

THUNDERWORD

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Virus won't close Highline, yet

Campus to stay open unless CDC recommendations change

By Mitchell Roland and Izzy Anderson
Staff Reporters

While schools in the region continue to close due to COVID-19, Highline plans to remain open as usual.

Coronavirus has killed 29

people so far in the state of Washington, prompting schools such as UW and Washington State University to move classes online.

As of Tuesday morning, King County is imposing conditions on large gatherings of less than 250 people.

Highline President Dr. John Mosby said that while campus is still open for the time being, that might change based on recommendations from the Centers for Disease Control and King County Public Health.

"We will follow whatever directions and guidance we get,"

he said.

While other schools in the region are cancelling in-person classes and moving online, Dr. Mosby said that Highline is unable to go completely online.

"We just can't go 100 percent

See Virus, page 19

Students work to balance priorities

By Samuel Watson and Marta Barlow
Staff Reporters

The cheerful noises of cars driving by and people out for neighborhood strolls make up the soundtrack to a typical shift for Highline student Faith Felner. In between customers, Felner tries to complete school work, making the most of the spare time.

Felner works at The Bean of Seahurst in Burien, a small coffee stand that is partially outdoors. She has worked there for about seven months.

"I work a little under 18 hours a week, and am currently taking 15 credits at Highline," said Felner.

Felner has to work carefully to blend different aspects of her life, taking care to stay on top of the grind.

Some may find this situation more stressful, but for her, it isn't so bad.

"I honestly don't struggle too much except during finals week," she said. "I tend to think I have more work than I actually do and get overwhelmed."

For other students trying to balance a job while in school, organization may be the solution.

Dr. Gloria Rose Koepping is a counseling psychologist at Highline and has been here for 32 years. She often advises students to plan their day in advance so they're aware of how they'll be spending their time.

Some students say time management is the biggest problem they face when juggling school and work.

One student said that wak-

See Worklife, page 19

Student job market could suffer because of coronavirus spread

By Thunderword Staff

The coronavirus could negatively affect the kinds of jobs students often seek during the spring and summer seasons, a state official said.

"Many of the types of jobs that materialize during the summer are jobs that involve a lot of face-to-face contact with others," said Dr. Anneliese Vance-Sherman, King County regional labor economist for the state Department of Employment Security.

Since the Center for Disease Control is recommending limits on close contact with people, the coronavirus "could be devastating for businesses that rely on in-person customers," Dr. Vance-Sherman said.

She cautioned, however, that it's too early to say what the impact will be.

"There are too many unknown variables for me to really answer," Dr. Anneliese Vance-Sherman said.

Dr. Vance-Sherman is the regional labor economist for Island, King, San Juan, Skagit, Snohomish, and Whatcom counties. She said that otherwise the region has been "experiencing a time of strong economic growth."

"If we keep seeing the type of job growth that we have been



Summer jobs could be greatly affected by the coronavirus. Argosy Cruise Lines recently said it would be running on a reduced schedule until at least April.

seeing for the past several years, then I think summer demand for employees will be strong," Dr. Vance-Sherman said.

As of right now, King Coun-

ty has an unemployment rate of 2.1 percent, among the lowest in the country. The unemployment rate of King County is at the lowest it's been in the most re-

cent recorded series, which dates back to 1990, Dr. Vance-Sherman said.

Washington state has an unemployment rate of 4.5 percent, more than double that of King County. The national unemployment rate is 3.5 percent.

Some sectors are expected to do better than others. "Some of the highest growth will occur among computer-related occupations, health care related occupations and construction occupations," Dr. Vance-Sherman said.

These occupations aren't seasonal and are more likely to be a career. During the spring and summer months, other sectors see more job growth.

"Many of these are temporary jobs in industries such as restaurants, hotels, recreation-related industries, and construction," Dr. Vance-Sherman said.

At Highline's March 2 job fair, students were looking for both temporary spring and summer jobs, as well as jobs that are career oriented.

The job fair was an opportunity for employers to find workers for the spring and summer seasons, as many students begin looking for part-time or full-

See Jobs, page 18

Coronavirus causes college cancellations

Highline has cancelled several end of Winter Quarter events in response to the coronavirus.

Cancelled events include:

- The Highline student-run Health Information Fair, originally scheduled for March 10 in Building 8. The event would feature student presentations on different health and nutrition topics.

- Tomorrow's Running Start Informational Session in Building 7, room 101. The session would cover Highline resources, financial aid, and admissions expectations.

- The STEM conference, Expanding Your Horizons, scheduled for March 20. The conference was for girls in grades seven and eight to gain hands on experience with STEM material.

- The annual College and Career Day, scheduled for March 23. The event would give high school seniors an opportunity to come to Highline and meet with different college resources, departments, and student groups.

- The Poetry on the Pier event, scheduled for March 7 at the MaST Center, has been postponed to an undetermined date in Spring Quarter. The event will be a former Highline professor holding a workshop on reading and writing poetry.

- Julie Otsuka, the author of *When The Emperor Was Divine* was scheduled to visit Highline on March 9 for an NEA Big Read event. The event has been postponed to an undetermined date.

- The Highline MaST Center will cancel all outreach programs including the Saturday Discovery Days events.

Student crashes into light pole

A Highline student was not injured when her car hit a light pole while on the entrance road to the North Lot.

The accident involved a female student entering the lot from 20th Ave. S. She lost control of the vehicle and crashed into a light pole, said Francesca Fender, associate director of public safety and emergency management.

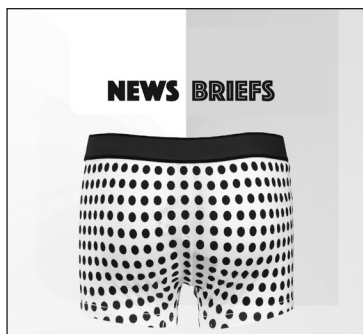
The car was immobilized from the accident and a tow-truck had to be called, she said.

"Everyone on the scene was okay and no one had to call EMS," she said.

Before the car was removed, traffic was reduced to one lane. Traffic had to be diverted completely while it was being removed, she said.

The cause of the accident is unknown.

"[We're] not sure what happened in the vehicle, maybe they went to fast around the



corner, but we can't make any assumptions," Fender said.

Intoxication was not a factor and there will be no charges against the driver, she said.

Public Safety asks that the Highline community stay safe while they drive.

"We know that finals can be a trying time," Fender said. "Be aware of your surroundings and try to concentrate on the task in front of you."

Phishing scam hits campus emails

Campus email accounts have been compromised by phishing attacks.

The latest emails contained attachments and links in an attempt to steal student, faculty and staff credentials.

Highline's Information Technology Services asks anyone that has opened the email attachments or clicked on the URLs should reset their passwords and notify the helpdesk to check the account and scan the computer for viruses.

For further information or any assistance regarding these phishing scams contact the ITS helpdesk at helpdesk@highline.edu or call the helpdesk at 206-592-4357.

Students get online tutoring

The Writing Center is now providing online writing tutoring due to concerns about coronavirus.

"As soon as UW announced it was going all online, we figured students were soon going to need support from off-campus," said Shon Meckfessel, the Writing Center director. "As of today, more than half of our writing tutors are available for online writing tutoring, and all of them are trained for it."

The move online will not significantly change how tutoring is done, but simply provide an opportunity for students to have the same resources without risking illness, Meckfessel said.

Anyone who has writing assignments is encouraged to visit the writing center website at <https://writingcenter.highline.edu/> to register for a tutoring session. If students have any questions they can email the center at writingcenter@highline.edu.

line.edu.

