

THUNDERWORD

In this issue

Campus Life	2-3
Views	4
Puzzles	5
Food	6
News	7
Arts	8
Sports	9-11
News	12-16

Page 3
Professor's passions led her to learn English, and teach Spanish



Page 8
Coronavirus concerns Comic Con fans, vendors



Page 9
Men's basketball set to play Skagit Valley in the first round



Campus taking precautions for coronavirus

By Mitchell Roland
Staff Reporter

While campus will remain open, Highline President Dr. John Mosby said the college is prepared to take whatever action is necessary to prevent the spread of COVID-19.

The virus, which first began spreading in China, has killed 11 people in the United States as of Wednesday afternoon, including 10 in the Puget Sound region. According to the Centers for Disease Control, symptoms of the virus can include shortness of breath and a fever.

Local schools such as Kentwood High School have closed this week so that their campuses can be deeply cleaned.

Dr. Mosby said that the college is following advice from public health officials in determining a response to the outbreak.

"We will follow the guidelines and recommendations of the King County Public Health Department," he said.

Highline has also been in conversation with other schools in the region as well as the Centers for Disease Control when determining a response.

"The presidents have been in constant conversation," Dr. Mosby said.

If the college were to close, Dr. Mosby said that he is talking to professors and is looking at

See Coronavirus, page 15

Food service options limited

Customers ask for broader menu, but then don't buy

By Samuel Watson
Staff Reporter

Highline may not have the right ingredients to cook up a bigger, better food service.

Nonetheless, Rachel Collins and Highline's food service vendor, Lancer say they are working to provide the best service they can to Highline students.

Lancer is a unit of France-based group Eloor, a billion-dollar commercial catering and food service company.

Collins has been the conference services and events manager at Highline for nine years. Her job involves many things; some of these are managing the scheduling of all internal and external events, doing event management on-site, resolving complaints, and acting as a liaison between the college and Lancer.

Highline offers several on-campus food options. Located on the first floor of the Student Union, The Union Café offers breakfast and lunch. The café is open Monday-Friday from 7:30 a.m. - 2 p.m. during Fall, Winter, and Spring Quarters, and Monday-Thursday from 7:30 a.m. - 1:30 p.m. during Summer Quarter, and closed on Fridays.

Also located in the Student Union,



Izzy Anderson/THUNDERWORD
A barista serves a Highline student in the Fireside Bistro.



Izzy Anderson/THUNDERWORD
A Lancer cook serves up some fries at the Union Café, located on the first floor of Building 8.

the Fireside Bistro offers a variety of coffee and espresso drinks as well as grab-and-go snack and meal options. The bistro is open Monday-Thursday from 7 a.m. - 6:30 p.m. and Friday from 7 a.m. - 4 p.m. during Fall, Winter, and Spring Quarters, and is closed during Summer Quarter.

Café 29, located on the second floor of Building 29, which includes the Central Washington University (CWU) Des Moines Campus, offers much of the same things as the Fireside Bistro. The café is open Monday-Thursday from 8 a.m. - 4 p.m. and closed Fridays during Fall, Winter, and Spring Quarters, and is closed during Summer Quarter.

"Everyone has an opinion on food," said Collins. A major part of her job is working with Lancer to share any feedback received from students as it

relates to food service at Highline.

One comment that has repeatedly been made by students is surrounding vegan and vegetarian options, Collins said. Many students have asked for a larger salad bar and for more plant-based options, but they don't follow through when it comes to buying them.

"We try to listen to requests, but it's hard when people are continuously asking for salads but not buying them," said Collins.

Highline's food service is currently undergoing a change and will no longer be a part of Lancer; they will now be a part of Aladdin. Both Lancer and Aladdin are under the larger group of Eloor, but oversee different areas.

"Lancer and Aladdin are separate,

See Food Service, page 16

Crime Reduction Unit aims to keep jails empty

By Joe Locher
Staff Reporter

Anthony Cavillo was caught carrying two Xanax pills on an international flight to Japan. He uses these meds for sleep and anxiety on long flights overseas.

He was detained on a random search and the pills were found on him.

"I'm not being combative and I carry correct identification and airline passage," Cavillo said.

The border patrol did not care. He was jailed, then released pending trial.

The Burien District court saw fit to send Cavillo to an alternative called the community court, which is located in the Burien Community Center.

It contains all manners of assistance for people accused of petty crimes.

Cavillo is now one of its clients. Cavillo owns a company which details cars



Anthony Cavillo

See Reduction, page 16

Upcoming Spring Gala to raise funds for Highline

By Seattle Valdivia
Staff Reporter

The Highline Foundation's annual Spring Gala is around the corner.

The gala will take place at the Cedarbrook Lodge in SeaTac on Saturday, April 25.

The main purpose of the gala is to raise money in support of scholarships, emergency support and special projects.

Josh Gerstman is the vice president of the institutional advancement and executive director of the Highline College Foundation.

The audience likely will be community members, alumni, faculty, staff, foundation board members and long-time supporters of the college.

The event is also a time to recognize the work of faculty and staff and raise awareness about the student experience and encourage community support, Gerstman said.

Since this is a fundraising event, it takes time and people to organize it.



Highline Foundation

The Highline Foundation puts on the Spring Gala every year to raise funds for programs and scholarships at the college.

"There is a planning committee made up of foundation board members, staff, faculty and community volunteers," Gerstman said. "The team is currently gathering items for a live auction and promoting the gala."

The doors will open at 5:30 p.m. with a cocktail reception, dinner at 7 p.m.,

followed by a live auction.

During the gala, there will be a moment called Raise the Paddle.

"During this time, we will share information about the new WISH (While in School Housing) program, and the United Way Bridge to Finish program," Gerstman said.

The foundation is committed to providing matching funds to these programs to help make them sustainable as they provide resources to assist students, Gerstman said.

The registration to buy tickets is now open and will be closed on April 24.

The price for attending the gala is \$150 per ticket, but faculty and staff can get a discount.

"Thanks to our popular demand, we are bringing back the special ticket offer for faculty and staff," Gerstman said. "If [faculty and staff] purchase a ticket before April 1, they will get 50 percent off the price to the public."

To purchase tickets through this offer, contact Highline Foundation office at ext. 3212.

"After the event, we will report on the results and how the funds will be used," Gerstman said.

Tickets can be purchased at the Spring Gala webpage at <https://bit.ly/2Tk16JN>.

More information about the Gala can be found at <https://bit.ly/32P8QqA>.

Armed robbers strike Highline

An armed robbery occurred at Highline on Tuesday night.

A male student was approached by two individuals, armed with a handgun and knife, and his cell phone and \$250 in cash were taken.

One of the robbers is described as a white male with curly hair and missing bottom teeth. The other is a black male wearing a leather jacket.

The robbery occurred in front of Building 1 at 8:40 p.m.

Public safety is working with the Des Moines police department on the investigation.

Highline has asked Des Moines police to increase extra patrols after dark.

If anyone has any information about the incident, they should contact the police department at 206-878-3301 or public safety at 206-592-3218 or they can send an email to publicsafety@highline.edu.

Public safety asks that people call public safety or dial 911 if any suspicious behavior or people are seen anywhere on campus, especially where visibility is limited such as secluded walkways or doorways.

If you are confronted, do not resist. Comply with the demands and try to memorize things such as appearance, clothing, behaviors, and the direction they are traveling. Call 911 after the person leaves.

Be aware of your surroundings at all times and keep valuables out of sight to prevent yourself from becoming the victim of a crime.

Students, faculty, and staff can call public safety at any time for safety escorts.



Film discusses diseases

Tomorrow's Science Seminar will present the documentary *Unseen Enemy*, in Building 7 with doors opening at 1:15 p.m.

The film will present information on different diseases such as ebola, influenza, zika, SARS, and coronavirus from the perspective of doctors, scientists, and people that have been affected by different diseases.

Deny entry drill cancelled

The deny entry/shelter-in-place active threat drill originally scheduled for today has been cancelled.

In order to participate in the drill, people would have had to gather close together for a period of time, but due to concerns about covid-19, public safety decided to postpone the drill.

The drill will most likely be rescheduled for an undetermined date in Spring Quarter.

Advising forum held on campus

A forum will be held by the Advising Council today from 10:30 a.m. to noon in the Mt. Constance/Mt. Olympus room in Building 8.

The forum will cover the

new college advising model's four steps as well as offer an opportunity for participants to walk through the steps and provide feedback throughout the experience.

The four steps include the pre-enrollment phase and the pathway advising phase, which take place before enrollment and through the first quarter. It includes developing relationships, admissions, early planning, and registration.

The third phase is the faculty advising phase which includes continued meetings with a chosen faculty advisor, choosing a program of study before 30 credits, and continued connections.

The final phase is the completion and transferring phase. During this phase the faculty advisor works with students on completing their requirements and if students are interested, the advisor will assist them in transferring to a four-year institution.

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 author of this year's NEA Big Read, Julie Otsuka, will be on campus on March 9 in Building 7 from 1:30 to 3 p.m. to read from and discuss her book *When the Emperor Was Divine*.

- 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/ Mt. Olympus rooms in Building 8.

- The Global Student Ambassadors are holding an open mic and karaoke event, Global Jam, on March 10 from 4:30 to 6 p.m. in the Bistro in Building 8.

- There will be a networking lunch for STEM students hosted

by MESA and WiSE on March 12 from noon to 2 p.m. in the Mt. Constance/Mt. Olympus rooms in Building 8. Interested students should email MESA director Timur Kutzu at tkuzu@highline.edu to register.

- The Winter 2020 Student Research and Creative Works Symposium will be held on March 13 from 8:30 a.m. to 2:30 p.m. in the Mt. Constance/Mt. Olympus room in Building 8.

- The Annual College and Career Day will be held on March 23. The event is an all-day event for high school seniors making decisions about their future education goals. A resource fair will be held for

the students from 11 a.m. to noon.

- Applications are being accepted for the University of Seattle's Alfie Scholarship. Applications must be in by March 29. Applications can be submitted at <https://bit.ly/2HXnFgZ>.

- The Martin Family Foundation Achievement Scholarship applications for students transferring to the University of Washington in Seattle are now being accepted. The application can be found at <https://bit.ly/2I19ZBM> and must be submitted by April 10. For more information, contact Robin Chang at robinc@uw.edu or 206-543-2603.

Interested in learning about the Jewish religion and its foundations?

- 12-week class
- Sundays @ 2 - 4 pm, starting March 29th
- Taught by Rabbi James Mirel
- Held at a synagogue in Des Moines



If you are interested or for more information, please call:

206.577.0403

A passion for learning and teaching

Professor likes working with Highline’s diversity

By Harry Espinoza
Staff Reporter

Dr. Judith Villanueva did not know how to speak English when she came to study in the United States. Now she teaches Spanish to people who speak English at Highline.

She lived in Mexico when one day her grandfather gave her some books in English.

