a Kit-Kat.

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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 Tummy muscles, for short
4 Slapstick arsenal
8 Scallopini meat
12 Press for payment
13 Ireland
14 Not working
15 Classic Anne Murray song
17 Location
18 Charlotte's creation
19 Capitol VIP
21 Pamper
24 Gun the engine
25 Melody
26 Sprite
28 Thin smoky streaks
32 Messy sort
34 Cut the grass
36 Fit of peevishness
37 High-strung
39 Michael Jackson album
41 — budget
42 Affirmative action?
44 About to fall asleep
46 Old-style hairpiece
50 Curved line
51 Neighbor of Cambodia

King Crossword

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- 52 Increase rapidly
56 Scandinavian city
57 Sagan or Sandburg
58 Shooter ammo
59 Adolescent
60 Has bills
61 Dr. Ruth's subject
5 Square root of IX
6 Blunders
7 Passover feast
8 Compared to
9 Tend texts
10 Choir member
11 Ogle
16 Marry
20 Fresh
21 Money
22 Unctuous
23 Shade provider
27 Watch chain
29 Mountain peak covers, often
30 Bowlers' tar- gets
31 Remain
33 Blessing
35 Bankroll
38 Ply oars
40 Talks Dixie-style
43 Mirror-ball venue
45 Sphere
46 Basis for a whodunit
47 Relaxation
48 Portrayal
49 Chew like a chipmunk
53 Tramcar contents
54 Shelter
55 Remiss

DOWN

- 1 Billboards
2 Chignon
3 White-flowered amaryllis
4 Little rock



1. **HISTORY:** When was the United Nations organization formed?
2. **U.S. PRESIDENTS:** Who was the first president to reside in the White House?
3. **ASTRONOMY:** Which planet has the largest moon in our solar system?
4. **TELEVISION:** Which TV series featured a character named Walter White?
5. **LITERATURE:** Which character appears in three of William Shakespeare's plays?
6. **MUSIC:** What was the original name of the rock group Red Hot Chili Peppers?
7. **ANIMAL KINGDOM:** What is a group of giraffes called?
8. **SCIENCE:** How many main body sections does an insect have?

9. **MOVIES:** Which famous 1960s movie features the theme song *Everybody's Talkin'*?
10. **MYTHOLOGY:** In Arthurian legend, what was Merlin's profession?

1. 1942
2. John Adams
3. Jupiter, and the moon is Ganymede
4. *Breaking Bad*
5. Falstaff
6. Tony Flow and the Milarciously Majestic Masters of Mayhem
7. A tower
8. Three: the head, the torso and the abdomen
9. *Midnight Cowboy*
10. A wizard

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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!

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ARIES (March 21 to April 19) Having second thoughts could be a good thing, even if you're determined to go through with your plans. You might find it worthwhile to take a fresh look at how things have been set up.

TAURUS (April 20 to May 20) Financial matters could continue to be a problem until you're able to straighten out some of the more pesky situations. Once that happens, the rest should be easier to unsnarl.

GEMINI (May 21 to June 20) Family matters once again take center stage, and should be dealt with competently and quickly. And, again, insist on others taking on their fair share of the responsibilities.

CANCER (June 21 to July 22) Your creative pursuits seem to be running into a roadblock. But rather than blame outside factors, look within to see if you might be holding back your efforts for some reason.

LEO (July 23 to Aug. 22) Keep that keen Cat's Eye focused on relevant aspects of this new situation in your life. Don't be distracted by trivial



matters. You need the pertinent facts before making a decision.

VIRGO (Aug. 23 to Sept. 22) As much as you prefer doing things on your own, continue to accept help if you still need to resolve the problem affecting your project. Some cheerful news is about to come your way.

LIBRA (Sept. 23 to Oct. 22) While you might begrudge the added time it will take to get your project from point A to B to C, etc., you could benefit from the facts that will emerge over this expanded time span.

SCORPIO (Oct. 23 to Nov. 21) Regarding your workplace suggestions, be prepared to produce the facts to counter reactions from skeptics who feel your approach is unreasonable or even impossible.

SAGITTARIUS (Nov. 22 to Dec. 21) Savvy Sagittarians will look for work-related an-

swers on their own rather than rely on unproved assumptions. It might take more time to do so, but the payoff is worth it.

CAPRICORN (Dec. 22 to Jan. 19) Your aspects continue to favor family issues, with special emphasis this week on changes in and around your home. Get everyone to suggest what he or she would like to see done.

AQUARIUS (Jan. 20 to Feb. 18) A matter you thought had been settled might still produce surprises. Best advice: Continue to gather facts to bolster your position just in case you need to produce them quickly.

PISCES (Feb. 19 to March 20) While your instincts are usually right when discerning 'twixt truth and deception, you could benefit from doing more research on the new "prospect" that you've been pitched.

BORN THIS WEEK: Your wisdom is only matched by your generosity, making you the sort of friend everyone hopes to have.

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Wine festival comes to Highline

By Katie Bennett
Staff Reporter

Drink to the music at the 16th annual Poverty Bay Wine Festival Saturday, March 7 at Highline College.

The festival will be held at the Highline Pavilion for the first time in the festival’s long history. The event will run from noon to 8 p.m.

“We moved to Highline because the facility we were using was no longer big enough,” said Destination Des Moines President Tony Hettler. Hettler is also a member of the Des Moines Rotary Club.

“We expect to have a thousand or more people,” he said.

The wine festival is a collaboration between the Rotary Club and Destination Des Moines.

100 percent of the net proceeds from the event will be going to support local charities, including the Special Olympics and the Des Moines Food Bank.

“There will be 16 wineries plus a beer vendor,” Hettler said.

Wineries include Page Cellars, Eye of the Needle Winery, Palouse, and Nota Bene Cellars, Hettler said.

The festival is offering lower price tickets for designated drivers. There will be things to do besides drink for the designated drivers.