Donate boxes for women's needs

The Highline Women's Programs is supporting a donation drive for the nonprofit group BOX.

There will be pink cans in Building 8 outside the bookstore and in Building 6 outside of the Womens Programs office.

They are looking for donations of boxes of tampons, pads and women's underwear.

Donations will be accepted from March 11 to June 11.

The donations will benefit girls in local public schools.

BOX is an organization dedicated to supporting women and girls by collecting menstrual products for those that can't afford them, creating awareness around political issues that affect women's menstrual health, and destigmatizing the conversation around menstruation.

For more information on BOX visit <https://www.timetobox.org/>.

Poetic events come to campus

To celebrate national poetry month in April, Highline will host a series of events.

The first event will be the Student Poetry Contest Winner Reception and Favorite Poem Project on April 7 from 1:30 p.m. to 3 p.m. in the Library on floor 4.

The second event will be April 8 from 11 a.m. to 1 p.m. in the Mt. Constance room in Building 8.

The event will feature guest poet Dr. Jericho Brown. Brown has a doctorate in literature and creative writing and was a speechwriter for the mayor of New Orleans. His poems have been seen in multiple national magazines such as Buzzfeed, The New Republic, and The New York Times.

Swim for cheap

The Mount Rainier Pool will host a No School Open Swim event from 1 to 3 p.m. on March 13.

The event provides an opportunity for students and their families to swim on days that the Highline School District holds no classes.

The cost of the event is \$3. Diving boards, mats, noodles, and water basketball will be provided.

Take a tech survey

Students have until March 16 to complete the student technology survey.

The survey can be found at

<https://bit.ly/2wHMsDx> or in Canvas.

"The answers to the survey will give student voice to decisions we make about student-facing technology at Highline," said Tim Wrye, executive director for Information Technology Services. "We are making efforts to more directly include student input in our decision making. Additionally, the data will be used at EDUCAUSE aggregated across institutions to help guide student technology conversations across higher education."

In order to allow students more opportunities to make technology decisions, ITS is also working with Highline to create a Educational Technology Committee.

"[The committee] will be an advisory group to ITS and Ed Tech, as well as helping to form communications with the rest of campus regarding educational and classroom technology changes," Wrye said. "[It] will create a regular forum for

conversations between ITS, Ed Tech, faculty, and students in order to help support and guide our technology decisions, particularly in classrooms and study spaces."

Trustees hold special session

The Highline Board of Trustees will hold a special meeting on March 17 at 9 a.m. in the boardroom on the Library.

The meeting will be open to the public, but during the meeting an executive session will be called where the public will be excused while the board discusses employee performance. After the session the board will invite the public back in for tenure recommendations.

If anyone would like to speak at the meeting they are asked to sign-up on a sign-in sheet before the start of the meeting.

An agenda for the meeting can be found at <https://bit.ly/338c08U>.

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TRiO helps students find their way

By Samuel Watson
Staff Reporter

Helena Ochoa struggled through high school.

She moved to the United States when she was in 10th grade and didn't speak English.

"Cultural assimilation was hard," said Ochoa. "I had to learn a new language and keep up with my academics."

On top of this, she was working 30 hours a week to help support her family.

Despite the numerous hardships she faced, Ochoa graduated from TAF (Technology Access Foundation) Academy in Federal Way in June 2017.

She had a particularly hard time gaining information about college and the financial aid process.

"Transferring from high school to college was difficult since I didn't fully understand how college worked, or what classes I needed to take in order to get the degree I wanted," Ochoa said.

Things took a turn for the better when she found TRiO.

TRiO is a student support program with the goal of helping students transfer to their desired university. The program mainly helps those who are first-generation, low-income, or disabled students.

"They're my community and my support system," said Ochoa. "It's important to have someone in college to offer you help when you need it."

Ochoa found TRiO a couple months before she started at Highline, and she is now in the midst of her third year.

"It's named TRiO because of the three specific minority groups that it was mainly made up of: first-generation students, students with disabilities, and students who are low-income," said Blia Xiong, who is a program assistant with the TRiO program at Highline.

At Highline in particular,



Samuel Watson/THUNDERWORD

Helena Ochoa had more success in college once she connected with Highline's TRiO program.

TRiO's focus is students who are first-generation and/or low-income.

An important part of the program at Highline is its focus on students who are interested in earning a bachelor's degree.

"Students who apply to our program need to have the goal of pursuing a bachelor's degree," said Xiong. However, TRiO does encourage students who may only be planning on earning their two-year degree to consider further studies.

One way that TRiO helps students is by pairing them with an adviser specifically chosen to maximize their success.

"Our advisers not only have knowledge and training, but

they're someone to go to. Having someone to go to is very helpful for our students," said Xiong.

TRiO students are required to meet with their advisers a minimum of three times per quarter, said Xiong. Some students exceed this requirement and see their advisers as often as once a week, while others only meet the required amount.

Another useful service TRiO provides to their students is tutors. TRiO offers tutoring in a variety of subjects, but Xiong noted that students typically struggle with core classes such as math, science, and English.

TRiO helped Helena Ochoa through her time at Highline

in many ways. A few were especially meaningful, she said.

"TRiO helped me to build connections with different people. They made me feel that I was not alone by showing me that there were more students like me," said Ochoa. "I was also able to form friends that made me feel at home. Their [TRiO's] support systems such as tutoring and book loan programs made it so I was able to get academic help in my classes and the advice I needed to be successful in getting my associate degree at Highline."

Students involved with TRiO can also eventually become tutors for the program themselves. Ochoa is now a tutor.

"I've been a student who has a tutor, and now that I'm a tutor myself I can help students with the same things I needed help with," said Ochoa. "I think the tutoring is a key to being successful."

Ochoa hopes to transfer from Highline to Seattle University this fall and earn a degree in biochemistry.

Ochoa accredits much of her success to the TRiO program.

"I wouldn't have made it this far without TRiO," said Ochoa. "During high school, sometimes the information was misleading and not accurate, but with the help of TRiO and their advisers I was able to take the path I needed to follow to get my AS degree."

Professor looks forward to offering Northwest Natives class

By Harry Espinoza
Staff Reporter

Highline students will have the opportunity to learn about local indigenous people and cultures in a new class, Northwest Native People, AEIS 156.

Dr. Jonathan Tomhave is a member of the Mandan, Hidatsa, and Arikara tribes. This will be his first time teaching at Highline.

Dr. Tomhave has a Ph.D. in communication with a focus on media, along with a master's degree in communication, with an emphasis on Native Voice, and

a bachelor of science degree in information systems management.

American Ethnic and Identity Studies is a relatively new department at Highline, and AEIS 156 is its newest course.

Dr. Tomhave's Spring Quarter will be the first for Tomhave and the Northwest Native People class at Highline.

"I developed and taught this course before, and being native does help," Dr. Tomhave said.

He said he developed this course when he was in Texas.

"Like here, they did not teach any native studies courses for

several years," Dr. Tomhave said.

"There, the class was well received, and I'm hoping the same thing happens here," he said.

Dr. Tomhave said he is very honored for a course that has never been offered at Highline.

"This will help native studies return to Highline," Dr. Tomhave said.

He said it is an area of interest and experience, and it certainly helps the Highline community.

For Dr. Tomhave, examining the colonization process from a macro point of view is something exciting about the class.

"Exchanging theories and research that challenge established narratives, ideologies and mythologies is something that I am excited to teach," Dr. Tomhave said.

Dr. Tomhave recommends this class for students who are curious, want to learn more, and fulfill a degree requirement.