“I love reading and having such beautiful books; I wanted to read, but I couldn’t because they were in English,” Dr. Villanueva said.

She said that passion brought her to study English in the state of Texas.

After graduating, she became a Spanish teacher.

Dr. Villanueva has been teaching at Highline for three years.

She also worked at Bellevue College, the University of Washington, and Seattle Central College.

“Highline is my favorite place, and there is an excellent atmosphere; there is great diversity,” Dr. Villanueva said.

She said she also loves the variety of ethnic backgrounds, languages, and cultures.

“I love working with a lot of diversity, and my colleagues



Harry Espinoza/THUNDERWORD

Dr. Judith Villanueva knows multiple languages, and would like to learn more.

care a lot about the students,” Dr. Villanueva said.

She said she speaks English, French, and Portuguese apart from Spanish.

“The most difficult language to learn was English because it was the first one I learned,” Dr. Villanueva said. “The other languages were easier because I had experience and techniques to learn them.”

Additionally, she said she wants to learn Arabic because, at Highline, many students from North Africa speak that language.

On the other hand, she said she is delighted with her co-workers because they support each other.

“Brilliant and capable teachers surround me, and I liked that a lot because they are not only my colleagues but also my friends,” Dr. Villanueva said.

Otherwise, she said she is delighted with the opportunities that Highline brings her.

“I am a first-generation student, and at Highline, we have the opportunity to support them,” Dr. Villanueva said.

She said she understands the difficulties that a first-generation student faces.

She said that it is more complicated for first-generation students to obtain information about financial aid or information from schools.

She said that by having ex-

perience, she could advise first-generation students

She said another opportunity is global learning.

She said at Highline people have the chance to learn more about other languages, cultures, and countries.

Also, Vice President Dr. Emily Lardner wants Highline to be a Hispanic Serving Institution.

“She has created committees, so I can work and help,” Dr. Villanueva said.

“I am fascinated for the opportunity to help the Hispanic community,” Dr. Villanueva said.

She said that she also faces several challenges at Highline.

She said one of the challeng-

es is that she is the only person to be a full-time professor in World Languages.

She said they are working hard with the union to have more full-time teachers.

“We work a lot with the union to ensure job security and also a better quality of the study,” Dr. Villanueva said.

“Another challenge I face is to exploit the connection between international students studying a language with native students who speak that language,” Dr. Villanueva said.

At the same time, she said she had changed her curriculum because there is an excellent diversity at Highline.

“I have worked hard to create a community among students, that they know each other is my main objective,” Dr. Villanueva said. “I love teaching language because we have so much fun in class the students make jokes, even in Spanish.”

Furthermore, she said that teaching Spanish in the United States is an act of resistance against the fascist policies people are observing.

“As a first-generation student, I would like to add that students approach their teachers and ask two questions,” Dr. Villanueva said. “How were your experiences and challenges, and what advice do you give me?”

She said that at Highline, many teachers have a lot of experience to help and that Highline is a place with great opportunities.

“The opportunities are not for those who deserve them, and the opportunities are for those who take them,” Dr. Villanueva said.

Student Government seeks input on reorganization

By Mitchell Roland
Staff Reporter

While a plan to reshape Student Government moves forward, students will soon be able to provide their input.

Associated Students of Highline College President Mohamed Jama convened a restructure committee to look at possible changes to Student Government. As a part of the process, the committee is currently planning events to receive student feedback.

Jama said that the committee is currently planning tabling events Monday through Wednesday from 11 a.m. to 3 p.m., but students will have other options to give feedback.

“There will also be an opportunity for students to take the survey online,” he said.

As the committee receives student feedback, they continue to research possible structures.

“While the survey is going on, the com-



ASHC President Mohamed Jama says they want to know what students know about Student Government.

mittee will be looking at other colleges’ models for student government,” Jama said.

Jama said that hopes to use the results to see campus knowledge on Student Government at Highline.

“We hope to find the understandings of students on Student Government,” he said. “And if going on the path to changing and transforming ASHC is the answer or not.”

But if the results show a lack of student knowledge, Jama said that the committee will reconsider.

“If we get feedback that suggests that students don’t know anything or aren’t familiar with their Student Government, than we will change,” Jama said.

But Jama said that the committee is also facing some difficulties.

“Challenges are good, but sometimes when it’s framed in a certain way, it’s just discouraging,” Jama said.

Jama said that he has talked to people on campus who said that the structure of Student Government should remain and council members should stay in the current system.

The plan to restructure Student Government is also taking longer than expected.

Originally intended to last three weeks, the committee’s timeline is now indefinite. During a committee meeting on Tuesday, Jama said that plans need to be finalized by the end of May for the changes to go in to effect in the fall.

“The three-week timeline did not seem feasible,” Jama said.

The restructuring committee has also faced some of the same challenges that the Student Council has faced. Jama has said one of his reasons for forming the committee was due to a lack of participation by council members.

During their Tuesday meeting, three committee members were absent while a fourth member who was originally appointed had resigned. Jama said that the member resigned due to a conflict with their work schedule, while the three absent members gave prior notice they would not be at the meeting.

COVID-19 calls for caution, not hysteria

As of Tuesday, the total number of confirmed COVID-19 cases in Seattle and King County has risen to 21, and all you have to do is head to the grocery store to see the panic. Everyday Costco runs have become mad dashes for nonperishables and various over-the-counter medicines, leaving those of us who feel more even-tempered about the whole situation slightly baffled.

There’s no denying that the spread of COVID-19 should be taken seriously. After all, 10 cases have resulted in death.

However, take into account the three demographics most vulnerable: the very old, the very young, and the otherwise immuno compromised. As far as anyone can tell, any fatality directly attributed to the virus has fallen into one of these three categories.

The majority of people with healthy immune systems have little to nothing to worry about, more than likely.

It’s also noteworthy that masks are more or less useless in preventing the spread of the virus. Short of wearing a custom-fit N95 respirator, the average surgical mask has too many openings and crevices for bacteria to enter to protect you completely, never mind that your eyes are just as likely to serve as an entrance point.

The people we really need to worry about are our friends and loved ones who may be more susceptible than others. That is, our grandparents, younger siblings and acquaintances who may live with particular circumstances that leave them with compromised immune systems.

For example, people with certain kinds of arthritis may be otherwise relatively healthy, but are still vulnerable by virtue of this condition.

Another example might be someone going through chemotherapy, which weakens the immune system among other bodily functions. This might make them similarly susceptible.

The best ways to go about protecting these people: wash your hands, don’t share food, be mindful of your bodily contact, etc.

Do what you’ve done all your life every time you’ve had have a cold, fever, strep or any other highly transferable disease, and be careful.

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.



Writing is the key to success

If you want to improve your writing, there’s no better method than to simply read.

This is important because your success in college is determined by your ability to write, arguably more than any other skill.

Across other forms of education, you get a passing grade by checking the right boxes, answering the right questions. High school teaches you how to pass tests, not how to understand the material.

A good college class asks more of you. You’re challenged to not only follow your lectures and complete work on time, but also to prove to your instructor that you understand the work.

There’s no better way to do this than to learn how to write a clear and concise paper, no matter the subject.

Tarisa Matsumoto-Maxfield, who prefers “Ms. M,” is an English professor at Highline, and provided me with her two cents on the matter.

“It’s important to learn how to write, but it’s vital to learn how to write well,” she said. “Even today, when we apply for a job or scholarship, or when we turn in an application for a loan or admission to college aid, we have to write those applications.”

To actually convince her students of this, she usually tries to provide some examples of scenarios where they’ll have to write when they may not expect to.

“Sometimes a student will

Gone Fishin’



Jack Fishkin

tell me that they’ll never have to write when they go into their professions,” she said.

“However, in college, I used to work for engineers at an aerospace company, and all those engineers ever did was write reports. So, even in careers in which you don’t expect writing to be an important thing, it will be.”

When it comes to the most common issues she sees in student papers, Ms. M says that many students have a misplaced sense of importance in their grammar.

“I have a lot of students who think that if they just correct all of the typos and add some commas in that they’ll have a great paper,” she said. But she believes that perfect grammar isn’t what makes a great paper.

Rather, it’s the ideas.

“Many students can talk about their ideas, but somehow, writing those ideas down is the

struggle,” she said.

Her best recommendation for students to improve their writing is to “read, read, read.”

Ms. M thinks that most good writers out there have reached the point they’re at by reading.

“I know published authors who have said as much. Their writing isn’t good because they know the grammar rules; their writing is good because they know how to communicate ideas in such a way that a reader is moved or can see everything that the writer writes about in their minds,” she said.

In order to determine whether one of her students understands the material in her classes, Ms. M says that she looks for complexity in thought.

“If they can connect the material to other parts of their lives or to other classes, then I know that they’ve really thought about the material and sought to come to a deep understanding of it,” she said.

Above all, Ms. M stresses the importance of reading to write better.

“Writing is an art,” she said.

“No musician ever became a great musician by just playing their instrument. They go out and hear musicians, they listen to music, they surround themselves with sound,” she continued.

So, in order to improve our writing, we need to read. We need to read what others write.”

Jack Fishkin is the opinion editor of the Thunderword.

THE STAFF

Vodka martini, extra dry, three olives.

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Weekly SUDOKU

by Linda Thistle

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	5				9			7
		9	4				8	1
8				3		9		

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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King Crossword

ACROSS

- 1 TGIF part
4 Bing's buddy
7 Block the flow
12 Just out
13 "Hail!"
14 Become one
15 Meadow
16 High-flying tourist
18 \$ dispenser
19 Soviet cooperative
20 Genius
22 Decorate Easter eggs
23 Boast
27 Discoverer's cry
29 Weaken, in a way
31 Nary a soul
34 Star in Orion's left foot
35 "Now" or "never"
37 Drench
38 TV dinner veggies
39 "Go, team!"
41 Wild and crazy
45 Rescues
47 "The Raven" writer
48 TV show for entrepreneurial hopefuls
52 Transgression
53 Asian nation

1	2	3		4	5	6		7	8	9	10	11
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56						57				58		

- 54 Hockey surface
55 Superlative ending
56 That is (Lat.)
57 "Ben-Hur" author Wallace
58 Vast expanse
7 One-on-one fight
8 Pismire
9 Bay State sch.
10 Multipurpose truck
11 Apiece
17 Start a garden
21 Regions
23 All-out attack
24 Carpet
25 Consumed
26 Solidify
28 That woman
30 Anger
31 Siesta
32 Praise in verse
33 Eggs
36 Unruly kid?
37 From what place
40 Use
42 Church recesses
43 Din
44 Busybody
45 Old card game
46 Distort
48 Tackle moguls
49 Scuttle
50 Exist
51 Scale notes

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1. **TELEVISION:** In which state was the fictional town of Mayberry set for the series *The Andy Griffith Show*?
2. **MEASUREMENTS:** How many years is a sesquicentennial anniversary?
3. **LITERATURE:** Who wrote the novel *The Haunting of Hill House*?
4. **GEOGRAPHY:** How many countries border China?
5. **MUSIC:** Which 1990s popular band's original name was Mookie Blaylock?
6. **U.S. PRESIDENTS:** Which president was the first to be born a U.S. citizen?
7. **FAMOUS QUOTATIONS:** Which Austrian poet once wrote, "Spring has returned. The Earth is like a child that knows poems"?