“We’ll have some live music there and food trucks,” he said.

The group hopes to see lots of Highline students, Hettler said.

“We’ve been working with the college,” he said.

Tickets can be purchased online for \$25, or \$30 at the door,

plus service fees. You must be 21 or older to purchase a ticket.

With your ticket you will receive six tasting tokens, and additional tasting tokens can be purchased at the show.

Designated driver admission is offered at a discounted price of only \$10.

The festival will be held on the Highline campus in the Pavilion, Building 28 on the map. The Pavilion is at the bottom of the hill by the sports fields.

Free parking will be available in both the north and south parking lots.

For a complete list of wineries, more information, and to buy tickets, please visit drinkto-music.org.

Highline College is located at 2400 S. 240th Street, Des Moines.

‘Million Dollar Quartet’ hits Federal Way

Spend less than a million dollars, and more than a quarter and watch *Million Dollar Quartet* next week in Federal Way.

The show will be this Tuesday, March 3 at 7:30 p.m. at the Federal Way Performing Arts Center.

Million Dollar Quartet is a Tony Award-winning musical based on, and inspired by, the famed impromptu jam session with Johnny Cash, Elvis Presley, Jerry Lee Lewis, and Carl Perkins in 1956.

The musical premiered in Florida, but ran in Issaquah and Everett before heading to Broadway.

The four musicians gathered at Sun Records in Memphis on Dec. 4, 1956. The quartet sings both their own songs, and songs by other artists of the time. They aren’t limited to just rock and roll; they also sing gospel and the blues.

See *Great Balls of Fire*, *Blue Suede Shoes*, and *That’s All Right* performed live on stage.

The tour is stopping in Iowa and Minnesota before making its way to Federal Way.

Tickets are \$67.50, \$51.50, and \$39, depending on where in the venue you sit.

Tickets can be purchased online at fwpaec.org/million-dollar-quartet.

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

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T-Bird men clinch playoff spot

After multiyear absence, Highline has finally punched its ticket to the big dance

By Calvin Domingo
Staff Reporter

After bouncing around in the standings in the last few weeks, the Highline men's basketball team have officially punched their ticket to the big dance after destroying Tacoma this past weekend.

"This has been a really good, cohesive group of guys," Head Coach Che Dawson said after his team clinched a playoff spot. "[I'm] really happy to see the sophomores who didn't make the playoffs last year get an opportunity."

Starting forward Jalen Fayson, third on the team in scoring average at 14.3 points per game on top of 9.1 rebounds per game, has been ecstatic about the team's run to the playoffs.

"It's an amazing feeling to get to playoffs in your first year in the NWAC," Fayson said. "We have a great group of guys that can ball out and take care of things in the classroom; we have great team chemistry on and off the court."

Fayson also gave the sophomores on the squad a shoutout for all of the hard work that they have put in helping the freshman acclimate to basketball at the NWAC level.

"We have a great group of sophomores that step up and help us freshman develop our habits in practice and in-game situations, so it feels great to achieve [our goal] of making the playoffs," he said.

Freshman Cesar Diaz acknowledged the fact that because Highline has been out of the playoffs the last few seasons, making the playoffs this year has been that much better of an experience for both the team and Coach Dawson.

"It's exciting to make the playoffs my first year, especially since I know they were really close the years before," he said.

After beginning league play 1-4 and in real danger of missing the playoffs for a third consecutive season, the Thunderbirds have looked like a team possessed as they have won six of their last eight games.

With the playoffs right



Stephen Glover/THUNDERWORD

Guard Cesar Diaz (No.11) drives past Tacoma's Emmett Linton III. Diaz has been solid off the bench for Highline, providing hustle, secondary playmaking, and energy with averages of 4.4 points, 2.3 rebounds, and 1.3 assists per game.

around the corner, freshman guard Micah Jessie said that the team needs to maintain this level of play by playing team basketball and putting their team chemistry to use.

"We need to stay war ready and engaged on the goal [that] we're trying to accomplish," Jessie said. "We just gotta stick together and continue to trust each other. I know we're going to be solid because everyone is locked in and on the same page."

He also added, "we know what business we gotta handle."

Before officially clinching the playoffs, the T-Birds (7-6, third place in the West Division) traveled to South Puget Sound (12-1, tied for first place in the West) last Wednesday.

Despite going into the half with a 46-39 advantage against one of the better teams in the NWAC, the Thunderbirds were unable to hold on to the lead as they were outscored 43-32 in the second half.

Even though the 'Birds went home with a loss, they held their own as the final score was 82-78.

"I liked that we all were together throughout the whole game," Fayson said. "We cheered for each other, we played for each other, and we played pretty tough defense."

Fayson also added, "The bench was hyping up the people who were in the game and we all played to win. We came short due to some possessions where we didn't score and didn't stop them on defense, but overall, we played Highline team basketball."

Against Tacoma (2-11, tied for last place in the West Division) this past Saturday, the Thunderbirds handled business, emerging victorious, 88-64.

While Highline dominated on the glass (62-28) and shot way better from the field (48.6 percent to 31.6 percent), the Titans gave the T-Birds a scare at halftime.

The Thunderbirds got off to a fast start, as they led by as many as 20 points with seven minutes remaining before the half.

However, by intermission, Highline only led 34-32.

"What led to our fast start was that we wanted to come out strong and not let off the gas throughout the whole game," Fayson said.

"[Then], we got into our habit of when we have fun, we lose focus on the objective of keeping up the intensity on defense, which led to their run late in the first half," he said.

Highline traveled to Grays Harbor (6-7, tied for fourth

place in the West) last night, but results were unavailable at press time.

Although the T-Birds have already clinched a playoff spot, it isn't a game without playoff implications.

If the Thunderbirds win, it clinches the third seed. If the Thunderbirds lose, it clinches the fourth seed.