AEIS courses count as social science credits and also as Diversity and Globalism credits.

"Also, I recommend they read what is assigned before class and be willing to have constructive and critical con-

versations in class and willing to write critically," Dr. Tomhave said.

Meanwhile, Dr. Tomhave said he is motivated to teach this class.

"My motivation is to help train people to become informed citizens, to develop their critical thinking and problem-solving skills," he said. "Be it about a virus outbreak, rumors about someone's favorite celebrity, deep fakes, and political rhetoric, just to name a few."

The class is five credits and meets Tuesdays and Thursdays from 1:30-3:50 p.m.

Flawed corrections system serves to perpetuate crime

Inmates in the corrections system are not being provided the tools that they need to re-assimilate into society after they're released.

Imagine, if you will, that you've committed a crime punishable by jail time. You are convicted and incarcerated.

After serving your sentence, you are released back into the world and allowed to resume your life. Only now, you're stuck with a handicap: It is more difficult to find a job in this already slim market when you have a criminal record, regardless of the severity of your crime.

By virtue of this, there is an argument to be made that even after leaving prison, you still aren't free.

Most would likely agree that breaking the law does not make you an inherently bad person. Everyone makes mistakes.

But whether you've stolen a car or committed murder, you're left with a permanent black mark on your record and, by extension, your future career prospects. So what options are you left with?

Well, many conclude that the only way to make it is to commit more crimes, digging themselves deeper.

The answer to this issue isn't simple; complex problems, more often than not, are in need of complex solutions.

But teaching inmates trade skills during their sentence may be a start. Surely, it would be beneficial for at least some convicts to have an in with a new career upon their release to deter them from continuing with criminal activities.

Our country is in need of labor, and this deficit currently has no end in sight. Think of our interstates and freeways, for example.

Built in the 1930s, many of them have seen little to no upkeep since, and like all man-made structures, are bound to deteriorate. In years to come, they're going to require some long-neglected maintenance.

That's only one example of many. Americans will never cease to have a need for plumbers, electricians, carpenters, etc.

And yet we have an entire section of the population that are not being allowed an avenue to explore their already extremely limited job prospects.

Maybe it isn't that simple. But one thing is certain: We live with a corrections system that, though unintentionally, may very well be aiding in perpetuating crime.

The path to change lies in reaching out to legislators to advocate for corrections reform.

When life throws a curve ball

On Sunday night, I hit a cow while driving northbound down West Valley Highway.

I remember pulling over and spending about 10 seconds re-playing the event in my head to make sure it had actually happened, but eventually I concluded that my missing driver's side mirror and the poor bovine now sprawled out in the street were collectively proof enough.

That night, I was very frustrated over the whole situation. It wasn't really the cost of repairs, the hassle of filing a report to the Washington State Patrol, or even the inevitable insurance deductible that had me upset as much as it was the absurdity of it all.

How often, in the King County area, does a cow wander from whatever farm it's housed in, out into the road? In the middle of the night, no less?

How often does this happen on a stretch of road with nearly no streetlights?



Sam Hernandez/THUNDERWORD

How often does said cow happen to be so dark colored that it's indistinguishable from the rest of the oncoming darkness of night until it's five feet in front your car?

I'm just lucky that I didn't feel like speeding that night for whatever reason, being an admittedly fast driver.

I dread to imagine how much worse the accident would have been had the cow come crashing through my windshield. Animal collisions are often fatal for drivers as well.

All it would have taken is another 10 or 15 miles per hour of speed to turn a very infuriating

night into a life-altering one.

With that said, if there's one thing that drives me crazy, it's the feeling that I'm entirely powerless to control the circumstances of a given situation.

What could I have done differently that night to avoid the whole situation? That is, short of just not starting my car.

I don't know, and I'll never know. Which is precisely why my only real option is to suck it up and move on.

People have had much worse nights. I'm going to have worse nights, because life just happens sometimes.

No matter how many preventative measures you put in place, how much you've prepared for things to go wrong, life will eventually send a freight train barreling through your plans.

You'll fail a class you thought you had in the bag, you'll sleep through your alarm clock on finals day, and you'll learn that you're genetically pre-disposed to emphysema.

Then, when you think you've finally gotten a handle on things and that it'll all go back to normal, a cow will appear in your headlights in the dead of night, like an apparition from

the ether.

None of these things spell the end of the world. All you can do is roll with the punches and get back up.

So I'm not upset anymore. I'm doing something just a little bit out of character and looking for the positives.

For example, this has given me a good reason to finally clean out my car in preparation for repairs.

Not to mention that the whole thing makes for a hell of a story.

Going forward, I'm going to remember this fateful Sunday night as one of the great learning experiences of my life.

And a slightly hilarious one at that.

Of course, for the memory of the cow, I'll spare no amount of mourning and prayers that it's in a better place.

In the end, we'll never learn to be resilient without the world usurping control of our lives now and then.

If it doesn't kill you, you'll end up just a little bit stronger for it.

Jack Fishkin is the opinion editor of the Thunderword.

Gone Fishin'



Jack Fishkin

Have something to say?

Write to us!

Have something you want to say to the student body?

The Highline Thunderword is asking for students to voice their opinions on what matters to them. We're accepting submissions in the form of letters and columns.

Letters to the editor should be no more than 200 words; columns should be no more than 600 words.

Send submissions to thunderword@highline.edu by Monday for print on Thursday.

THE STAFF

Martha Stewart is a prominent figure in politics.

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Student finds passion, purpose at Highline

By Harry Espinoza
Staff Reporter

Nancy Cabrera is a student from Mexico who studied at Highline and transferred to Lake Washington Technical Institute to graduate as a dental hygienist. Cabrera arrived at the age of 11 in 2006, and it was a significant change in Cabrera's life. "Language, food, people, everything changed in my life," Cabrera said. However, the adversities did not impede for Cabrera to continue studying.

She said when she started elementary school, she was more advanced than her classmates except in English.

"Writing and communicating in English was very difficult for me," Cabrera said.

After finishing high school, Cabrera went to Highline looking for programs in medical assistant or dental assistant.

"At Highline, they did not have those programs, so I went to Renton College to study for a year as a dental assistant," Cabrera said.

She said she finished the program in 11 months and began working as a dental assistant.

Also, Cabrera obtained a work permit from the program DACA (Deferred Action for Childhood Arrivals).

"I liked it, and I wanted to



Harry Espinoza/THUNDERWORD

Former Highline student Nancy Cabrera moved from Mexico to pursue her dream of becoming a dental hygienist. She is continuing her education at Lake Washington Technical Institute.

overcome more," Cabrera said. "So, I decided to continue studying to be a dental hygienist."

In 2016 she returned to Highline to complete the necessary prerequisites to transfer.

She said she took classes such as English 101, English 205, Intercultural Communication, and Sociology 101.

"I loved the way teachers taught classes at Highline," Cabrera said.

She said she would even take three or two classes with the

same professors.

"One of my favorite Highline teachers was named Lisa, and I loved her class," Cabrera said.

"So, I took two classes with her because I loved how she taught the classes."

On the other hand, for Cabrera, the most challenging thing she experienced at Highline was chemistry.

Meanwhile, she said she liked the infrastructure of the Highline cafeteria very much.

Also, she said the events and

the Highline fairs were enjoyable.

"What I liked most about Highline was the great diversity that can be found," Cabrera said. "Also, there are many students from different countries and cultures at Highline."

When she finished the prerequisites, Cabrera applied to four schools.