8. **MOVIES:** Which futuristic 1970s movie's tagline was "Boy, have we got a vacation for you ..."?
9. **PSYCHOLOGY:** Which abnormal fear is represented in the condition called apiphobia?
10. **ADVERTISEMENTS:** Which product featured the manicurist Madge in TV commercials beginning in the 1960s?

1. North Carolina
2. 150
3. Shirley Jackson
4. 14
5. Pearl Jam
6. Martin Van Buren
7. Rainer Maria Rilke
8. *Westworld*
9. Fear of bees
10. Palmolive dishwashing liquid

ANSWERS

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Puzzle answers on Page 11

ARIES (March 21 to April 19) Change is still dominant for Rams and Ewes, both in the workplace and their private lives. This is also a good time to look at a possible relocation if that has been one of your goals.

TAURUS (April 20 to May 20) Doing things for others is what you do well. But don't forget that Bovines thrive on the arts, so make some time for yourself to indulge your passion for music and artistic expressions.

GEMINI (May 21 to June 20) While the Romantic Twin considers where to go for his or her upcoming vacation, the Practical Twin will start making travel plans now to take advantage of some great bargains.

CANCER (June 21 to July 22) Your sensitive nature helps you deal with a difficult emotional situation. Be patient and continue to show your sincere support wherever (and for whomever) it is needed.

LEO (July 23 to Aug. 22) You're making progress as you move through some unfamiliar territory. And while there might be a misstep or



two along the way, overall you're heading in the right direction. Good luck.

VIRGO (Aug. 23 to Sept. 22) Some good news arrives — and just in time to remind you that you're making progress. Perhaps things aren't moving as quickly as you'd prefer, but they're moving nevertheless.

LIBRA (Sept. 23 to Oct. 22) This is a good week to step back and assess the facts that have recently emerged to see where they can be used to your advantage. Also, don't hesitate to make changes where necessary.

SCORPIO (Oct. 23 to Nov. 21) You should begin to experience some support from those who now agree with your point of view. This should help counter the remaining objections from die-hard skeptics.

SAGITTARIUS (Nov. 22 to Dec. 21) Don't let your aim be deflected by trivial matters

as you try to resolve a confusing situation. Take time to find and thoroughly assess the facts before making any decision.

CAPRICORN (Dec. 22 to Jan. 19) The possibility of moving to another location has come up. But before you dismiss it as unworkable, it's worth checking out just in case it does have some merit after all.

AQUARIUS (Jan. 20 to Feb. 18) New relationships — personal or work-related — show mixed signals. Best to assume nothing. Let things play themselves out until you have something substantive to work with.

PISCES (Feb. 19 to March 20) Your ability to make needed changes without causing too much, if any, negative ripple effect comes in handy when dealing with a sensitive matter either on the job or in the family.

BORN THIS WEEK: Although you like things to go smoothly, you're not shy about making waves when you believe the situation calls for it.

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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!

	÷		+		11
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Maintain health with probiotics

When it comes to making healthy eating choices, there is a constant barrage of information.

Fueled by a multi-billion-dollar industry, marketers try to convince us that their products are just what we need to feel good and be healthy.

When it comes to probiotics, for example, what do consumers need to know to make an informed buying decision?

Probiotics are the “friendly” bacteria that reportedly help improve or maintain good gut health.

Probiotics contribute to a healthy gut flora. These live microorganisms can help you have good digestion, boost your immune system and even provide you some important vitamins.

Many foods are now enriched with probiotics, which also can be purchased in supplement form.

“Non-harmful” bacteria are formed during the fermentation process. But if processing (usually through heating or cooking) destroys these bacteria and they are no longer live, they also may no longer be beneficial.

According to Dr. Joel B. Mason, a professor at Tufts University, “There are over 100 different types of organisms that might be called ‘probiotics,’ and each one is very different.”

Research has shown that certain strains help in specific situations. For example, for older



hospitalized patients who might otherwise have diarrhea caused by broad-spectrum antibiotic therapy, certain probiotics help promote good digestion by fighting off bad bacteria in the gut, just as naturally occurring good bacteria do.

But research does not yet substantially support some benefits touted by marketers of probiotic foods and supplements. These include claims that probiotics improve the immune system, reduce symptoms of the flu or colds, or prevent constipation.

For thousands of years, cultures around the world have consumed probiotics by eating fermented foods, which include all yogurts, aged cheeses, cottage cheese, pickles (brine cured without vinegar), tempeh, tofu, kimchee, miso, microbrewed beers and wine, and sauerkraut.

Sauerkraut has ancient origins dating back more than 2,000 years.

Legend tells us that fermented cabbage was a food staple for workers constructing the Great Wall of China. In the summer, laborers building the wall lived



Depositphotos

Sauerkraut is filled with stomach friendly bacteria.

on cabbage and rice. In the winter, the cabbage was preserved with rice wine, which soured the cabbage, keeping thousands of workers healthy in the worst of conditions.

Probiotics found at the store usually contain only one strain of bacteria or a few strains that are thought to be helpful.

On the other hand, raw sauerkraut can contain a mixture of over 13 different species of gut-friendly bacteria.

Each batch of sauerkraut you eat may contain different proportions of different strains of probiotics. Including a variety of strains can help you diversify and improve your gut flora.

with more health benefits. It’s a delicious way to improve your gut health.

SPICY SAUSAGE AND SAUERKRAUT SANDWICHES

- 1 pound bulk spicy pork sausage
- 2 medium green and/or sweet yellow peppers, ribs and seeds removed, chopped
- 1 medium onion, chopped
- 8 pretzel or regular hamburger buns, split
- 8 slices pepper jack or provolone cheese
- 1 1/2 cups sauerkraut, rinsed and well-drained
- 2 tablespoons Dijon mustard, optional

1. Heat oven to 350 F. In a large skillet, cook sausage over medium heat 4-6 minutes or until no longer pink, breaking into crumbles; drain.
2. Add bell peppers and onion; cook and stir 8-10 minutes longer or until vegetables are tender.
3. Place bottom burger buns on a foil-lined baking sheet. Spoon meat mixture onto bun; place cheese over meat. Bake 4-6 minutes or until cheese is melted.
4. Remove from oven and top with the sauerkraut. Add Dijon mustard, if desired. Put top buns on the sauerkraut and meat mixture and serve immediately. Serves 8.

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Try a taste of Italy for dinner

Italian Pasta Pie

- 8 ounces rotelle or elbow macaroni
- Salt
- 1 cup bottled marinara or spaghetti sauce
- 1 package (8-ounce, 2 cups) shredded part-skim mozzarella cheese
- 2 cups all-purpose flour
- 3/4 cup shortening or butter-flavor shortening
- 1 large egg
- 1 container (15-ounce) part-skim ricotta cheese
- 1 container (7-ounce) refrigerated pesto sauce
- 1/4 teaspoon ground black pepper
- 1 tablespoon grated Parmesan cheese, (optional)

1. In saucepot, prepare macaroni as label directs, using 2 teaspoons salt in water. Drain macaroni; return to saucepot. Stir in marinara sauce and 1 cup shredded mozzarella; set aside.
2. Meanwhile, in large bowl, combine flour and 1/2 teaspoon salt. With pastry blender or two knives used scissor-fashion, cut in shortening until mixture resembles coarse crumbs. With fork, stir in 4 to 5 tablespoons cold water just until mixture holds together.



- Shape dough into a ball; set aside.
3. In cup, lightly beat egg; reserve 1 tablespoon beaten egg for brushing on crust later. Place remaining egg in medium bowl; stir in ricotta cheese, pesto sauce and pepper.
4. On lightly floured surface, with floured rolling pin, roll two-thirds of dough into rectangle 2 inches larger all around than inverted 11-by-7-inch glass baking dish. Gently ease dough into baking dish, allowing dough to hang over edge.
5. Sprinkle remaining 1 cup mozzarella cheese over bottom of dough in baking dish. Top with half of pesto mixture, all of macaroni mixture, then remaining pesto mixture.
6. Heat oven to 400 F. Roll remaining dough into 12-by-8-inch rectangle; lift onto top of pie. Fold overhang under and pinch to form stand-up edge; flute. Cut slits in top of crust to allow steam to escape during baking. Brush top

of pie with reserved egg; sprinkle with grated Parmesan cheese.

7. Bake pie 40 to 45 minutes until crust is golden brown and filling is hot. Serves 8.

Italian Deli Salad

- 1 medium head romaine lettuce
- 6 ounces thinly sliced salami
- 5 ounces sharp Cheddar cheese
- 4 ounces Provolone cheese, thinly sliced
- 3 small (about 3/4 pound) tomatoes
- 2 tablespoon red wine vinegar
- 1 tablespoon olive oil
- 2 teaspoon Dijon mustard
- 1 jar (6-ounce) sweet fried peppers with onions

1. Cut romaine lettuce crosswise into 1/2-inch strips. Cut salami into thin strips. Cut Cheddar cheese into 1/2-inch cubes. Cut Provolone into thin strips. Cut each tomato into 8 wedges.
2. In large bowl, with wire whisk or fork, mix red wine vinegar, olive oil and Dijon mustard. Add romaine lettuce, salami, Cheddar cheese, Provolone cheese, tomatoes and sweet fried peppers with their oil; toss to mix. Spoon salad onto 4 dinner plates. Serves 4.

(c) 2020 Hearst Communications

This pudding is a taste of Hawaii

This quick microwave dessert tastes like you’re basking in the sun in the Hawaiian Islands.

Pineapple Cream Pudding

- 1 (4-serving) package sugar-free vanilla cook-and-serve pudding mix
- 2/3 cup nonfat dry milk powder
- 1 1/2 cups water
- 1 (8-ounce) can crushed pineapple, packed in fruit juice, undrained
- 1/2 teaspoon coconut extract
- 3 tablespoons purchased graham cracker crumbs
- 1 tablespoon chopped pecans
- 1 tablespoon flaked coconut

1. In an 8-cup glass measuring bowl, combine dry pudding mix, dry milk powder, water and undrained pineapple. Microwave on HIGH for 5 to 6 minutes or until mixture starts to bubble, stirring after 4 minutes. Stir in coconut extract. Evenly spoon hot mixture into 4 dessert dishes.

2. In a small bowl, combine graham cracker crumbs, pecans and coconut. Evenly sprinkle a full tablespoon of crumb mixture over top of each. Refrigerate for at least 30 minutes. Serves four.