For a team like Grays Harbor, who's fighting for its playoff lives, Highline will be in for a fight.

With that said, Coach Dawson still expects his team to go out there and compete, just like every other game this season.

"It's a must-win game because every game is," Coach Dawson said. "Our goal is to always be the best we can be, and every game that we play will help us with that. We don't want to leave any doubt as far as seeding and tiebreakers go; we're looking to clinch the No. 3 seed."

"We don't want Grays Harbor to have a chance, we want to come locked in and take care of business," Fayson said. "We want to secure the third seed, without any problems of us tying with Green River and Grays Harbor."

Fayson also added that the team does not want Grays Harbor in the tournament, so their

final regular season match-up will be full of pressure for them.

"Like coach says every game, first five minutes, make a statement," Fayson said.

This Sunday, March 1, there will be a draw at 6 p.m. to determine Highline's first opponent in the playoffs.

The selection show will be broadcasted on the NWAC Sports Network.

The NWAC tournament will kick off next week, starting with the women on Thursday, March 5 (Sweet 16 with times yet to be determined) which runs through Friday (Elite Eight).

The men, on the other hand, will begin on Saturday, March 7 (Sweet 16 with times also yet to be determined) which runs through Sunday (Elite Eight).

For those teams that advance to the Final Four, that will take place the next weekend, on Saturday, March 14 and will run through Sunday, March 15.

As the playoffs are right around the corner, Coach Dawson wants to make sure that he gets one point across.

"Don't start looking at the brackets, every game is its own game," he said. "As cliché as it sounds, we have to take it one game at a time."

Playoff hopes are still alive

By Emmitt Sevores
Staff Reporter

The Lady T-Birds are on the cusp of making the NWAC tournament after going 2-0 last week. Highline avenged its loss to South Puget Sound from earlier in the season and picked up an upset victory over third-place Tacoma.

Highline needed to beat South Puget Sound to be in position to control their own destiny in the NWAC playoff race, and that's exactly what they did last Wednesday.

The T-Birds erased a seven-point deficit with just under four minutes to go in the second quarter and took a 33-32 half-time lead.

But similar to their first matchup, with less than two minutes remaining, South Puget Sound went up by one.

This time Highline didn't fold. The Lady T-Birds shut out South Puget Sound and went on a 5-0 run to win 65-61.

One of the biggest factors in this game for Highline was turnovers - or the lack thereof.

Highline only allowed eight points off its 10 turnovers.

On the other side, Highline was able to get 18 points off the Clippers' 19 giveaways.

Highline was also able to take advantage of having a bigger roster, having eight players active to South Puget Sound's six. Consequently, Highline's bench outscored South Puget's lone reserve, 9-0.

Then on Saturday, which was sophomore night, Highline was able to upset Tacoma.

But it didn't just feel like a normal upset win, it felt like a statement.

Although Highline lost to Tacoma earlier in the season, 74-62, the game was a lot closer than the score indicated.



Stephen Glover/THUNDERWORD

Highline's sophomores were honored before the game against Tacoma on Feb. 22.

Highline was down by five points with 2:53, and then the game got out of reach.

But this game was different. Tacoma only had the lead in the game once and that was a one-point lead in the first quarter that lasted for just over a minute.

Highline was able to snuff out any run by the Titans.

"They kept their composure and just kept on making good plays," Head Coach Daimen Crump said. "And we were making more shots compared to the last game. And they shot poorly down the stretch."

"It was our revenge week so we went into the week and decided we had to win these games. Playing on our home court definitely helped us to focus in and play our best. We also shot pretty well and took smart shots," said guard Patrea Topp.

The game was close from tipoff to the final buzzer, but it never felt like the Lady T-Birds weren't in control.

"Coach asked us if we were ready for the challenge, and personally, I used that to help me prepare myself more & to help me continue staying in the right mindset for the game," guard Catherine Sunny said. "After the win over South Puget Sound, we knew that this next win was also very important. So, we kept that same 'work together' and 'have fun' energy."

Highline made some clutch

free throws at the end of the game, some by center Kylie Lunday and a few more by Topp.

"We've been practicing free throws, we take pride in that. We're one of the better free-throw-shooting teams in the league," Crump said.

Topp has had a knack for these sorts of situations.

She hit a pair of free throws to ice both games this week.

"She shoots 83 percent from the free throw line. She's just working," said Crump. "She has her faults, but you know, when it comes down to it, she's just going to give me her best and most of the time, it's a good output."

"I'm just telling myself I have to hit them. There's no other option, so I just make sure my form is lined up and shoot," Topp said.

Part of what helped Highline win the game was their three-point shooting.

Led by Sunny, who made five threes, they were able to shoot 50 percent from behind the arc, up from 23 percent in their first meeting.

"We come together as a team and continue the patient and communication to look for better shots to take," she said.

Sunny has been on a tear in the past two games.

She is scoring 21.5 points per game and has hit a combined 12 threes in their last two.

"Before every game, I pray and prepare myself. Once I'm in game

mode, I keep it consistent and keep my head in the game until the last buzzer," Sunny said.

"Our three-point shooting was better," Crump said.

The Lady T-Birds appear to be getting hot at the right time.

If they were able to beat Grays Harbor on Wednesday night - results of which were not available at press time - then Highline will be 6-2 in its last eight games and will be on a three-game winning streak heading into the NWAC Tournament.

But Highline still needs to beat the 0-12 Chokers to clinch a playoff spot.

If they lose, then they will need 13-0 Centralia to beat 6-7 South Puget Sound to get them in.

If they are able to get in, they will be the fourth seed out of the NWAC West, which means they will face a first seed from another division in their first game of the tournament.

"We expect to continue playing hard and working together to get every win. We know we have to rise to the challenge in the tournament," Topp said.

There will be a draw on March 1 at 4 p.m. to determine their playoff opponent.