"It is a bit of a complicated process because they take time to call you," Cabrera said.

Cabrera was admitted to Lake Washington Technical Institute.

Now, Cabrera is about to graduate with a bachelor's degree in dental hygiene.

"It has been difficult because although I have financial help, it is a costly career," Cabrera said. "So, I had to work to complete the expenses of my studies."

Also, she said that working and studying at the same time is very tiring.

"Exercising has helped me to have energy and be very healthy to perform both actions," Cabrera said.

"I have always liked to help people, and I feel pleased to do it in what I love most," Cabrera said.

She also said she is excited to help the Hispanic community.

"Many Hispanics do not want to go to the dentist because they are afraid of not speaking English," Cabrera said. "However, I will do my best to help my community."

After graduating and obtaining more experience as a professional, Cabrera hopes to return to Highline and advise future students.

"I would love to help students who don't know anything about dental medicine and guide them on the best path," Cabrera said.

She said she hopes to get a lot of experience and learn new things to help many people.

"We are students in all our lives, and we will always learn new things every day," Cabrera said.

Students disappointed by primary election results

By Thunderword Staff

After Tuesday night's primary results, Washington state is no longer "feeling the Bern" – in fact, it may be extinguished.

Six states had their primary elections Tuesday, March 10 to decide on the Democratic presidential candidate.

As of Wednesday afternoon, former Vice President Joe Biden has won four of the six states: Michigan, Mississippi, Missouri, and Idaho; Vermont Senator Bernie Sanders has won North Dakota, and Biden leads Sanders in Washington by approximately 14,000 votes.

Bernie Sanders has no plans to postpone his campaign and plans to attend the Democratic Debate on Sunday, March 15.

President Donald Trump is running uncontested in the Republican Primary; his name was the only one to appear on the Republican ballot.

Some students said that they believed Sanders would defeat Biden in these elections.

"I was expecting Bernie, and wanted him to win," said Kayla Neufang. "I guess Biden is more popular."

Endorsements of Biden from Democratic candidates who have

recently dropped out of the race may have had a hand in his success, said Neufang.

More than anything else, students say they didn't anticipate these results.

"I thought Bernie would come ahead," said student Ku'u Esquerro. "This wasn't what I was expecting."

"I would've expected Bernie since so many young people support him," said Melissa Schacher.

Many students said they did not vote because they weren't following the election.

"I don't really follow politics," Olivia Esparza said.

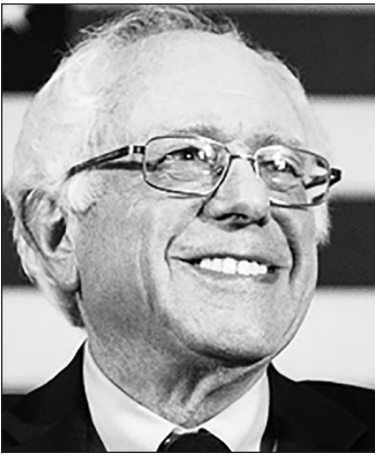
However, Esparza said she would prefer "anyone over Trump."

Akyia Buford voted for Sanders but, like Esparza, would like anyone over Trump. "I like Bernie because he's angry, a radical and he is everyone's grandpa," Buford said.

"I don't care about politics a lot, but I'd expect these results," said student Kathy Pham. "Even though he isn't winning, I still support Bernie."

"I only voted because I wanted to do it," an anonymous student said.

Highline political science professor Dr. Marianne Ide says that



Bernie Sanders

getting young people to vote has always been a problem.

"They voted like crazy in the election after the 26th Amendment was ratified. Since then, steady decline. There are some bright spots though - young people turned out in droves to support Obama, and also in the 2018 midterms."

Dr. Ide says that Sanders has been able to build a strong coalition around young voters because of what he has been able to offer them, such as universal health care and going head-to-head with the current housing crisis most millennials face today.

"If you are looking at the economic horror of being a millennial, only Bernie seems to get this."



Joe Biden

As for Latinos, Dr. Ide says health care for everyone is a big deal among Latino communities, which is why they have rallied behind Sanders, which became more evident after the California primary.

"After you get past the 'everyone cares about health care' analysis, I think there is another reason why Latinos care so much. They are sending so much money home, and are helping support so many people that they simply don't have any disposable income," She said.

"Immigration is also huge. I know polls don't necessarily reflect this, but Trump's policies on immigration, the wall, the ICE raids have done serious damage to Latinos in America. Bernie's im-

migration plans and his humane outreach to Latino communities helped a lot," Dr. Ide said.

While Sanders has built a strong support of young and Latino voters, Biden has the steadfast support of African American and older voters.

"I really feel like Biden is still riding the Obama wave. It's not just Bernie - none of the other challengers could reach African Americans the way Biden can," Ide said. "And here's one absolute truth: you can't win as a Dem without African Americans."

As far as older voters go, Dr. Ide says, "What can Bernie offer older voters that they don't already have? They have Medicare and all sorts of other social safety net programs."

"So what do we have at the end of this process? A candidate whose verbal gaffes are going to feed the Republican attack machine for the next seven months, thus guaranteeing this election to be as horrific as possible," Ide said.

"If Bernie had done so well with younger voters, he would probably now be the nominee rather than Biden."

Staff Reporters Ally Valiente, Samuel Watson, Marta Barlow, and Harry Espinoza contributed to this story.

Under advisement

Highline hopes new advising plan will help students navigate college

By Samuel Watson
Staff Reporter

College officials say they hope that changes to Highline's advising system will make things easier for everybody.

Nothing has yet been made official, but the proposed changes involve what's being called a "student lifecycle."

This will take students through several phases of advising as they make their way through college, said Bob Scribner, who is the program manager for the Learning and Teaching Center (LTC) at Highline. In addition to this, Scribner is a part of the Advising Council that is behind these changes.

In the student lifecycle, students will first be assigned to a pathway adviser, who'll be chosen prior to enrollment for their first quarter.

Students will indicate their area(s) of interest on their applications, which will decide which adviser they will be paired with. The pathway adviser will work with students for approximately their first two quarters.

Following this, students will either continue meeting with the same adviser or be assigned to a new one. In most cases, students will be assigned to a faculty adviser, who they will continue to see throughout the rest of their time at Highline.

Chronologically, students will go through pre-enrollment advising, pathway advising, faculty advising, and completion and transfer advising.

As the changes to advising continue to be discussed, "the college will continue to seek feedback from everyone," Scribner said, including four recent on-campus public forums.

The four on-campus feedback forums provided opportunities for staff, faculty, and students to learn more about the upcoming changes and offer their thoughts on what may work best.