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Course explores the Latino Experience

Class examines history, culture, politics

‘It’s really hard to build confidence if you don’t see yourself on TV or you don’t see people who talk like you or look like you in movies.’

- Dr. Diego Luna,
Latino studies professor



By Ally Valiente
Staff Reporter

Dr. Diego Luna said he wanted to teach the type of courses that helped him get through school.

“When I was an undergrad I went to UC Davis. I was around all these kids whose families had a lot of money and I just felt homesick and it was just a really big kind of alienating environment I didn’t do very well with my first year,” Dr. Luna said.

“But then what kept me going were the Latino studies courses I took.”

The Latino Experience (course No. 1010) will be offered next quarter from Monday to Thursdays from 11 a.m. to 12:05 p.m.

AEIS 150, otherwise known as the Latino Experience, offers insight on Latino cultural expressions in music, dance, and movies.

Students who take the course will earn 5 credits, and will get their social sciences and diversity credit covered.

Some 12.9 percent of undergraduates at Highline identify as Latino/Hispanic.

Latinos are the fastest growing demographic in the country overall.

Despite being represented in the music and film industry, Latinos are still the second most underrepresented minority group after indigenous people, Dr. Luna says.

Dr. Luna has taught the course at Highline for three years.

“[Highline] doesn’t quite yet offer a bunch of Latino studies courses, whereas in other universities, they’ll offer a Latino history course, a Latino and Politics course, and a Latinos and Education course. Over here, it’s a summary of all those in one course,” Dr. Luna said.

He ended up teaching Ethnic Studies at Highline because of its “very diverse campus.”

Prominent figures taught throughout the course include Civil Rights activist Caesar Chavez, Mexican poet Ernesto Galarza, Peruvian philosopher Father Gutierrez, Chicano muralist Malaquías Montoya, playwright Luis Valdez, boxer and activist Rodolfo “Corky” Gon-

zalez, and Tejano singer-songwriter Selena Quintanilla.

Dr. Luna said that it is important to see Latinos being represented more, especially since Latinos make up a majority of the workforce in parts of the country that make the most money such as Los Angeles and the Bay Area.

Although most may not have high paying tech jobs, Latinos will often take jobs that most Americans won’t such as field labor, house cleaning, and construction.

However, Dr. Luna said that Latinas are most likely to start their own businesses - more so than any other group in the country.

“Society should reflect the people whose hands are building the society,” Dr. Luna said.

“And representations are also important because people need to see things, not just people who look like them, but people who reflect their lives in order to best have a strong sense of self,” Dr. Luna said.

“A lot of Latino kids are growing up without seeing themselves being represented or positive affirmations.”

Dr. Luna added, “The single

most important thing is someone who is confident, and it’s really hard to build confidence if you don’t see yourself on TV or you don’t see people who talk like you or look like you in movies.”

“I think it can be important to see yourself being represented in a curriculum like this and have an opportunity to learn more about something that’s tied to your community,” Dr. Luna said.

Dr. Luna also added that there is an important difference between the terms Hispanic and Latino; Hispanic refers to someone of Spanish descent like Spain, whereas Latino refers to someone who comes from Latin America.

“In other words, Latino was a term created within the community and Hispanic was imposed on us by the federal government,” Dr. Luna says.

However different communities in the United States such as Texas and New Mexico use Hispanic to describe themselves in contrast to the West Coast communities which use Latino or Chicano.

“There’s actually a lot more diversity within the Latino

community than there is outside of it because there are Afro-Latinos, there’s Indigenous Latinos, (known as Mestizo) purebred European Latinos, and Latinos of Asian descent,” Dr. Luna said.

When enrolling for classes, a common misconception is that students may think that certain American Ethnic and Identity studies courses only cater to a specific demographic.

“Students may think ‘oh black studies classes are only for black people and Latino Studies are only for Latino people’ but really all those classes are grounded in the stories and histories and knowledge of those communities,” Dr. Luna said. “And that’s something anyone can be interested in, if they are given the chance.”

Dr. Luna said that it is important to teach students more about politics around immigration, given the current state of the United States.

“It’s not just the histories of Latino immigration but immigrants, period. There is a lot of commonality when it comes to immigrants and their stories, whether it is Americans coming from Poland, Mexico, El Salva-

dor, or Somalia,” Dr. Luna said.

Dr. Luna says that the course is very focused on dialogue rather than exams and tests.

“If you do something you’re interested in, it won’t seem like work because you’re learning what you want to learn.”

In the future, Dr. Luna plans to extend the ethnic studies courses to early morning slots at 8 a.m., 9 a.m., and 10 a.m. compared to the current late morning 11 a.m. slot.

He also plans to introduce an introductory course on ethnic studies next Fall Quarter, as well as introducing a new course about the histories of people from Oceania such as Somalians, Tongans, and people from Fiji.

“We are bringing in a class that’s talking about the histories of people from Oceania and offering more courses around Indigenous Studies coming this spring, which will be the first time this course has been offered at Highline in 15 years,” Dr. Luna said.

“We’re going to offer more sections and more classes in general to better meet the needs of our really diverse student population.”

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Coronavirus crimps Comic Con consumers

By Katie Bennett
Staff Reporter

Emerald City Comic Con, one of Seattle's largest entertainment events, is still happening despite many drop outs.

Emerald City Comic Con organizers have not cancelled the popular convention amid fears of the coronavirus.

Notable drop outs include DC Comics, who cancelled all their convention appearances across the country for the month of March.

Penguin Random House, and Dark Horse Comics have also cancelled.

Nearly 50 publishers, guests, and creators have dropped out over concerns about the coronavirus.

But not all attendees and creators are staying home.

"I'm still going to attend the con unless the con is cancelled," attendee Morgan Biddlecom said.

Biddlecom said that they attended PAX, Seattle's gaming convention, in 2009.

"I caught H1N1 (or another flu strain) at PAX in 2009 while living with a pregnant roommate," they said.

"If I gave it to her, she could have lost her baby. It was a terrifying, isolating week. I've always been pretty careful at cons since then, and this year I'll be extra careful."

At least 100 people caught H1N1 at PAX 2009. Over 60,000 people attended PAX that year, compared to the nearly 100,000 people who attended Comic Con last year.

According to a press release on March 1, Comic Con is working with the Washington State Convention Center and



Katie Bennett/THUNDERWORD

Thousands of attendees crowd last year's Comic Con.

their other venue partners and aligning with local, state, and federal public health guidelines and agencies.

Reed Pop, the organizers behind Comic Con and PAX, also run C2E2, Chicago's local comic convention. Both C2E2 and PAX East ran last weekend, Feb. 28-March 1.

People are making preparations to combat the coronavirus in advance of Comic Con.

"Along with the hand sanitizer I always bring to shows because of handling cash, I am also bringing disinfectant wipes to wipe down hourly my display book and other display pieces I have for sale at my table," said local artist Brandi York.

York will be selling her art in the convention's Artist Alley.

"I sell at the show so I don't get around the show very much, but I do plan to wash my hands as often as I am able, and use hand sanitizer in between," York said.

The convention is planning to provide hand sanitizer to attendees, but not everyone is convinced that people will actually use it, or if it will be enough.

"I think they're doing what they can, but conventions are already known for being a breeding ground for illness," York said.

"My hope is that with the heightened concerns, more people will take the proper time to

wash their hands and be understanding about others' concerns."

Even if people don't catch the virus themselves, they could become carriers and spread it throughout the community.

"I would hate to be a carrier and not know it, but it's also very difficult to justify a major loss of income without knowingly being ill," York said.

"Another concern is that I do have local family members that are high risk that I plan to keep away from a few weeks after the show, just in case."

Exhibitors pulling out of the show comes with major financial considerations, as well as considering their health and the health of loved ones.

It costs hundreds of dollars just to secure a table, and at this point, there are no refunds. Add to that the cost of airfare, hotel, and production costs, it isn't an easy decision for anyone to

make, on either side.

Comic Con released a statement on March 4, saying that they would be going back on their no refund policy for attendee passes. They haven't yet announced their decision for exhibitors.

York has not yet seen an impact on her business, she said.

"But there is certainly concern that Comic Con or other shows I have lined up over the next few months may be cancelled," she said.

"Since shows are my primary source of income, this is definitely a concern as we face the next few months."

Running on the assumption that it doesn't get cancelled, Emerald City Comic Con will take place on March 12-15 in Seattle at the Washington State Convention Center, at 705 Pike St, Seattle.

Tickets can be purchased online at emeraldcitycomiccon.com.

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Make marine poetry your muse

By Katie Bennett
Staff Reporter

Experience the combining of art and science this Saturday, March 7 at the MaST center.

The MaST center is hosting a special Poetry on the Pier event as part of their Science on the Sound Speaker Series.

There will be a writers workshop led by former Highline professor, Susan Landgraf, who currently serves as the Poet Laureate of Auburn.

The workshop begins at noon and will go until 1:30 p.m.

"The workshop is geared for all ages interested in creative writing," said Jessica Lotz, the MaST center education and outreach coordinator. "During the workshop, we will be mar-

rying the concepts of literature and science. Attendees will be asked to open their mind to the environment around them by exploring the local beach and aquarium.

Absorbing their environment by looking and listening to the people, animals, and natural world will provide attendees with lots of stimulation to use as a muse or inspiration which they can use to write a creative poem, short story, or essay."

After the writers workshop will be a poetry reading on the pier.

Landgraf will be reading her poems, *Song of a Gray Whale*, written about the MaST center's gray whale skeleton hanging in their gallery, *Snowmelt*, and *Considering the Peace-Be-Still*

Bath.

There will also be three other published authors reading their poetry.

Sharon Hashimoto will be reading *Hard Shell Clamming* and *At The Foulweather Bluff Preserve*.

Anthony Warnke will be reading *True Story* and *April 27th*, 9:23. Michael Spence will be reading *Legend* and *Avocettina*.

International student Paul Lupe Sam will be reading *Black-boned* and *Colors*, Lotz said.

After the reading, from 2:30-3:30 p.m., there will be refreshments, live jazz music, and access to the gallery and aquarium, she said.

The event is free and located at 28203 Redondo Beach Drive S. Des Moines.

T-Birds vs. the Cardinals in Sweet 16

In a clash of No. 2 and No. 3 seeds, can the underdog T-Birds pull off the upset?

By Calvin Domingo
Staff Reporter

The Highline men's basketball team will face off against No. 2 Skagit Valley in the Sweet 16 this Saturday in Everett.

With the coronavirus sweeping its way into King County, there has been concern over whether the NWAC will continue to host the playoffs.

"After meeting with Everett Community College administrators, there are no changes scheduled for the NWAC 2020 Men's and Women's Basketball Championship Tournament," NWAC Executive Director Marco Azurdia said.

Aside from the fact that tournament games are single elimination games, Head Coach Che Dawson said that there's another difference between regular season basketball and playoff basketball.