The selection show will be broadcasted on the NWAC Sports Network.

If they can get into the dance, the Lady T-Birds will have a week off and play in the sweet sixteen on Thursday, March 5.

THE SCOREBOARD

Men's Basketball

| WEST | | |
|----------------|--------|--------|
| Team | League | Season |
| Lower Columbia | 12-1 | 24-2 |
| S Puget Sound | 12-1 | 22-5 |
| Highline | 7-6 | 15-12 |
| Grays Harbor | 6-7 | 15-13 |
| Green River | 6-7 | 14-14 |
| Centralia | 5-8 | 10-17 |

| EAST | | |
|------------------|--------|--------|
| Team | League | Season |
| North Idaho | 15-0 | 27-1 |
| Spokane | 12-3 | 22-6 |
| Wenatchee Valley | 11-4 | 23-5 |
| Yakima Valley | 7-8 | 10-16 |
| Treasure Valley | 7-9 | 14-13 |
| Walla Walla | 6-9 | 12-15 |
| Big Bend | 4-11 | 10-19 |

| NORTH | | |
|---------------|--------|--------|
| Team | League | Season |
| Everett | 11-2 | 24-4 |
| Skagit Valley | 9-4 | 24-4 |
| Peninsula | 9-4 | 19-6 |
| Edmonds | 8-5 | 16-11 |
| Shoreline | 8-5 | 13-12 |
| Whatcom | 3-10 | 6-19 |

| SOUTH | | |
|-----------|--------|--------|
| Team | League | Season |
| Clackamas | 13-1 | 24-2 |
| Umpqua | 11-3 | 23-4 |
| Portland | 10-5 | 14-10 |
| Chemeketa | 8-6 | 14-12 |
| MT Hood | 6-9 | 12-15 |
| SW Oregon | 5-9 | 10-15 |
| Lane | 4-10 | 13-12 |

Women's Basketball

| WEST | | |
|----------------|--------|--------|
| Team | League | Season |
| Centralia | 13-0 | 20-7 |
| Lower Columbia | 11-2 | 20-8 |
| Tacoma | 8-4 | 11-13 |
| Highline | 7-6 | 9-14 |
| S Puget Sound | 6-7 | 6-20 |
| Pierce | 4-9 | 6-20 |
| Green River | 2-11 | 2-24 |
| Grays Harbor | 0-12 | 0-16 |

| EAST | | |
|------------------|--------|--------|
| Team | League | Season |
| Walla Walla | 14-1 | 25-2 |
| Yakima Valley | 11-4 | 21-7 |
| Wenatchee Valley | 10-5 | 19-9 |
| North Idaho | 10-5 | 16-10 |
| Treasure Valley | 8-8 | 14-11 |
| Big Bend | 5-10 | 13-15 |
| Columbia Basin | 5-10 | 8-19 |
| Spokane | 4-11 | 11-13 |
| Blue Mountain | 1-14 | 3-23 |

| NORTH | | |
|---------------|--------|--------|
| Team | League | Season |
| Whatcom | 11-2 | 20-8 |
| Bellevue | 10-3 | 17-6 |
| Peninsula | 10-3 | 17-7 |
| Everett | 6-7 | 14-14 |
| Edmonds | 6-7 | 9-17 |
| Shoreline | 5-8 | 12-14 |
| Skagit Valley | 4-9 | 10-15 |
| Olympic | 0-13 | 3-19 |

| SOUTH | | |
|-------------|--------|--------|
| Team | League | Season |
| Umpqua | 14-0 | 27-0 |
| Clackamas | 10-4 | 20-5 |
| Lane | 10-4 | 21-6 |
| Mt. Hood | 10-5 | 18-9 |
| Linn-Benton | 8-6 | 19-8 |
| Chemeketa | 6-8 | 11-15 |
| SW Oregon | 5-9 | 11-16 |
| Clark | 1-13 | 5-19 |
| Portland | 0-15 | 1-20 |

Olson's road to Iowa started in Jr High

By Eddie Mabanglo
Staff Reporter

Before Highline wrestler Kai Olson was nationally ranked at No. 6, he was playing a different game altogether.

Olson, who hails from Montesano, Wash., was a basketball player in early adolescence, and made the transition to wrestling upon a suggestion from the coach.

"A junior high coach told me that I should try out the last four weeks of junior high since I couldn't play basketball anymore," Olson said.

Olson said that the coach offered the change following some leg problems.

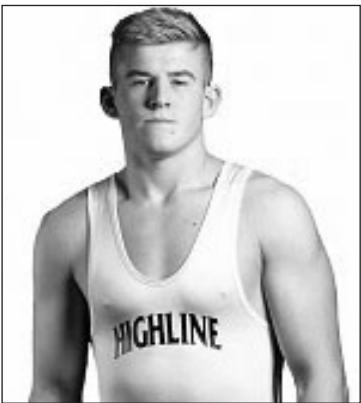
"The reason I couldn't play basketball anymore was because of knee issues and sur-

gery," he said. After being introduced to Montesano Junior-Senior High's wrestling program, Olson knew he was hooked.

"I noticed all the really good wrestlers were tough and I liked the camaraderie of the team we had so I decided to stick with it even though I got beaten everyday by three different state champs," he said.

Olson approaches his losses on the mat productively, utilizing video to study himself and pinpoint specific areas that may need more attention or practice.

"I personally go back and watch my match and just get ready to go back to the drawing board," Olson said. "Recently, I take all of my matches and write down what I need to do better



Kai Olson

on a sticky note, so I remember what I need to work on."

Kai Olson took this mindset with him to a third-place finish at the 31st Washington State Mat Classic in 2019, where his team finished in eighth place.

Olson won six times at the event, only losing once to the 2018

runner-up in the weight class.

At Highline, Olson has had a great first season. He finished third at the Clackamas Open last November by a 17-4 major decision over Umpqua's Louie Sanchez-Rivera followed by a no contest win over Clackamas's Kyle Richards.