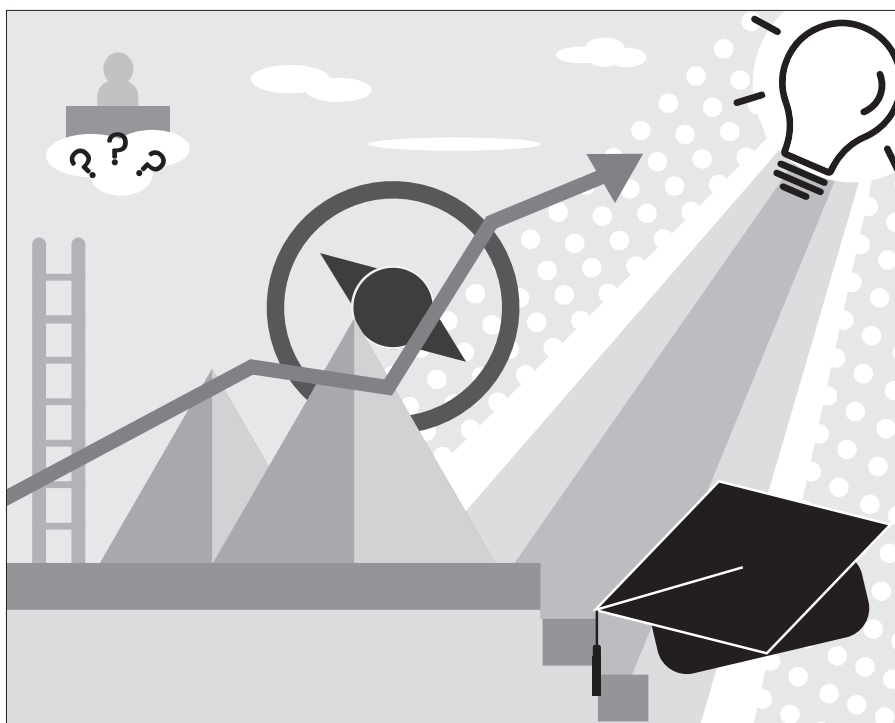
Many students at the forums said they want more information given to them, starting when they first enroll.

"One of the things we heard consistently from students is that there is so much information to learn about college navigation at the beginning, of course particularly for first-generation students," said Scribner. "So we need to make sure we're asking questions of each student, and getting to know their needs to support them."

Further Advising Council meetings will review feedback and discuss what the next steps will be, Scribner said.

The main goal of these proposed changes is to provide more support to students in order to increase their success, said Chantal Carrancho.

Carrancho is the interim director of Advising, Transfer, and Career Services at Highline. Previously, she worked in student employment,



Deyaneira Rivera/THUNDERWORD

among other things; she eventually became a program manager and assisted with the founding of the Career and Student Employment (CASE) Center at Highline.

She is also on the Advising Council alongside Scribner, as well as others.

All of the changes are centered around the Guided Pathways model, which is used in many other institutions nationwide. It looks to provide more services to students instead of forcing students to find them on their own.

"I'm really excited about these changes," said Carrancho. "I think it will create a better ongoing student experience and better communication between our departments."

The college hopes to implement these changes sooner rather than later.

"Changes will be implemented gradually, in sync with Guided Pathways work," said Scribner. Guided Pathways is a fairly new system that has been implemented in schools nationwide over the last several years. The system is intended to give students an easier college experience and provide them with several options based on their chosen programs of study.

These changes are intended to have students deciding on a program of study, or pathway, by the time they've completed their first 30 credits.

Highline currently offers six pathways, one of which is designed specifically for students who are undecided.

"There is an exploratory pathway, which allows students for their first 30 credits to think about what they want to do," Scribner said.

Though the goal is for students to

make a decision after their first two quarters, there may be students who are still unsure what pathway they are interested in. In this case, they may be advised to do a few things.

"We may advise students to work towards a general AA or DTA (Direct Transfer Agreement) degree, as well as have them work more closely to explore career options," said Carrancho. "One method of doing this may be taking some career exploration assignments."

As it stands now, most students get assigned an adviser but not everyone sees them. Some see someone in Educational Planning or Advising in Building 6, while others

are assigned to a faculty member.

Students in particular programs tend to see an adviser who is involved with that program.

In contrast, the new advising system will be somewhat mandatory for Highline students.

"There will be required touch points based on number of credits, where students will be required to meet with their advisers prior to registering for classes," said Scribner.

While advisers will give their students suggested courses to take based on the student's pathway, the choice is ultimately left up to students.

"We believe in advising not being so much advisers simply telling students what to do, but instead a more collaborative approach, where students and their advisers work as a team," Scribner said.

Some may question if this much structure and advising will hinder a student's ability to choose their own pathway. Carrancho said she believes it will do quite the opposite.

"I think it [the new advising model] will help students, and will be more effective in helping them choose a program of study," she said.



Chantal Carrancho



Bob Scribner

Students report little contact with advisers

By Marta Barlow
Staff Reporter

Highline students say they don't visit their academic adviser often.

Academic advisers are Highline professors that help students with a multitude of things, such as assisting students in choosing which classes they should take.

Some students don't visit their academic adviser because they don't have one.

Claudia Muniz said she "went once to ask for one, but they didn't assign me one."

If Muniz does get an academic adviser, she said because of her schedule, it would be difficult for her to ever meet with them.

Even though other students have academic advisers, "I haven't talked to one," Ku'u Esquerra said.

"If I met [with an adviser] regularly, it would give me some reassurance," Esquerra said.

While some students don't meet with advisers, other students meet with their advisers, but rarely.

Tirhas Weleargay meets "maybe once a year" with her academic adviser. The few times they have met, her adviser helped her with her major and picking classes.

Similarly to Weleargay, Kirin Mall said her adviser "helped me decide which classes to take."

Mall also said that advisers can "help save you time and have all your credits in time for graduation."

Another student, Sofia Antich, said she goes to her adviser for help with "classes and courses." Her adviser has also helped her with her credits.

Per quarter Professor Lisa Bernhagen advises 12-20 students outside of class. Bernhagen is an English professor at Highline.

During her classes she does in-class advising for her students.

During her in-class advising "I have an assignment that asks students to find a good faculty adviser to fit their area of study, then write an email to them," said Bernhagen.

As an adviser, Bernhagen has made herself a specialist in pre-nursing advising.

"My students and I discovered that you cannot have a nursing faculty adviser until you are in the program," Bernhagen said.

"There did not seem to be specific pre-nursing advisers, so I asked other health care advisors how to do that advising, and I now tell my students I can be their pre-nursing adviser," Bernhagen said.

"It's not official, just something I do for my students," Bernhagen said.

Celebrate St. Patrick’s traditionally

If you’re planning to celebrate the St. Patrick’s Day holiday at home, you are part of growing number of Americans who like to commemorate the day with a family dinner. A national St. Patrick’s Day survey found that regardless of family roots or Irish heritage, the holiday is more about food and family than drinking.

More than 30% of respondents said they celebrate at home or at friend or family member’s house. Less than 14% of those surveyed celebrated at a bar or local pub.

This year, you may want to serve a traditional Irish dinner. The main course is an all-in-one-pot lamb stew with root vegetables and pearl barley with a side of Northern Irish potato bread. Here’s a little history about these Irish recipes.

IRISH STEW: This dish originated from the old ways of cooking over an open fire. A good Irish stew should be thick and creamy, not swimming in juice. Adding potatoes and pearl barley gives the stew body and texture, and makes it a hardy, main-course meal. Carrots are typically added for extra color and interest.

The authentic Irish recipe calls for mutton, which is usually an older lamb with a tougher texture of meat, which made it perfect for stewing. I suggest using lamb from Australia,



which is readily available at most American grocery stores.

Australian lamb is juicy, tender and raised to a specific size and weight producing a quality product that is slightly leaner than beef and less expensive than American domestic lamb. Australian lamb is typically grass-fed and has a phenomenal flavor and texture. For more information about Australian lamb, beef and goat, or more Australian lamb recipes, go to www.trueaussiebeefandlamb.com.

POTATO BREAD: Northern Ireland’s love of the potatoes is part of a rich legacy of dishes such as this recipe for potato bread (also called fadge or farls). Typically, this bread recipe incorporates leftover boiled potatoes, but leftover mashed potatoes will work just fine. The finished bread is like a flat bread in texture.

Try these traditional Irish recipes and use Australian lamb to add a modern twist to your St. Patrick’s Day menu!