"It's tournament play," Coach Dawson said. "There is the tendency to look at brackets, future matchups, etc. The challenge is making each game the only game left in the season. Hopefully, you do that enough that it truly is the only game left for anybody."

"No matter what, if you want to win the whole thing, you have to beat really good teams by showing them you are a really good team," Coach Dawson said.

As far as favorites go in the tournament, every single No. 1 and No. 2 seed were mentioned by NWAC playoff coaches.

There's one team that poses the biggest threat to all.

Clackamas (14-2), the No. 1 seed hailing from the South Division, has arguably the best player in the NWAC, 6'0 guard Robert Ford, who doubled down and won both MVP and Defensive Player of the Year.

Ford used his all-around game to dominate the court on both ends of the floor to the tune of 23.3 points per game, 10.7 rebounds per game, and 7.8 assists per game on top of leading the conference in steals with 83.

Led by Coach of the Year Clif Wegner, the Cougars will be a tough out.

While the No. 1 seeds are always the presumptive favorites, Coach Dawson didn't exactly agree with that perceived notion.

"As I told my team, using seeds to predict winners in tournament play proves to be dangerous every year," he said.



Stephen Glover/THUNDERWORD

Sophomore forward Micah Zevenbergen (No. 3), provided Highline with length and shooting from the frontcourt off the bench.

Meanwhile, the North Idaho Cardinals, who went undefeated in league play and have won the last two NWAC titles, were ineligible for postseason play for violating NWAC policies.

The Cardinals are not only banned for the next three NWAC tournaments, their titles are also being vacated.

"On one hand, it is difficult on a variety of levels when a team/school gets sanctioned," Azurdia said. "On the other hand, it is pretty clear what the rules are and if violated, then sanctions are forthcoming."

Potential spoilers include Yakima, (7-9, No. 4 seed from East).

Treasure Valley Head Coach Andy Ward described Yakima as a team that's "very athletic and poses tough match-up problems."

Other teams include Shoreline, Portland, and Wenatchee Valley.

For an underdog team such as the T-Birds to win it all, Coach Dawson said that you have to realize that "there is no such thing as 'tomorrow.'"

"You go to the tournament to win it," he said. "You don't go to be happy to get a game. We've been there many times with a fair amount of success. The challenge is understanding that you have to beat four good teams."

Forward Jalen Fayon said that they have to "stay focused on both ends of the court."

So, why should opposing teams fear the Highline T-Birds in the playoffs?

"We play with a chip on our shoulders," forward Nathan Yockey said. "We are a defensive team that has been counted out from the second we made the tournament, and I think that works to our advantage."

"Teams are going to take us for granted for being a small team, but our versatility and quickness on both offense and defense are phenomenal," Fayson said. "We can create shots for each other, we crash the offensive glass heavily, we can guard our man straight up and our zone defense causes problems."

For Highline to win, players are going to have to take advantage when opportunities present themselves.

"Teams will underestimate us and think we are going to roll over for them, [it'll be then where] we can catch them off guard," Yockey said.

"A lot of people are talking down on us and we're going to show them what Highline is all about," forward Micah Zevenbergen said.

"We're definitely going to come in with energy and we're looking to set the tone early on," he said.

Zevenbergen said that Highline has a size edge over Skagit Valley.

"Four of their starters are shorter than 6'4," he said. "We're going to use that to our advantage. We're really going to continue to strive on the boards and it's going to show in this matchup. It's going to be key for us to be hard-nosed and rebound," Zevenbergen said.

Highline faces the Cardinals at noon Saturday at Everett Community College.

If the 'Birds were to advance, they would go on to play the winner of the Clackamas and Yakima Valley matchup on Sunday, March 8 at 3 p.m.

The Final Four will take place next weekend, March 14-15, also in Everett.



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Multisport athletes help team

By Emmitt Sevores
Staff Reporter

The Highline women’s basketball team this season has been helped greatly by multi sport athletes.

Guard Hannah Anderson and center Kylie Lunday have made big impacts on the court since joining the team in the middle of the pre-season.

Anderson joined the team after a stunning season with the Highline women’s soccer team which won the NWAC championship and Anderson was an NWAC All-Star as a midfielder.

She scored 12 goals for the Lady T-Birds and contributed in all of their playoff games.

Lunday was a reserve on the women’s volleyball team who placed second in the NWAC West with a 10-2 conference record.

The volleyball team also made it into the NWAC tournament but was knocked out by Tacoma.

Now they both are on the ladies basketball team, which is preparing for a tournament game against Walla Walla.

Head basketball coach Daimen Crump was very happy with both players being able to contribute.

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

“Hannah is an athlete and she brings that competitive edge to our team,” Crump said.

Anderson said that the transition from soccer to basketball was a little tougher.

“I was mentally challenged by



Hannah Anderson

basketball in the sense that I don’t know the sport like I know soccer,” Anderson said. “I did a lot of listening and learning and watching and asking questions. My coaches and teammates have been so great and patient with me.”

“I came into the sport doing it to keep myself in shape for soccer, but it ended up meaning a lot more to me than that. I came out of it with more friends, coaches, teammates, knowledge, and memories.”

The transition was a lot easier for Lunday.

“Being a multi-sport collegiate athlete is something that I knew I wanted to do when I started playing both sports,” Lunday said “I knew it would be a lot but my love for both of the sports drove me to play both no matter what it took.”

Their teammates also said they were glad to have the pair on the team.

“They both have made a good impact on the team. Hanna is very talented. Her speed and athleticism has really upped our aggressiveness,” guard Catherine Sunny said.

“As for Kylie, she is tall and competitive. We don’t have a lot of ‘bigs’ on our team. It doesn’t matter how tall you are,



Kylie Lunday

it’s about how big you play and Kylie is a tall person who takes advantage of that,” Sunny said.

“Hannah added some much needed speed and athleticism to our team,” guard Patrea Topp said.

The transition from their respective sports to the basketball season were two different experiences.

Lunday had been recruited for both sports out of high school while Anderson played in high school but paid more attention to soccer.

“Basketball also challenged me physically because you can’t necessarily be as physical as you can in soccer. When I say that, I mean in soccer you can bump and dip your shoulder and tackle. I’m used to always going in hard and fast,” Anderson said.

“In basketball you need to be disciplined: stay straight up, move your feet, hands in the air, box out, and many more. I’ve learned a lot about the sport in such a short amount of time thanks to the people around me.”

They also differed on the feeling of any sort of pressure.

“They made sure there wasn’t any added pressure,” Anderson said. “My teammates would sometimes chuckle with me really quick when I clearly

didn’t know what I was doing in practice and then help me out. They made it fun.”

“With the seasons overlapping, I feel that I don’t get to spend as much time training with each sport as often as the other girls do on each team,” Lunday said. “I was nervous that for basketball I wasn’t going to click with the team since they had played together for months before. But, I was wrong and we have learned to come together and put our talents to work.”

Finding free time and time for school work can be challenging for a single-sport athlete, and even more so for a multi-sport athlete.

“Some weeks are very, very busy but I mostly only hang out with athletes so it’s easier,” Lunday said. “Homework and trying to balance working and sports can be challenging but to me it’s just a part of college. I usually do homework at night and sometimes wake up very early.”

“I do have free time because I try to get my homework done early enough in the week so I can relax. The only difficult thing about doing basketball right now is I am also trying to transfer,” Anderson said.

“I have had to miss some [basketball] practices for soccer training and visits,” Anderson said. “I’m excited to hopefully move on and play soccer at the next level, but I definitely am sad I have to say goodbye to what I have built here.”

“It’s pretty cool being a multi-sport athlete because I was able to learn a lot more about myself as a person and as an overall athlete,” Anderson said.

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WEST

Team	League	Season
Lower Columbia	13-1	25-4
S Puget Sound	12-2	22-6
Highline	7-7	15-13
Grays Harbor	7-7	16-13

Green River	7-7	15-14
Centralia	6-8	11-17

EAST

Team	League	Season
North Idaho*	16-0	28-1

Spokane	13-3	23-6
Wenatchee Valley	12-4	24-5
Treasure Valley	7-9	14-13
Yakima Valley	7-9	11-17

Walla Walla	7-9	13-16
Big Bend	4-12	10-20

NORTH

Team	League	Season
Everett	12-2	25-4
Skagit Valley	10-4	25-4
Shoreline	9-5	14-12
Peninsula	9-5	20-7

Edmonds	9-5	17-12
Whatcom	3-11	6-20

SOUTH

Team	League	Season
Clackamas	14-2	25-3
Umpqua	13-3	25-4
Portland	11-5	15-10
Chemeketa	9-7	15-13

Lane	6-10	15-12
MT Hood	6-10	12-16
Linn-Benton	5-11	11-18

Women’s Basketball

WEST

Team	League	Season
Centralia	14-0	21-7
Lower Columbia	12-2	21-8
Tacoma	9-5	12-14
Highline	8-6	10-14

S Puget Sound	6-8	6-21
Pierce	5-9	7-20
Green River	2-12	2-25
Grays Harbor	0-14	0-18

EAST

Team	League	Season
Walla Walla	15-1	26-2
Wenatchee Valley	11-5	20-9
North Idaho	11-5	17-10
Yakima Valley	11-5	21-8

Treasure Valley	8-8	14-11
Spokane	5-11	12-13
Big Bend	5-11	13-16
Columbia Basin	5-11	8-20
Blue Mountain	1-15	3-24

NORTH

Team	League	Season
Whatcom	12-2	21-8
Peninsula	11-3	18-7
Bellevue	11-3	18-6
Everett	6-8	15-15

Edmonds	6-8	9-19
Shoreline	5-9	12-15
Skagit Valley	5-9	11-15
Olympic	0-14	3-20

SOUTH

Team	League	Season
Umpqua	16-0	29-0
Lane	12-4	23-6
Clackamas	11-5	21-6
Mt. Hood	10-6	18-10

Linn-Benton	9-7	20-9
Chemeketa	7-9	12-16
SW Oregon	5-11	11-18
Clark	2-14	6-20
Portland	0-16	1-21

‘Mindset’ key to winning at Nationals

By Eddie Mabanglo
Staff Reporter

Five of Highline’s leading wrestlers will convene on the precipice of achievement as new Head Coach Chad Beatty aims to conclude his inaugural season on top of the NJCAA.

Tomorrow, Beatty will return to his home state of Iowa with Gerardo Suarez (141), Jeramias Sandoval (149), John Sowers (157), Hayden Henry (184), and No. 6, Kai Olson (197) on his squad.

In the regional tournament, Suarez won the fourth place match against Kobe Olson of Umpqua by a 4-1 decision, earning him a wild-card berth at Nationals.

Sandoval beat AJ Lira of Southwestern Oregon by 3-2 decision, 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.

Henry won the next match against Southwestern’s Isaac Butler by 8-4 decision, earning



John Sowers

a third place spot and qualifying for nationals.