More recently, Sanchez-Rivera and Olson faced off in Coos Bay, Ore. at regionals.

Olson also won that match before winning again over Ben Hughes of Southwestern Oregon by 16-5 decision, finishing in third-place and sending him to Nationals.

Olson is back in action at the National Junior College Athletic Association's 2020 National Wrestling Championships March 6-7 in Council Bluffs, Iowa.

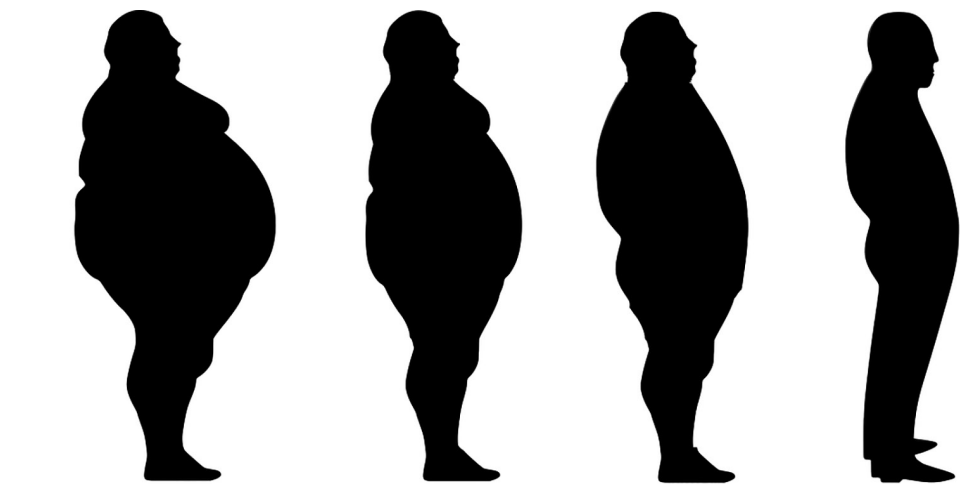
Obesity: A disease you can fight yourself

By **Darin Smith**
Special to the Thunderword

Obesity is a condition characterized by an excessive accumulation of body fat, commonly measured by a body mass index (BMI) of 30 or higher. It has developed into a health epidemic over the last four decades due to the rapid increase in the number of overweight and obese people in the United States.

In the '80s and early '90s, most states had adult obesity rates of less than 15 percent. By 2010, 36 states had adult obesity rates of 25 percent or higher, and 12 of those had obesity rates of 30 percent or higher. For many years, health professionals have used the talking point that two-thirds of American adults are overweight and one-third of Americans are obese.

Unfortunately, obesity rates have continued to climb and now a new study recently published in The New England Journal of Medicine, predicts that by 2030, almost half of U.S. adults will be obese, with almost one in four being severely obese (BMI of 35 or higher). This analysis used more than 20 years of data from 6.3 million adults to make these predictions, and also determined that severe obesity and all its health issues and associated costs will disproportionately af-



fect women, low-income adults, non-Hispanic black adults, and many southern states. These projections are particularly disturbing because despite being aware of obesity trends, causes, and health effects for the last few decades, we have continued to see an unprecedented rise in obesity rates both nationally and globally. They are also a cause for concern since obesity has proven to be a widespread health epidemic which is the second most preventable cause of death in the U.S., and is responsible for almost 400,000 deaths in this country every year and around 2.8 million deaths worldwide annually. Obesity results in premature death with mortality more likely to occur 9.44 years earlier for those who are obese, and 14.16 years earlier for the severely obese. It is a major risk factor for

many chronic diseases like heart disease, type II diabetes, hypertension, cancer, and fatty liver disease. It also contributes to a variety of health problems including kidney disease, gout, gallstones, respiratory problems, bone and joint issues, mental health disorders, and reproductive problems. The economic costs from obesity are also staggering, with direct health care costs well over \$480 billion a year and estimated losses in work productivity adding up to \$1.24 trillion. Obesity is a complex condition that is caused by many different risk factors. Genetics certainly play a role in obesity since they can affect body size and shape, body fat distribution, appetite, and metabolic rate. Hormones can also play a significant part by influencing appetite and fat storage. However, genetics and hor-

mones are not nearly as influential as lifestyle factors, which include dietary habits and physical activity participation. This includes factors like choosing a diet high in fat, sugar, and calories; eating larger portion sizes, engaging in frequent snacking, and relying more and more on fast food and processed foods. We have also become far less active in our daily lives. Very few people meet the minimum recommended guidelines for physical activity participation, and technology has made sedentary lifestyles much more common for adults and children alike. The imbalance of too many calories being consumed and too few being used results in those excess calories being stored as body fat. So what is the solution? There is no easy fix, but a good place to start is a continued push to help people recog-

nize how severe the problem is and to put more resources toward education and public policies that help encourage the prevention of obesity. Parental guidance is important for helping reinforce proper nutrition and physical activity habits in children, especially since one-third of children in the U.S. are overweight or obese, and overweight kids are more likely to become overweight adults. The health care industry can do more to promote preventative weight management strategies and offer more guidance and support to those who are already dealing with the health impacts of obesity. Corporations should take more responsibility for their food products and marketing strategies that encourage the consumption of high-calorie junk food. And of course, people need to take personal responsibility for the lifestyle choices they make in terms of what they eat and how much physical activity they participate in. The obesity epidemic is daunting, but we need to make a continued effort to increase awareness of the problem and find effective ways to fix it. The future of our health depends on it. *Daren Smith teaches physical-education at Highline.*