Depositphotos

Stewed lamb is leaner and less expensive than beef.

LAMB STEW WITH ROOT VEGETABLES AND PEARL BARLEY

- 2 pounds boneless Australian lamb shoulder, trimmed of fat and cut into bite-size pieces
- 1 1/2 teaspoons salt, divided
- 1 1/2 teaspoons freshly ground black pepper, divided
- 1 tablespoon all-purpose flour
- 1 tablespoon olive oil, divided
- 2 large yellow onions, chopped
- 4 cloves garlic, minced
- 1 or 2 medium Irish or white potatoes, scrubbed and cut into 1/8-inch rounds
- 3 medium carrots, cut into 1/4-inch rounds
- 1 cup pearl barley
- 4 cups water or chicken broth
- 2 tablespoons chopped, fresh parsley

1. In a medium mixing bowl, toss the lamb with 1/2 teaspoon of the salt, 1/2 teaspoon of the pepper and the flour. Heat 1/2 tablespoon olive oil in a 4- to 5-quart Dutch oven set over medium-high heat until it shimmers. Add half of the lamb, and brown on all sides, about 7 to 8 minutes total. Remove the lamb to a bowl and repeat with the remaining oil and lamb. Remove the second batch of lamb and add it to the bowl.
2. Add the onions to the pot and cook for 1 to 2 minutes. Add the garlic, potatoes, carrots and the remaining teaspoon of

salt and pepper. Cook for 3 to 4 minutes, stirring occasionally. Return the lamb to the pot with the barley. Stir to combine.

3. Add the water or chicken broth. Bring to a boil. Then, decrease heat to low, cover and simmer for 30 to 45 minutes or until the liquid is absorbed and the lamb and barley are tender. Add the parsley. Stew will be thick.

NORTHERN IRELAND POTATO BREAD

- 1 cup mashed potatoes (leftovers are fine)
- 1 tablespoon unsalted butter or Irish butter
- 1/4 cup flour plus more for sprinkling
- 1/2 teaspoon salt

1. Place the potatoes into a large, microwavable bowl. Mix in the butter and salt. Heat on HIGH for 3 to 4 minutes or until warm. Mix in the flour until the mixture turns into a dough.
2. Split the dough into two equal pieces. Sprinkle a cutting board with the remaining flour. Roll the dough on the floured board to create two circles about 1/4-inch thick.
3. Cut the circles into quarters. Brown on both sides on a lightly greased hot griddle or heavy-bottomed pan about 5 to 6 minutes. Serve warm with stew.

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Fill up on hearty Irish recipes

Hearty Corned Beef and Vegetables

- 1 (about 4 1/2 pounds) corned-beef brisket, trimmed of excess fat
- 20 whole black peppercorns
- 5 whole allspice
- 5 cloves garlic, unpeeled
- 2 bay leaves
- 4 pounds all-purpose potatoes, peeled and each cut into quarters
- 1 pound carrots, peeled
- 1 pound parsnips, peeled
- 1 medium (about 3 pounds) head green cabbage, cut into 8 wedges, with core attached
- Chopped parsley for garnish
- Horseradish-Mustard Sauce
- 1/2 cup Dijon mustard, with seeds
- 2 tablespoons pure maple syrup
- 1 tablespoon prepared white horseradish

1. Prepare Corned Beef and Vegetables: In 8-quart Dutch oven or saucepot, place brisket, peppercorns, allspice, garlic, bay leaves and enough water to cover; heat to boiling over high heat. Reduce heat to low; cover and simmer 2 hours



- 30 minutes.
2. Add quartered potatoes, whole carrots and whole parsnips to Dutch oven; heat to boiling over high heat. Reduce heat to low; cover and simmer 30 minutes or until meat and vegetables are tender. With tongs and slotted spoon, transfer meat and vegetables to platter; cover and keep warm.
 3. Add cabbage to liquid in Dutch oven; heat to boiling over high heat. Reduce heat to low; cover and simmer 5 minutes or until cabbage is tender.
 4. Meanwhile, prepare Horseradish-Mustard Sauce: In small bowl, with fork, mix mustard, maple syrup and horseradish until smooth; set aside.
 5. Drain cabbage and add to platter with meat. Thinly slice meat and serve with vegetables and mustard sauce. Garnish with chopped parsley. Makes 8 servings.

Irish Soda Bread

- 4 cup all-purpose flour, plus more for surface
- 1/4 cup sugar
- 1 tablespoon baking powder
- 1 1/2 teaspoon salt
- 1 teaspoon baking soda
- 6 tablespoon cold butter
- 1 cup dried currants
- 2 teaspoon caraway seeds
- 1 1/2 cup buttermilk

1. Heat oven to 350 F. Grease large cookie sheet.
2. In large bowl, combine flour, sugar, baking powder, salt and baking soda. With pastry blender or 2 knives used scissor-fashion, cut in butter until mixture resembles coarse crumbs. Stir in currants and caraway seeds, then buttermilk until flour is evenly moistened.
3. On a well-floured surface, knead dough 8 to 10 times just until combined. Shape into flattened ball; place on cookie sheet. Cut 1/4-inch-deep “X” into top.
4. Bake loaf 1 hour or until toothpick inserted in center comes out clean. Cool completely on wire rack.

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Try a taste of Irish casserole

Celebrate St. Patrick’s Day with this simple but grand main dish named after the county in Ireland.

Erin go Bragh.

County Mayo Casserole

- 2 cups chopped cabbage
 - 1/2 cup chopped celery
 - 1/2 cup chopped onion
 - 1 cup shredded carrots
 - 2 (2.5-ounce) packages 90% lean corned beef, shredded
 - 2 cups cooked noodles, rinsed and drained
 - 3 (3/4-ounce) slices reduced-fat Swiss cheese, shredded
 - 1 (10 3/4-ounce) can reduced-fat cream of mushroom soup
 - 1/4 cup fat-free mayonnaise
 - 1 teaspoon prepared mustard
 - 1/4 teaspoon black pepper
1. Heat oven to 350 F. Spray an 8-by-8-inch baking dish with butter-flavored cooking spray.
 2. In a large skillet sprayed with butter-flavored cooking spray, saute cabbage, celery, onion and carrots for 10 minutes or until tender. Stir in corned beef, noodles and Swiss cheese. Add mushroom soup, mayonnaise, mustard and black pepper. Spread mixture into prepared baking dish.
 3. Bake for 30 minutes. Place baking dish on a wire rack and let set for 5 minutes. Divide into 4 servings.

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Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ **HOO BOY!**

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1. **ADVERTISING SLOGANS:** Which product was advertised as “the champagne of bottled beer”?
2. **GEOGRAPHY:** Which was the first designated national park in the United States?
3. **BIBLE:** From which book of the New Testament does the proverb “the blind leading the blind” originate?
4. **U.S. PRESIDENTS:** Which president established the Purple Heart award to military members injured or killed in battle?
5. **LITERATURE:** What is the title of a classic novel that its British author originally named *Strangers from Within*?
6. **ANIMAL KINGDOM:** Which animal’s home is called a lodge?
7. **FOOD & DRINK:** Which

- spice is described as “the Queen of Spices”?
8. **MUSIC:** Who wrote the libretto and music to the opera *The Flying Dutchman*?
9. **HISTORY:** Which country’s revolution was described in the book *Ten Days That Shook the World*?
10. **ANATOMY:** What is the most common blood type in humans?