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

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

Though his performance at regionals was enough to send him to the national tournament, he expressed his frustration over the defeat to Romero.

“I took second, but that’s not how I wanted the tournament to

go,” he said. “The goal is always to win, over everything as much as possible.”

Highline’s biggest obstacle is also their most familiar. Clackamas has been a thorn in the Thunderbirds’ side all season as the Cougars made their way to the NJCAA’s No. 1 ranking.

Clackamas has had Highline’s number most prominently at the regional tournament, where Suarez lost to Clackamas’s Marckis Branford, Sandoval was pinned by Marty Margolis III, and Olson lost to Tarik Sutkovic.

“I think the reason I lost was because of nerves,” Sowers said. “When I get nervous, I tend to tense up and not wrestle to my full capacity. The key to beating Clackamas this weekend is to just put everything on the line.”

“They have a good program going on [at Clackamas],” Kai Olson said. “I’ll admit that they got some tough individuals, but that’s exactly what they are is a bunch of individuals on a team. Our talent isn’t as good as theirs yet but our work ethic, team

unity, and heart we have will start to become more important than that soon enough.”

John Sowers said that all that’s left to do is maintain a winning state of mind. Everything else on the fundamental side will be business as usual at practice.

“As the season comes to an end, there’s not really anything else left to learn technique-wise,” Sowers said. “This week we will mostly be focusing on sharp, deliberate drilling that will keep up our cardio while keeping our mindset in the right places.”

“I know what it takes to win and the whole team has put in the time and effort it takes to win, we all just have to go into the tournament with a winning mindset,” Sowers said.

Council Bluffs, Iowa’s Mid-America Center plays host to the 2020 National Junior College Athletic Association Wrestling Championships tomorrow, March 6 and March 7. All day coverage will be available on FloWrestling.com.

Women's basketball team off to playoffs

By Emmitt Sevores

Staff Reporter

Umpqua and Walla Walla are by far the two favorites to win the NWAC women's basketball Tournament.

Highline will face the Walla Walla Warriors (28-2, 15-1), the first seed out of the NWAC East.

Both Umpqua and Walla Walla have dominated the regular season, which allowed them to land the top seeds in their respective divisions.

Umpqua went perfect on the year, winning all 29 games and going 16-0 in conference.

Several coaches said they believed Umpqua was the favorite to win it all.

"Umpqua is a team that has the total package and a veteran coach that has playoff experience. With 11 sophomores that's tough to beat," Whatcom coach Anthony Slater said.

"The favorite at this point would likely be Umpqua. Umpqua has a well-rounded roster with lots of experienced sophomores," said Lucas Myers, head coach of Lower Columbia. "They can run the floor well, they have great shooters, but can pound it inside when they need to. They also are the best rebounding team in the NWAC. Four of their starters all started in the championship game they lost last year."

Umpqua has been extremely tough to stop on the offensive end of the court.

They are putting up 84 points per game, most in the NWAC, and have put up 90 or more points nine times this season.

Peninsula coach Alison Crumb also said she believed that both teams are the favorites in the tournament.

"They have been ranked one and two almost all year long, and I think most people consider either of them to be the favorites," she said.

"Dave Stricklin [head coach of Umpqua] is a machine. He has run a stellar program for the better part of 25 years," said Edmonds Coach Nick Amrine.

He also said that he sees Umpqua as a "hands down favorite".

But Amrine wasn't the only coach to point out how much success Stricklin has had.

"Dave Stricklin and Bobbi Hazeltine [head coach of Walla Walla] are two of the best basketball coaches the NWAC has ever had," said Caleb Sells, head coach of Centralia.

Walla Walla will have its first round matchup against fourth seed Everett from the NWAC North, who won their play-in game against Edmonds last Saturday.

One of the teams that is seen as somewhat of a "dark horse" is, surprisingly, the No. 1 seed from the NWAC North, What-



Stephen Glover/THUNDERWORD

Hannah Anderson, freshman guard from Nevada, defends against South Puget Sound Community College earlier this year.

com.

"Whatcom is currently the No. 1 seed out of the North, but doesn't get as much attention as the other ones. They lost some games during non-league, but at the time were without their great three-point shooter Danielle Tyler," said Sells. "Since they got her back, they have been on an absolute roll. They play fast, and get the ball up the court in a hurry, which leads to a lot of easy buckets for the Orcas."

Whatcom has been hot since right before the beginning of conference play.

They have only lost three games since Dec. 20, going 16-3.

That run also included a nine-game winning streak.

"Barring injury and if they are shooting well, especially from three, Whatcom can upset anyone on any night," Amrine said. "They play high tempo and fast paced. Even though they are undersized they force their opponents to play their game."

Other popular dark horse teams have been Mt. Hood, Lane and Wenatchee Valley.

"Mt. Hood out of the South is another team to keep an eye on. They played a tough non-conference schedule, and have gone up against the annual powerhouses of Umpqua, Lane, and Clackamas in the South, and have been in every game that they've played," Sells said.

"Lane is a team that is never really out of the tournament. They play very fast and the new tournament format of not having four games in four days is able to take out some of the exhaustion from a team that plays fast," Amrine said.

"I think there are a few that could do some damage at the tournament," Peninsula's

Crumb said. "Lane is always very tough, Clackamas is good, Wenatchee is tough as well, and I think there are several more, but that is the fun about the tournament. They call it March Madness for a reason."

"There are a lot of teams that are capable of winning it this year," Myers said. "There are about 10 teams that I think are capable of getting to the Final Four and once you get there, you never know what will happen."

One of the common things that coaches say they believe must happen to win the NWAC tournament is that they need to be hot shooting the ball.

"It takes a team that has the most contributors on the offensive end. It takes one or two players to get white hot," Amrine said.

"It always takes some luck to win a tournament, but teams have to be executing at a high level to win four straight games against really good teams," Myers said. "The teams that win, rebound the ball well, force turnovers, and shoot the ball well."

The teams that win also seem to have a skillful player or two.

"Over the years that I've been at Centralia, it always seems that the championship teams have a couple of players that are just special," Sells said. "Not just talented kids, but the most competitive players that don't shy away when their teams need them the most."

"Honestly, it takes talent first and foremost, consistency, the 'it' factor as far as leadership and character," Crumb said.

Wenatchee Valley Coach Rachel Goetz said that it takes "A team that is healthy, plays great defense, multiple threats offensively, players that are invested in the team above all and would

run through a brick wall for each other."

But, as playoff basketball goes there is always a bit of luck that is involved, whether that be from a team that plays you tough getting sent home early or not having to face a team until the championship.

"And of course a little luck goes a long way when it comes to health and those types of things," Crumb said.

"The ability to get to the championship game often has to do with matchups as well," Myers said. "Which team you are matched against and how rosters dictate each other's playing style can make a big difference as well."

"And of course the basketball gods on your side. You need a few shots to fall," Goetz said.

Highline will face one of the other favorites for the tournament in Walla Walla.

"Walla Walla is very deep and coached by one of the top coaches in the NWAC. They can shoot the three very well and their bigs hit the boards hard," Whatcom Coach Anthony Slater said.

"Walla Walla has gotten better throughout the year," Amrine said. "Bobbi Hazeltine runs a tight ship. They are crisp offensively and very well coached defensively."

The Walla Walla coach has been coaching the Warriors for over 20 years.

She has led her side to the NWAC tournament 17 times during her tenure and even has an NWAC Championship under her belt.

The players for Highline know that their work is cut out for them.

"Their coach isn't underestimating us because if we play our best and play for each other, we can compete. We just have to

believe," star center Kylie Lunday said.

Highline will have to slow down an offense that is putting up 75 points per game.

The Lady T-Birds have only put up 75 points once this season, in their season finale against Grays Harbor that they won to clinch their tournament spot.

"[We need to] move the ball, make smart passes and capitalize on every shot we take so we can stay in the game," guard Patrea Topp said.

"They have quite a few girls my height that other teams in our league specifically don't have," Lunday said. "We have to be big and communicate like crazy."

Walla Walla has three players who pass the six-foot mark on their roster.

But Highline isn't just going to roll over.

"I expect us to play our best basketball and represent Highline as best as we can. I want us to go out, have fun, and play as a team," Topp said.

"They're a really good team and have only lost two games. Our team has nothing to lose at this point," Lunday said. "We just have to go all out and leave it on the court."

But if the Lady T-Birds' season does come to an end this week, Topp said that people "should remember that we played a hell of a season full of unexpected injuries but we fought hard and pushed through to NWACs."

Highline will play Walla Walla on Thursday, March 5 at Everett Community College. Tipoff will be at 8 p.m.

If Highline is able to beat the Warriors, then they will face either Peninsula or Clackamas in the Elite 8 on Friday, March 6 at 7 p.m.

Future bright in Federal Way, mayor says

By Mitchell Roland
Staff Reporter

Federal Way Mayor Jim Ferrell said the city has a bright future, long and short-term, during his annual state of the city speech.

The mayor made the remarks last week at the Performing Arts and Events Center. Ferrell covered topics such as a decrease in crime, the city's response to homelessness and Federal Way's financial future.

During his speech, Ferrell highlighted a growing downtown area.

"In six short years, we followed through on our commitment and vision to rebuild downtown," Ferrell said.

Ferrell cited the Performing Arts and Events Center, Town Square Park and the Town Center as spaces of growth in Federal Way.

Ferrell said that PAEC is 85 percent paid off, and that the city recently received a \$815,000 grant from the state



Jim Ferrell



Ferrell said that the PAEC is just one piece of a revitalized downtown area, and includes surrounding areas such as Town Square Park and the recently completed Town Square Steps.

for its commercial kitchen. Ferrell said that he hopes the kitchen will be utilized to create the first Native American cooking institute in the country.

Ferrell also cited expansions in Federal Way from companies such as Devita and Neumeir, as well as various restaurants opening, as ways that the city is growing.

"We created a business climate centered on opportunity," he said.

During his time in office, Ferrell said that he has worked to keep the city fiscally responsible.

"The city has maintained a structurally balanced budget for the past six years," Ferrell said. "We're living within our means."

Ferrell highlighted the city leaving the South Correctional Entity (SCORE) jail and

utilizing other facilities in the area as a way the city is saving money. Ferrell said that Federal Way will save more than \$2 million a year with the switch.

"Leaving SCORE was a far-sighted vision that will greatly benefit the city's financial position for years to come," he said.

But the mayor said that crime is also down overall in Federal Way.

"The numbers tell an encouraging story," he said. "The numbers also tell the objective truth."

Ferrell said that overall crime in Federal Way is down 9 percent, and that robbery, aggravated assault and car theft are down as well.

"These are crimes that have a direct impact on victims' quality of life," he said.

Ferrell said that while peo-

ple may still be victims, the stats show that crime is in decline.

"I often say that the multiple of anecdote does not equal data," he said.

But Ferrell said that there is still work to be done. The mayor said that the city will apply for a grant from the Justice Department in 2020 to increase the number of police officers to 140.