Leap to end of the month with Leap Day traditions

By **Ally Valiente**
Staff Reporter

Saturday is the day you should propose to the man of your dreams- or at least one with money. According to an old Irish legend, women were allowed to propose to men once every four years on leap day. If a man rejected a woman's proposal that day, men were expected to pay a penalty, such as gifting her a gown or money. In European countries, especially in the upper classes of society, if a man refuses a woman's proposal on leap day, he would have to buy her 12 pairs of gloves, which is intended to hide a woman's embarrassment of not wearing an engagement ring. In Scotland, it is considered unlucky for someone to be born on leap day, just as Friday the 13th is considered unlucky in other parts of the world. Greeks consider it unlucky for a couple to marry on a leap year, especially Leap Day. Leap days are added to keep the calendar in alignment with the Earth's revolutions around the sun. Without that one extra day, Earth would lose six hours of daylight every year. Not only would Earth lose six hours as a result, it would get increasingly out



Samuel Hernandez/ THUNDERWORD

of sync with the seasons; otherwise people would be celebrating Christmas in the middle of summer. With a deviation of approximately six hours per year, the seasons would shift by 24 calendar days within 100 years without leap years. Leap days would also give the Earth proper amount of time it needs to complete a full circle around the sun. Roman general Julius Caesar implemented the first leap day in 45 BCE.

Back then, leap day was on Feb. 24 and February was the last month of the year. The ancient Roman Calendar added an extra month every few years to stay in sync with the seasons, similar to the Chinese leap month. The Julian calendar, created by Julius Caesar, came after the ancient Roman calendar. The Julian calendar marked days with equinoxes and solstices to keep in sync with the astronomical seasons.

The calendar contained 365 days in a span of a 12-month cycle. This eventually led to the calendar that's commonly used today which is the Gregorian calendar. Other calendars, such as the Hebrew, Chinese, Islamic, and Hindu calendar, implement leap years differently. The Hebrew calendar, which commonly has 353 to 355 days in a 12 month cycle will now have 383-384 days in a 13 month period. A month in a Chinese common year corresponds to the cycle of the Moon, from full Moon to full Moon. The Chinese calendar has a total of 13 months during leap years. There are no leap years in the Islamic calendar; months in the traditional version of the Islamic calendar are directly tied to the timing of the Moon phases. Contrary to the western Gregorian calendar Leap Day, which always falls on February 29, and leap year be added at any point during the year in the Hindu calendar. A common year is a standard Gregorian calendar year with 365 days divided into 12 months, and only 28 days in February. The last leap day was on Feb. 29, 2016. The next one is Saturday Feb. 29, 2020.

Enhance your protein with goat

Animal protein staples in America have traditionally been beef, pork and poultry. Until now, that is. American consumers are warming up to goat meat. It's a healthy protein choice that 75 percent of the world has been enjoying for a very long time.

Goat meat is a staple in Asia, Latin America, the Mediterranean, Caribbean and the Middle East. Here in the U.S.A., the popularity of goat meat is growing by leaps and bounds.

Goat's profile as a sustainable and lean meat choice is no doubt contributing to interest in this healthy protein. Since the molecular structure of goat meat is different from that of beef or chicken, it is easier to digest. Goat meat is leaner than beef and has just as many grams of protein per serving. It also is lower in saturated fat than chicken.

A 3-ounce portion of goat meat has 122 calories, considerably less than beef's 179 and chicken's 162. In terms of fat, goat is a much leaner and more readily available meat. It's 2.6 grams of total fat per 3-ounce serving is about one-third of beef's 7.9 grams and less than half of chicken's 6.3 grams. A serving of goat meat represents just 4 percent of your daily value of total fat, based on a 2,000-calorie diet. Goat meat also has more iron per serving than beef, pork, lamb or chicken.

THE KITCHEN DIVA



Angela Shelf Medearis

"Consuming goat meat hasn't been part of our culture, but its popularity is rising as people search for healthy, lean, hormone-free sources of protein," said Lindsey Stevenson, a University of Missouri Extension nutrition and health education specialist.

Goat meat may sound exotic, but it can be prepared much like lamb. The cuts are very similar: leg and leg cuts, sirloin, loin, rack of goat and shoulder cuts. Diced and ground goatmeat also may be available.

For consumers in the United States and Canada, look for goat meat at traditional grocers or in specialty markets. Goat meat also can be ordered online. Ethnic stores or specialty butchers may have goat on hand or be willing to order some for you.

You might be surprised to learn that much of the goat consumed here in the United States comes from Australia. Imports of goat meat to the United States have more than doubled in the past 10 years, and 98 percent of that imported goat meat comes



Depositphotos

Americans are finally embracing goat as a meat source.

from Australia.

Because Australian goats are pasture-raised in a natural environment and are not given any additives or added hormones, Aussie goat meat is lean and healthy, and has a natural flavor.

Much like its beef and lamb, Australian goat is a safe choice, as Australia is internationally recognized as free of all major livestock diseases.

And because Australia is one of the world's largest exporters of goat meat, you can count on its long-term commitment to food safety.

Because it's very lean and low in fat, goat meat is particularly well-suited to slow cooking methods such as braising and stewing, and in flavorful, spicy dishes like this Australian recipe for goat chops. It's a delicious way to warm up on a cold winter day.

GOAT CHOPS WITH TOMATOES AND CHICKPEAS

- 4 goat chops, bone-in
- 4 tablespoons vegetable oil
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons ground black pepper

- 1 1/2 teaspoons paprika
- 1 1/2 teaspoons ground oregano
- 1 onion, finely chopped
- 3 cloves garlic, crushed
- 1 (15-ounce) can chopped, peeled tomatoes
- 1/8 teaspoon crushed red pepper flakes
- 1/8 teaspoon cloves
- 1/8 teaspoon sugar
- 1/4 cup white wine or beef broth
- 1 (15-ounce) can chickpeas or butter beans, drained

1. Rinse and dry the chops on both sides. Sprinkle the chops on both sides with 1 tablespoon of the oil, 1 teaspoon each of the salt, black pepper, paprika and the oregano. Heat oil in a large frying pan and brown the chops, about 2 minutes per side. Remove and set aside.