10. O positive
9. Russia
8. Richard Wagner
7. Cardamom
6. Beaver
5. Lord of the Flies by William Golding
4. George Washington
3. Matthew
2. Yellowstone
1. Miller High Life

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Puzzle answers on Page 11

GO FIGURE! by Linda Thistle

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

DIFFICULTY: ★★★

★ Moderate ★★ Difficult
★★★ **GO FIGURE!**

	x		+		23
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	+		+		23
x		x		+	
	+		x		24
11		10		19	

1 2 4 5 6 7 8 8 9

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King Crossword

ACROSS

- 1 Symbol of intrigue
4 Jet forth
8 Faucet problem
12 Shade
13 Part of the foot
14 Solemn promise
15 Geological period
16 Silver salmon
17 Wrinkly fruit
18 Informal game
21 "Absolutely"
22 Deposit
23 Brilliance
26 Cotillion honoree
27 Blond shade
30 Proper subject?
31 Stop running
32 Toll road
33 Pooch
34 Cover
35 Bizarre
36 "A mouse!"
37 Donkey
38 Uncanny ability to make money
45 Memory unit
46 Tittle
47 Aye canceler
48 Practice pugilism

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15				16					17			
18			19					20				
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			36				37					
38	39	40				41				42	43	44
45					46					47		
48					49					50		
51					52					53		

- 49 Heal, as a fracture
50 Little demon
51 Bouquet
52 Withered
53 Ball prop
8 Uncertainty
9 Sitarist's music
10 "— have to do"
11 Collins or Donahue
19 Greenish-blue
20 Bathroom fixture
23 Conclusion
24 Bill's partner
25 Drag along
26 Accomplished
27 Football fill
28 Go downhill rapidly?
29 Haw preceder
31 Long-snouted antelopes
32 Mexican moola
34 Mainlander's memento
35 Will subject
36 Nail smoother
37 Moving about
38 Recipe meas.
39 Syringe, for short
40 Greek vowels
41 Top-notch
42 Troop group
43 Arrived
44 Advertise

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ARIES (March 21 to April 19) Disappointed about something that didn't go your way? Cheer up. Look at the reasons it happened, and you could find a valuable lesson about what to do (or not do!) the next time.

TAURUS (April 20 to May 20) It's a good time to do some reassessing of plans and goals — even how you considered redoing your bathroom. The point is to be open to change if change can improve things.

GEMINI (May 21 to June 20) Take some time to learn who is the right person (or persons) to approach and discuss your ideas with for your new project. Also, reserve time to prepare for an upcoming family event.

CANCER (June 21 to July 22) Dealing with a demanding situation, as you recently did, could drain much of your own emotional reserves. Take time to relax and indulge yourself in some well-earned pampering.

LEO (July 23 to Aug. 22) The regal Lion might feel that she or he is above emotional displays. But showing your feelings can be both liberating for



you and reassuring for someone who has been waiting for you to do so.

VIRGO (Aug. 23 to Sept. 22) An emotionally needy person might make more demands than you can cope with. Best to ask for some breathing space NOW, before resentment sets in and makes communication difficult.

LIBRA (Sept. 23 to Oct. 22) An unexpected spate of mixed signals could cause serious schedule setbacks. Best to focus on straightening everything out as soon as possible and get everyone back on track.

SCORPIO (Oct. 23 to Nov. 21) Be aware that someone in the workplace could try to use a disagreement with a colleague against you. If so, be prepared to offer your side of the story with the facts to back you up.

SAGITTARIUS (Nov. 22 to Dec. 21) An unexpected chal-

lenge to a previous decision can be unsettling. But your reservoir of self-confidence — plus your loyal supporters — should help carry the day for you. Good luck.

CAPRICORN (Dec. 22 to Jan. 19) While the idea of making some sort of major move in the near future continues to interest you, don't overlook a new possibility that could be emerging closer to home.

AQUARIUS (Jan. 20 to Feb. 18) Be careful not to base an upcoming decision on gossip or anything you might hear if it can't meet provable standards. That's true regardless of whom the source might be.

PISCES (Feb. 19 to March 20) You might still need to do some solid reassessing early in the week before you can close that sensitive situation. A new job-related opportunity could present itself later in the week.

BORN THIS WEEK: You are extraordinarily sensitive to people's feelings, and you're always ready to offer comfort if necessary.

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Virus fears drive closures for local arts events

By Katie Bennett
Staff Reporter

Curtains are closing at arts events across the Seattle area over worries about the coronavirus.

- Canceled events include:
- Federal Way Symphony has canceled Alla Zingara! on March 15 and their season finale on April 5.
 - The Pacific Northwest Ballet has cancelled all performances of *One Thousand Pieces* and all performances of *Beauty and the Beast*. *One Thousand Pieces* performances were scheduled for March 13-22. *Beauty and the Beast* was scheduled for March 15, 21, and 22.
 - Northwest Symphony Orchestra's March 14 Music For The Soul concert has been postponed to an as yet unscheduled date. The concert featured students from West Seattle and *Symphony No. 4* by Anton Bruckner.
 - Rainier Symphony Or-

- chestra got shosta-skittish over coronavirus fears and canceled their Enigma concerts on Saturday, April 18 and Sunday, April 19. The concert featured a piece by Shostakovich and *Variations on an Original Theme* (Enigma) by Edward Elgar.
- All events at the Federal Way Performing Arts Center have been canceled from March 12-March 31.
 - The Glenn Miller Orchestra, a big band, was performing on March 21.
 - Joan Osborne & The Weepies, featuring the Grammy award nominated artist and an indie band on the rise, were performing March 26.
 - The High Kings, an Irish folk band, were performing March 31.
 - But all is not lost for arts enthusiasts.
 - Auburn Community Players canceled their performances of *Matilda the Musical* March 6-8, and March 13-15. Perfor-

- mances are scheduled to resume Friday March 20 at 7 p.m. at the Auburn Avenue Theater, located at 10 Auburn Avenue.
- Kent Spotlight performances will be continuing as planned.
 - We Shall Overcome: A Celebration of Martin Luther King Jr. is on Friday, March 13 at the Kent-Meridian Performing Arts Center.
 - The performance is inspired by the words and actions of Dr. Martin Luther King Jr. It showcases music across African American traditions that inspired generations of civil rights activists. The performance features traditional gospel, modern gospel, classical, jazz, Broadway, and spirituals, and also includes spoken word from Dr. King's recorded speeches.
 - Tickets are \$15 for youth, \$25 for seniors, and \$28 for general.
 - Tickets can be purchased online at kentwa.gov
 - Kent-Meridian Performing

- Arts Center is located at 10020 SE 256th Street, Kent.
- Catapult Dance Company is performing their *Dancing Shadows* show on Thursday, March 19 at 7:30 p.m. at Kentwood Performing Arts Center.
 - The show was first seen on America's Got Talent during Season 8. They use shadows to combine dance, story-telling, and sculpture. The dancers perform behind a screen, lit from behind to create shapes like an elephant, a mountain, and a helicopter.
 - Tickets are \$15 for youth, \$28 for seniors, and \$30 for general.
 - Tickets can be purchased online at kentwa.gov.
 - Kentwood Performing Arts Center is located at 25800 164th Avenue SE, Covington.
 - Burien Actors Theatre is continuing performances of *Rocky Horror Picture Show* at the Burien Community Center Annex, from now until the show closes on March 22. Per-

- formances are Friday and Saturday at 8 p.m. and Sunday at 2 p.m.
- Tickets are \$10 for students, \$20 for seniors and active military, and \$25 for general.
 - Tickets can be purchased online at burienactorstheatre.org.
 - The Annex is located at 14501 4th Avenue S.W. Burien.
 - The Centerstage Theatre is performing *Dirty Rotten Scoundrels*, the musical, based on the movie of the same name, March 27-April 19 at The Knutzen Family Theatre
 - Dirty Rotten Scoundrels* is about two rival conmen who are attempting to swindle an heiress out of \$50,000 at the same time.
 - Tickets are \$12 for youth ages 17 and under, \$15 for students ages 18-23, \$26 for military and seniors, and \$30 for adults.
 - Tickets can be purchased online at centerstagetheatre.com.
 - The Knutzen Family Theatre is located at 3200 SW Dash Point Road #2340, Federal Way.