"Public safety is our No. 1, 2 and 3 priority," he said.

The city is also focused on preventing cyber hacks that cities such as Baltimore and New Orleans have faced, Ferrell said.

"As mayor, I have initiated a cyber security audit at City Hall," he said. "We're doing the best we can to not end up in the headlines for that reason."

For the city's 30th birthday, Ferrell said he is launching

30 for 30, which encourages residents to volunteer for 30 minutes. Ferrell said that city is also launching a currently unnamed app that will allow residents to take a picture of litter and submit it for the city to clean up.

"The shopping carts, the garbage, the litter – it's the little things that make people feel about their city," he said.

Ferrell said that Federal Way set up an overnight shelter for homeless people for the first time for two nights in February.

"We continue to address homelessness in our community by deftly balancing the rule of law... while applying compassion to those experiencing homelessness," he said.

Over the past four years, the city has cleaned up and shutdown 100 encampments in the city, Ferrell said.

"My highest priority as your mayor is to keep our community safe," he said.

At the beginning of the speech, audience members were handed customized 3D glasses, which were rarely used during it. A roller coaster simulator was projected just before the speech began, and a picture of earth was shown at various times throughout the mayor's presentation.

Ferrell said that the glasses were meant to symbolize his vision for the future.

"In Federal Way, we have 2020 vision," he said. "We have our sights set on both long-term and short-term vision for our community."

Conference puts global affairs in students' hands

By Caleb Ruppert
Staff Reporter

Students attended the U.N. last month without ever leaving the West Coast.

Highline students attended a model United Nations conference, a three-day conference, from Feb. 14-16 in Portland, Ore.

"A model United Nations conference is a unique, hands-on learning experience that simulates the work of the real United Nations. Students are required to do in-depth research on a country, so that they can act as the representative to the United Nations," said Jenn Ritchey, a Highline international studies and political science professor.

The conference provides students with opportunities to learn about how international policies are developed, how international relation-

ships work, and how difficult it can be to make significant changes in the world, Ritchey said.

"The students also develop important career skills such as being a good communicator, negotiator, and conducting research," she said.

Students must choose a country before attending the conference and do intensive research on the history and policy positions that country takes on different topics, she said. The students will also be required to write a position paper about the stance their country will take on specific topics that will be covered during the conference.

Students may also be asked to speak, sometimes on the spot, to answer questions about different positions their country would take, she said.

"For example, a student representing Pakistan may be

asked to provide Pakistan's views on sustainable development for small island countries," Ritchey said. "Providing an accurate response on this is tough, because it isn't likely that Pakistan has released an official statement or policy about this particular topic."

A challenge that Highline faces is that they are competing against 10 other schools, she said.

"At the Portland conference, only three of the 10 schools participating were community colleges," Ritchey said. "Some of the other participating institutions like the University of Washington, the University of Texas, and California State University have strong four-year programs that are focused on international studies."

Regardless of these challenges, Highline students did well, Ritchey said.

"A few Highline students were incredibly active in their committees and played very important roles," she said. "They gave good speeches, provided ideas for resolutions, and were strong negotiators that enabled the countries to come to agreements."

One student, Ryan Shroyer, representing Sweden, won an award with his position papers on comprehensive sexuality education and youth participation and leadership.

Shroyer participated in the population fund committee, which is the sexual and reproductive health agency for the UN. They work to assure that there is good data on reproduction, child care, contraceptives and the challenges related to these issues such as gender issues and child marriages are addressed around the world, Ritchey said.

"It is really tough to write a

good position paper. In order to win an award, the student must present strong and reasonable recommendations for solving the challenges faced with each topic," Ritchey said. "The recommendations provided must be accurate and reflect an understanding of history, current events, and the relationships other countries have with each other."

Students can take a Model U.N. course in fall and winter as five-credit classes.

"Participating in a Model U.N. Conference provides the opportunity to develop or deepen skills which will be important for both the educational and career endeavors students are likely to have in the future," Ritchey said. "Model U.N. isn't just for students interested in political science or international relations, there is truly something for everyone."

Defrauding VA really doesn't pay

Why do these people think they'll get away with their crimes against the Department of Veterans Affairs? Don't they realize that they're ultimately going to get caught?

Item: A Michigan woman defrauded the U.S. government of over \$1.75 million in veterans benefits over five years.

VETERANS ★POST★

by Freddy Groves

She submitted false applications for veterans' programs such as pension and Aid and Attendance, then altered medical records to indicate that the veterans had qualifying conditions.

Then, unknown to the veterans, she had the money sent to her bank accounts. This criminal could get 20 years in the slammer. She deserves every day of it.

Item: A New York man was sentenced to 10-1/2 to 21 years for stealing money that was supposed to pay the rent of homeless veterans in his community, money that was gathered by nonprofit groups.

The amount stolen wasn't astronomical, but it was good enough to get four counts of grand larceny in the third degree and one count of scheme to defraud in the first degree. If that weren't bad enough, he also stole lottery winnings from a disabled vet.

Item: A Massachusetts man not only defrauded the government, but what he did was dangerous: He failed to perform medical gas inspections at three VA facilities.

These gasses include nitrous oxide, nitrogen, carbon dioxide, compressed air and oxygen to surgery, recovery and patient rooms.

He invoiced for the work, which amounts to wire fraud. Now he's going to get up to 20 years in prison.

Item: A VA employee working in IT cooked up a scheme to make fraudulent transactions on a government purchase card and have the proceeds sent to his own bank account.

He then rigged the system to make it look like the VA had received the goods. For this he could get 10 years in prison.

Are they never going to learn? Most of these criminals just aren't that smart.

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Show off math skills at AMATYC

High score could add up to prizes, scholarships

By Joseph Robeye
Staff Reporter

Students wanting to try out the American Mathematical Association of Two-Year Colleges test have an opportunity on March 12 from 3 - 5 p.m. in Building 7.

AMATYC competitions are held nationally twice a year, once in the fall and again in late winter/early spring.

A dozen Washington schools participate, among more than 140 schools across the country. Highline has been involved for at least 25 years, said Highline math instructor Terry Meerdink.

Top teams and individuals in the nation will be awarded scholarships and the top five winners can take home gift cards. Participating in this would look good on applica-

tions or resumes.

Students only have one hour to complete a multiple-choice test containing 20 diversified puzzle questions. They aren't based on calculus, but are still quite challenging. Most of them are multiple-choice, although there's some fill-in-the-blank problems. Terry Meerdink has copies of recent tests with answer keys so students can prepare.

Each question is worth two points, tallying up to 40 points. The penalty for answering one incorrectly is half a point. Beneficially, you can't lose anything if the question is left blank.

There are AMATYC prep sessions every Wednesday in the Math Resource Center, located in floor six in the Library from 1:30 - 2:30 p.m. until the test. The last one is on March 11.

Students are free to simply drop in Building 7 and use a calculator throughout the test, as long as it's not their phone.

On average, students score in between one to 10 points, said Meerdink. Randomly guessing throughout the whole test might or won't do much good, unless you can narrow down to two answers.



Terry Meerdink

"That's what I find students doing sometimes," she said. "I get a whole stack of them where the students try and get answers for maybe three or four problems, and then they just randomly answer the rest and it ruins their score."

Probabilities are the most challenging problems, as students may just see them briefly in their math classes.

"It's not something that we tend to teach a lot of at the lower levels," said Terry Meerdink. "Probability confuses people a lot, and so they find them harder."

Meerdink said that the test is not like your usual classroom exam where, if you showed all of your step-by-step writeups,

there's partial credit. This test only relies on some knowledge of previous math concepts.

"Grading the test does not have anything to do with what you've done to show your work. It's just, did you pick A, B, C, or D?" she said.

A former student named Harry Kim successfully won a \$2,000 scholarship in second place eight years ago, said Terry Meerdink. The student in first place didn't qualify for the scholarship. It was the one occasion when a Highline student managed to score so high.

"That was the only time we got national recognition," she said. "This year that we did this, we did very well. We were one of the top 10 schools in the nation. It was a good year."

It's not uncommon for students, who are getting solid A's in their math classes but focus too much on a single test question and end up wasting time, trying to prove something, Meerdink said. Other students who just know enough class material can easily move on from one question to the next.

"There's not a nice correlation between the best students in your class and the best performers on that test," she said.

President out at Bellevue College after mural altered

BELLEVUE (AP) - The president and one vice president of Bellevue College will be leaving their jobs, the school announced Monday, after the vice president's decision to alter a campus mural of two Japanese American children in a World War II incarceration camp by removing a reference to anti-Japanese agitation by Eastside businessmen.

President Jerry Weber and Gayle Colston Barge, vice president of institutional advancement, are departing, though it

wasn't made clear by the public college if the two were being fired or if they resigned, The Seattle Times reported. Provost Kristen Jones will serve as acting president, Board of Trustees Chair Rich Fukutaki announced.

The decision came after a weekend emergency board meeting, Fukutaki said. The board will publicly vote Wednesday to separate from Weber.

Barge, who last week was placed on leave, acknowledged two weeks ago that she re-

moved a reference in the description accompanying the art installation *Never Again Is Now*, created by Seattle artist Erin Shigaki.

The project was brought to Bellevue College as the school recognized the Day of Remembrance, which commemorates the day President Franklin Roosevelt signed Executive Order 9066, authorizing the imprisonment of Japanese Americans.

On Monday, however, Fukutaki said leaders now believe

Barge told someone else to do it.

Fukutaki called the defacing an unacceptable act and one that is personal to him. His family members were imprisoned during World War II, he said, and his grandfather died from appendicitis because he couldn't get treatment.

Shigaki, whose father was born in a Japanese American incarceration camp, said Monday after the announcement that she feels Weber's and Barge's departures are appropriate.

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HIGHLINE
COLLEGE



By Joseph Robeye
Staff Reporter

Which math classes students take all really depends on what their major is, math professors say.

Some students can easily confuse one similar-appearing degree over the other and sign up for unused math classes, then be forced to backtrack.

“That was the biggest problem, knowing which major you wanted and which is the right math class to fit in,” an anonymous Highline student said.

Multiple math options are available to Highline students pursuing different majors — STEM, business, nursing, general, and education.

Math courses under 100 involve basic preparatory algebra.

Highline math professor Shane Kibler-Trimboli said Math 98 is not needed for tracks other than STEM.

“[Math] 91 feeds into any of these,” he said. “Just follow the vines. The only reason you’d take Math 98 is if you’re on the STEM track. There’s no other reason if you’re doing education, nursing, business, or liberal arts.”

Students who plan on a STEM (science, technology, engineering, and mathematics) career should take Intermediate Algebra for Calculus (Math 98), Precalculus (Math 141), Precalculus 2 (Math 142) and persevere throughout the calculus series.