2. In the same pan, fry the onion until soft. Add the garlic. Cook for 2 minutes, stirring occasionally.

3. Add the tomatoes, and the remaining 1/2 teaspoon each of the salt, pepper, paprika and oregano, along with the red pepper flakes, cloves and the sugar. Cook for 2 minutes. Add the wine or broth and bring to a boil. Lower the heat and simmer 5 minutes.

4. Add the chops and simmer over low heat for 30 minutes. Add the chickpeas or butter beans, simmer 10 minutes. Serves 4.

(c) 2020 King Features

Overnight stew rewards planning

Overnight Beef Stew

- 3 large celery stalks, cut into 1/2-inch-thick slices
- 1 large onion, cut into 16 wedges
- 1 bag (16 ounces) peeled baby carrots
- 2 tablespoons ground coriander
- 1 tablespoon ground ginger
- 1 teaspoon salt
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon dried thyme
- 1/4 teaspoon coarsely ground black pepper
- 4 pounds boneless beef chuck for stew, cut into 2-inch pieces
- 1 can (14 1/2 ounces) stewed tomatoes
- 3 tablespoons all-purpose flour
- 1. Mix celery, onion and carrots in bottom of 5-1/2- to 6-1/2-quart slow-cooker pot. In large bowl, combine coriander, ginger, salt, nutmeg, thyme and pepper; add beef and toss to coat well. Transfer beef mixture to pot with vegetables. Pour stewed tomatoes over beef.
- 2. Cover pot with lid and cook on low setting as manufacturer directs, 8 to 10 hours or until beef is fork-tender.
- 3. When beef is tender and ready to serve, strain stew over

GOOD HOUSEKEEPING

3-quart saucepan; return beef and vegetables to slow-cooker pot. Skim and discard fat from liquid in saucepan. Heat liquid in saucepan to boiling over high heat. Meanwhile, in cup, with fork, mix flour with 1/4 cup water until smooth. Gradually whisk flour mixture into liquid; heat to boiling. Boil 1 minute, until gravy thickens slightly, stirring occasionally. Pour gravy over beef and vegetables in pot. Serves 12.

Chocolate-Mint Sandwiches

- 6 ounces semisweet chocolate, melted and cooled
- 2 cups all-purpose flour
- 10 tablespoons (1 1/4 sticks) margarine or butter, softened
- 1/4 cup light or dark corn syrup
- 2 teaspoons baking soda
- 1/4 teaspoon salt
- 2 large eggs
- 1/2 cup sugar (see step 1)
- 1/3 cup sugar (see step 2)
- 2 bags (13 ounces each) chocolate-covered mint patties (you'll need about 54 1-1/4-inch

round mints)

1. Heat oven to 350 F. In large bowl, with mixer at low speed, beat melted chocolate, flour, margarine or butter, corn syrup, baking soda, salt, egg and 1/2 cup sugar until blended. Increase speed to medium; beat until well-mixed, scraping bowl often with rubber spatula.

2. Shape dough by rounded teaspoons into balls. Roll balls in remaining 1/3 cup sugar to coat. Place balls, 2 inches apart, on ungreased large cookie sheet.

3. Bake cookies 12 to 14 minutes, until set. Immediately turn half of cookies over on same cookie sheet. While still hot, place chocolate-covered mint patty on each inverted cookie; quickly top with remaining cookies, top side up.

4. Transfer sandwich cookies to wire rack to cool 1 minute, then press cookies together slightly so mint patty spreads out to cookie edge as it melts. Cool cookies completely on wire rack. Repeat with remaining dough balls, sugar and mint patties. Store cookies in tightly covered container up to 1 week.

Rise and shine for coffee cake

Knowing this special breakfast treat is waiting makes it worth crawling out of a warm bed on a cold winter morn. Prepare it the night before and warm it up in the microwave, and it will be ready before your eyes are wide open.

Almond Crunch Coffee Cake

- 1 1/2 cups reduced-fat baking mix
- Sugar substitute to equal 1/4 cup, suitable for baking
- 2/3 cup fat-free milk
- 2 tablespoons fat-free sour cream
- 1 egg or equivalent in egg substitute
- 1 teaspoon almond extract
- 1/4 cup chopped almonds

- Heat oven to 375 F. Spray a 9-inch round cake pan with butter-flavored cooking spray.
- In a large bowl, combine baking mix and sugar substitute. Add milk, sour cream, egg and almond extract. Mix gently just to combine. Spread batter in prepared cake pan. Evenly sprinkle almonds over top. Lightly spray top with butter-flavored cooking spray.
- Bake for 20 to 25 minutes or until a toothpick inserted in center comes out clean. Place cake pan on a wire rack and let set for at least 15 minutes. Cut into 8 wedges.

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COMFORT FOODS

BY HEALTHY EXCHANGES



TOWN HALL
47TH DISTRICT

By Mitchell Roland
Staff Reporter

A program to provide free and discounted tuition at community colleges in the state is now fully funded, a local legislator said.

In a town hall at Green River College in Auburn last Sunday, State Senator Mona Das, D-Kent, updated the audience on her current work in Olympia. Roughly 50 people attended to listen to Sen. Das, to voice their concerns and to ask questions about the Legislature's current session.

Sen. Das covered topics ranging from \$30 car tabs and sex education to efforts to fund free and discounted tuition at community colleges.

The Legislature has dealt

with funding free tuition and discounted tuition for some families at community colleges in the state during the current session. While the bill passed last year, multiple legislators said earlier this session that the program was underfunded by about \$100 million a year.

"We passed the bill, but we didn't fund it," she said.

Sen. Das said that legislation has been passed this session so that the program is fully funded.

The Legislature has also worked this session so that comprehensive sex education is standard in Washington. Sen. Das said sex education is personal to her, and that she hopes it passes this year, due to childhood experiences.