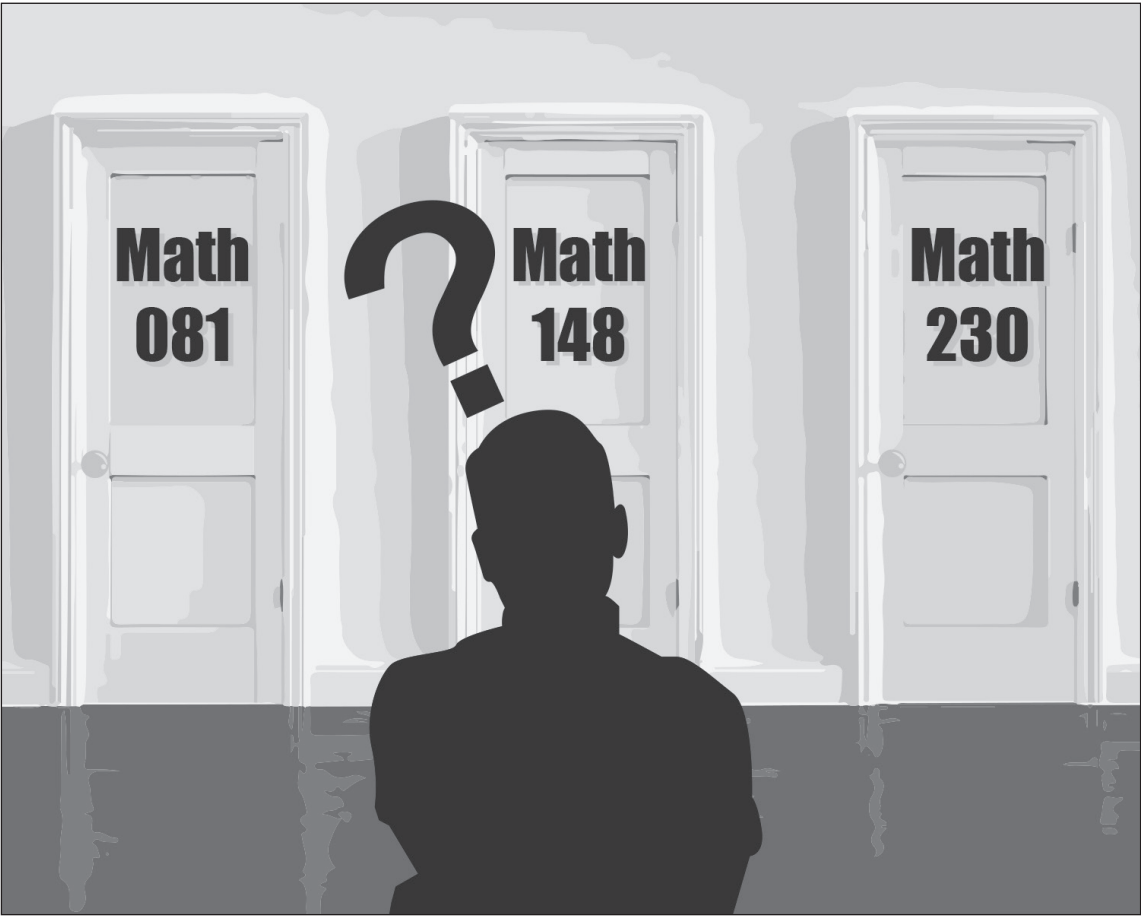
“So, right now, I’m focusing on a STEM field,” said Highline student Titus Karivki. “And, as usual, it’s got a lot of math in it.”

Engineering and physics majors must take every math course up to Differential Equations (Math 230). As for science majors, it varies by the specific degree choice; they might need some or all of the available courses.

“I have to go all the way to

MYSTERIOUS MATH

How do you tell which math is right for you?



Sam Hernandez/THUNDERWORD



Razmeh Fardad

linear algebra or something. I don’t know,” said Highline engineering student Sam Kameu. “Or differential equations. So, I pretty much have to take all of the math offered at Highline.”

Students majoring in liberal arts can take Math in Society (Math 107). It utilizes a broad range of real-life economic situations, is straightforward, and applies to general transfer degrees. This is the minimum quantitative skills requirement for students who are unsure about their field of study.

“This is a liberal arts class,” said Highline Math Department Coordinator Razmeh Fardad. “It’s really talking about life itself, right? Things that you’re doing every day.”

Math 111 introduces students to the business world which covers cost, revenue, profit, and more. It is also a requirement for many colleges as a satisfactory college algebra course that steers toward the precalculus

series. This serves both business and social science majors.

“When I become a business owner, this will help me know what’s the demand in the market and how I can maximize profit,” said an anonymous Highline student.

Business Calculus (Math 148) follows up on Math 111, providing brief calculus for business and social science majors. Highline math professor Matthew Meerdink said it’s not too in-depth.

“They don’t go into nearly as much detail as you do on the STEM track, but you can apply calculus to the business applications,” he said.

Statistics (Math 146) applies to AA degrees in nursing,

business and social sciences. No precalculus is required. It’s recommended for anyone curious about how modern data explains everyday events, math professors say.

“Statistics helps us deal with uncertainty in the world,” said Highline math instructor Austin Roberts. “For this reason, all of our health science students need to have this because they need to be able to read a study.”

Students interested in K-8 education may take Math 180 and Math 181. It doesn’t matter which one you take first. The first class is based on number theory and the second covers geometry for teachers.

“Math 180 and 181 is talking about how you can make explanations accessible to different levels, but also give you a sense of what it’s like to learn this brand-new material,” said Matthew Meerdink.

Razmeh Fardad said there will soon be new course options for students aiming to take higher level math.

“Right now, we’re working on some classes that you can get into 111 and 146, not going through 91,” she said. “So from 81, you can go to those classes.”

Shane Kibler-Trimboli said that students should make a habit of double-checking their schedule with an adviser.

“I’d check in with a faculty adviser at least once a quarter,” he said.



Austin Roberts

Senator fined \$500 for ethics violation

OLYMPIA (AP) –The Legislative Ethics Board has fined State Sen. Mona Das, D-Kent, \$500 because she announced a new business at an event she attended in her role as a legislator and solicited support for future elections.

The board released its findings on Tuesday. Some \$400 of the fine will be suspended provided Das has no further ethics violations through January 2025.

At issue was a Kent Chamber of Commerce luncheon in June which Das had already received backlash from after telling the audience about experiencing “hate, sexism, racism and misogyny” during closed-door Democratic meetings. She later walked back her comments, and a Senate inquiry found no evidence that her allegations were truthful.

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Food Service continued from page 1

but part of the same thing. They're sister companies," said Ed Geremillo.

Geremillo is the food service director for Aladdin, and works closely with Collins at Highline.

With this change, Lancer will manage more places such as amusement parks, zoos, and children's museums; while Aladdin will take over the businesses and schools.

This change will become of-

ficial in April.

Geremillo has been at Highline since last October, but has been with Aladdin for about eight years. His job entails many things, such as budgeting, making the menus, creating schedules, and dealing with the financial side of things. For the most part, Geremillo manages the operation, including catering.

Both the Fireside Bistro and The Union Café are doing well, said Geremillo.

"They make about the same amount of money, although we

pay more for the café than the bistro," he said.

However, Café 29 isn't having as good of luck.

"It's losing money, and isn't even making enough to pay the one staff member who works there," said Geremillo. "I've tried expanding the menu, offering hot food, all sorts of things. None of it seems to be helping."

Despite this, Café 29 won't be closing anytime soon, as it is included in the contract between Aladdin and Highline.

Geremillo is currently look-

ing for students who may be interested in working for him part-time. For more information, he can be reached at egere-millo@lancercatering.com.

Highline has used Aladdin for its food service for five years now. This was decided through a process called competitive bid solicitation.

This allows businesses to submit proposals to Highline to bid for its business, Collins said.

Many things are considered when choosing a vendor for food service. These include, but are not limited to, if the compa-

ny is willing to provide affordable retail product to students, if the company has other businesses in the area, how those businesses are performing, if the company has the financial backing necessary for the position, and if they are able to do catering.

There is also a constant struggle when it comes to trying to keep prices down and produce something of quality.

"Trying to have an affordable price for students while also providing a quality product is challenging," said Collins.

Reduction continued from page 1

and boats. He is a single father, 37 years of age and he is raising two girls, ages 9 and 10.

"The judge sent me here," he tells Detective Evan Buetow as he enters the community court.

Upon exiting the community court, Cavillo said, "This reminds me of Andy of Mayberry. I have never witnessed such kindness from law enforcement before."

This new program, the Crime Reduction Unit, has been initiated in the City of Burien to

try to keep people out of jail.

It aims to address petty crime which has recently begun to overwhelm the police department, the courts, and the corrections system, police officials say.

Stealing is increasing and most frequently, food items. People in the throes of addiction, the mentally challenged and those impacted by other social ills have multiplied.

"I have arrested the same guy 12 times in the last year for taking food out of grocery stores without paying," said Detective Scott Mandella. "I'm tired of taking people to jail. We need services to provide a means to feed those on the streets."

Detective Buetow keeps order in the makeshift courtroom where presidings are taking place.

It is a closed meeting for folks charged with petty crimes.

At the same time, across the hall are resources for those coming out of the alternative courtroom to get the help they need.

Helen Waters, a retired Normandy Park City Council mem-

ber sits at a table with sandwiches and salads for folks coming out of court.

As one person exits the courtroom, the detective guides another man in.

Upon entering the rooms across the hall, a man named Martin greets them. He is a volunteer with the program.

"I helped a lady who was evicted from her apartment find new housing, after living there for 18 years and three of her neighbors were so upset, they decided to move to the new housing along with her," he said.

"The manager of the new housing was so delighted, he gave her a free month's rent," Martin said.

Individual tables are set in the conference room in a U-shaped fashion, offering housing, substance abuse, mental health, food vouchers and a little human kindness.

The crime reduction program is the brain child of Burien Police Chief Theodore Boe and it is new to the Burien community.

Boe said the crime reduction program is an alternative



Detective Evan Buetow

principals of the hierarchy of needs, including food, water, shelter, love and self-worth. Anytime these needs are not met, the possibility of desperation sets in, and desperation will cause a human being to find relief by any means necessary," Chief Boe said. "I understand it. I get it."

Detective Buetow said he likes to help people and he wants to put the police department in a positive standing with the community.

"Our focus is to arrest those committing crimes, but we have to be understanding of the situation at the same time," he said.

"If we can offer real job skills to those who are incarcerated, while they are incarcerated and have the oversight after they leave jail, we may save some lives and create social reform."

It might work for Anthony Cavillo.

As he readies himself to exit the door from the Burien Community Center. He looks back at the police officials standing there, then he reflects and smiles.

"I love these guys," he said.

Go Figure! answers

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9	-	6	×	5	15
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3	+	1	×	4	16
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King Crossword Answers

Solution time: 27 mins.

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Weekly SUDOKU Answer

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

6

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