"I was molested at age 4," she said. "My parents just didn't know."

Sen. Das said that she was molested by a male babysitter at age 8 as well, and that she was unaware of what was happening.

"I didn't know that what was happening was wrong," she said.

While Sen. Das said she



Mitchell Roland/THUNDERWORD

Sen. Das said that a bill to require comprehensive sex ed is personal to her, due to being molested as a child.

doesn't know if more information would have prevented her incident, she hopes age appropriate education could help others in the future.

"I know it just didn't happen to me," she said.

Sen. Das said that one of the main priorities for the Legislature this session has been to sort out a potential reduction in car tab fees.

Initiative 976, which passed during the 2019 election with nearly 53 percent support, reduced the price

of car tabs to \$30. The State Supreme Court has placed a hold on the initiative, while appeals work through the court system.

Sen. Das said that the issue with \$30 dollar car tabs is that due to a lack of a capital gains or income tax in Washington, there are a limited amount of ways to collect money.

"We don't have a lot of taxes," she said.

Sen. Das said that while she sees the appeal of \$30 car tabs, the money was necessary to

fund other projects.

"Everyone wants to pay \$30, I do too," she said. "I also know that I like roads and I like schools."

Sen. Das said that the Legislature is unsure how to make up for the potential lack of money, but they are working to figure it out.

"We do not know how to figure it out, but we are working on it," she said.

In the second session of her first term, Sen. Das said that she and her fellow new senators have tried to change how things work in Olympia.

"We just do things differently," she said. "There's a breath of fresh air."

As one of four women of color in the Senate, Sen. Das said she and her colleagues want to represent everyone in their districts.

"We all feel the responsibility to make sure all voices are at the table," she said.

Sen. Das said that she wants to make sure everyone, and not just the wealthy, are represented in the Legislature.

"Poor people don't have lobbyists," she said.

Town Hall
continued from page 1

ents always have, and always will, have the opportunity to opt out," she said that the purpose is to educate children about their bodies.

"This is about teaching kids about health," Sen. Wilson said.

Sen. Wilson said that it is critical to teach kids affirmative consent.

"We have the right to say no," she said.

Rep. Jesse Johnson, D-Federal Way, said that he has heard from many of his constituents on the topic, and he is still sorting out how to move forward.

"I'm a listening ear to everyone who has reached out about this issue," he said.

Rep. Mike Pellicciotti, D-Federal Way, said that as a former sex crimes prosecutor, there needs to be "empowerment" so that children know about the dangers of sexual assault.

Rep. Pellicciotti said that during the session, he has worked to "close the lobbyist revolving door" and has proposed a two-year "cooling off period" before former elected officials could become paid lobbyists.

"I think that's something we fundamentally need to fix," he said.

Rep. Pellicciotti said he has also worked to provide benefits for human trafficking victims, a bill to end foreign lobbying, and a bill to provide more



Mitchell Roland/THUNDERWORD

The legislators from the 30th district said that there is still work to be done during the current session.

transparency during congressional redistricting.

Sen. Wilson said that this session she has tried to bring additional services and support to families in need that live outside Seattle and other urban areas.

"Folks outside those areas often struggle," she said.

Sen. Wilson also said that during her time in the legislature, she has tried to bring more money for education.

"If we invest in children early, the return will be sevenfold later on," Sen. Wilson said.

Rep. Johnson said that since he was appointed on the second day of the session, it has sometimes felt "like drinking from a fire house."

Rep. Johnson said that he received a limited amount of information on the legislative process.

"I had a three and half hour training condensed to 20 minutes," he said.

Rep. Johnson said that he has also worked to support homeless students, students in foster care and to provide additional funding for education.

After each legislator gave an update on their work, they took questions from the crowd on other legislation that is in the works.

One crowd question dealt with efforts in the Legislature to repeal the death penalty. While the State Supreme Court ruled last year that the death penalty was unconstitutional as-is, the court said it could be constitutional if it was administered without bias.

A bill to repeal the death penalty in Washington passed the Senate and is scheduled for a hearing today in the House Committee on Public Safety.

Rep. Pellicciotti said that he voted to repeal the death penalty last year, and he supports the repeal due to the State Supreme Court finding the death penalty

unconstitutional.

"My vote has been to repeal an unconstitutional statute," he said.

Rep. Johnson said that while the death penalty disproportionately impacts people of color, he does not have a firm opinion yet.

"To be honest, I'm not really sure where I am on this issue," he said. "I'd have to really think about it."

Sen. Wilson said that she has voted to repeal the death penalty twice, and that she was concerned with the possibility of executing someone who is innocent.

"I think that it's something that we can't do," she said.

During the open mic session, one audience member said that she hoped Rep. Johnson represents white people, and not just people of color. The other two legislators in attendance came to Rep. Johnson's defense, and said that he is working for ev-

eryone.

"We have conversations every day, and he's fighting for everyone in this district every day," Rep. Pellicciotti said.

"Representation matters," Sen. Wilson said.

Sen. Wilson said there has long been a need in the Legislature for increased diversity.

"I think it's long overdue, and I think it's important," she said.

Rep. Johnson said that while he brings his own point of view to the Legislature, he works for all of his constituents.

"We all bring our own lens to politics," he said. "It doesn't mean that I don't help everyone."

In the event, all three legislators stressed the role that youth play in the political process.

Rep. Johnson said that legislators need to "continue to engage [youth] in the process."

"We need to make sure that we continue to empower them," he said.

Rep. Pellicciotti said that he is involved in several youth organizations such as the Boys and Girls Club, but that Rep. Johnson is "leading the way" on empowering youth.

Sen. Wilson said she often hears from her young constituents, and that the people she hears the most from on sex education are "adolescents and youth."

"Youth are the voice that we really need to pay attention to and listen to," she said.