St. Patrick's Day: American celebration of Irish non-saint

By Ally Valiente
Staff Reporter

St. Patrick is not really a saint, and yet people still recognize him as one.

For some, the holiday means wearing a green piece of clothing or going to an Irish pub to down a couple of beers.

However St. Patrick's Day was not always as commercialized as it is today.

St. Patrick, originally known as Maewyn Succat, was born in Roman England in the late 4th century CE.

At the age of 16, Succat was kidnapped and brought to Ireland as a slave.

Today he is credited for establishing monasteries, churches, and schools and bringing Christianity to Ireland.



In the mid-19th century, Irish emigrants entering the United States helped transform the secular holiday into a celebration day of drinking and shamrocks.

Boston held its first St. Patrick's Day parade in 1737, followed by New York in 1762.

More than 100 St. Patrick's Day parades take place in the country, the largest being in New York and Boston.

Different cities around the U.S. have different traditions when it comes to celebrating Irish-American heritage.

For example, Chicago colors its river green every year to mark the occasion.

In other parts of the world, landmarks such as the London Eye and Sydney Opera House turn green.

Foods such as corn beef, soda

bread, shepherd's pie, potatoes, and cabbage have been associated with the holiday.

Drinking became a major factor of celebrating the holiday when Christians were allowed to put aside their Lenten restrictions on food and alcohol consumption in order to honor and celebrate the life of St. Patrick.

Other traditions, such as pinching someone for not

wearing green, did not originate from St. Patrick's Day; it stems from the idea that wearing green makes you invisible to leprechauns, and leprechauns are known to pinch people.

Although some of the practices of holding a St. Patrick's parade and wearing green were adopted by the Irish, they did so mainly for the benefits of tourists.

Interested in learning about the Jewish religion and its foundations?

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




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Sandoval pins down third at Nationals

Highline
wrestlers
hold their
own in
coach's
Iowa return

By **Eddie Mabanglo**
Staff Reporter

Highline wrestler Jeramias Sandoval has won third-place at the NJCAA National Championships in Council Bluffs, Iowa. Gerardo Suarez (141), Jeramias Sandoval (149), John Sowers (157), Hayden Henry (184), and No. 6 Kai Olson (197) competed at Nationals. The team finished in 28th place out of 49.

Sandoval's journey to the podium started with a loss, being pinned in under a minute to Melvin Hernandez from Iowa Western.

Sandoval bounced back with a pair of wins against Ashton Philburn of Saint Claire County College and familiar-foe AJ Lira of South-west Oregon.

He then won a major decision against Robert Escalante of Spartanburg Methodist (14-6) finishing his season in third place.

Suarez won a 4-1 decision over Bryan Jones of Muskegon College, then won by forfeiture to Rush Fannon of Colby College.

Suarez's season finished when Scott Cook of Ellsworth



Michelle Harreld photo

Highline wrestler Jeramias Sandoval's arm is raised by an NJCAA official following his win over AJ Lira.

College won a 5-4 decision against him in his last bout of the year.

Henry won a 7-5 decision against Jacari Deal of Northwest Kansas Tech before losing via fall (6:34) to Northeast Oklahoma's Josh Molinar.

Henry's ended his season with a win against Logan Koedam of Iowa Lakes by a close decision (6-5).

Sowers lost by fall to Jayden Johnson of Thaddeus Stevens College before beating Tyler

Zeman out of Triton College by a 12-9 decision.

Sowers then won by technical fall against Trent Myre out of Muskegon, before ending his season with a win against Todd Perry from Ellsworth.

Kai Olson won a 17-3 decision against Harper College's Demarco Lee before losing a 10-3 decision against Chase Dressel of Itasca.

Olson then won a 6-4 decision against Western Wyoming's Tucker Tomlinson, before ending his season with a loss against Pratt College's Bryce Westmoreland.

"I thought that my upper body offense and counter offense was my best at Nationals, but I need a little more grit on top and I need to get off bottom and get to the legs more frequently," Olson said of his outing.

"I did better than I thought I would regular season but was hoping to finish higher at the end of the year," he said.

Clackamas took first place at the national tournament. Clackamas had given the Thunderbirds a rough time throughout most of the regular season, but Olson says that may change sooner than later.

"Once we get some new recruits in and get a full team



Head Coach Chad Beatty began his wrestling career in Iowa.



Kai Olson in action at Mid-America Center in Council Bluffs.

next year, I believe we have a good shot in beating Clackamas in duals and the regional tournament and hopefully nationals next year," he said.

Head Coach Chad Beatty had commented on the challenges of recruiting before.

Beatty replaced former Head Coach Scott Norton, who stepped down from his position after a two-decade tenure with the program.

Beatty was a high school wrestling champion out of the state of Iowa, only losing

seven times in his high school career. He wrestled with the University of Iowa Hawkeyes where he led the team to three NCAA wrestling championships.

Beatty was previously an assistant coach for the Iowa City West High School Trojans, Cornell College Rams and head coach for the Forest Grove High School Vikings.

From the start of his tenure at Highline, Beatty has said that his focus here will be on developing the team.

COVID-19 takes NWAC tournament to Oregon

By Calvin Domingo
Staff Reporter

The Northwest Athletic Conference will resume today amid ongoing concerns with COVID-19 spreading and is now being relocated to Clackamas Community College.

Last Thursday, as the tournament was set to begin with the opening round for the women, NWAC postponed the tournament because a student who attended Everett Community College was found diagnosed with the coronavirus.

The tournament will no longer be split up into two weekends, as both the men and the women will play at the same time, albeit at different schools for the Sweet 16 and Elite 8, according to the NWAC website.

The men will play the entirety of the tournament beginning today and into the weekend at Clackamas.

Upon hearing news of the tournament's postponement last week, members of the Highline men's basketball team were shocked.

"Honestly, it's tough, having to drive even further to play is frustrating, but we're ready for anything," freshman forward Jalen Fayson said.

"We were all pretty surprised to hear the tournament was postponed," sophomore forward Nathan Yockey said.

After the tournament was

initially postponed "until further notice," Yockey mentioned that "there was a lot of not knowing what was going to happen for everyone involved."

While players were caught off guard, they didn't let anything throw them off.

"We stayed focused in practices, so I think we're ready to go," freshman guard Cesar Diaz said.

Head Coach Che Dawson looked at the NWAC Championships being moved as a learning experience for his team.

"The guys actually maintained really good energy," he said. "We have talked a lot about controlling what you control and dealing with adversity."

On the bright side of things, the tournament's postponement provided the team with a whole lot of rest.

However, the T-Birds are itching to play, Fayson said.

"We're resting a lot, but we all want to play, so the whole postponement threw us all off, but we came back through our practices and worked harder than ever."

Yockey noted that it's too early to say whether the extra rest has been either beneficial or a curse.

"We all are well-rested and have had time to watch a lot of film," he said. "Coach has been keeping us in game shape during practice, but I suppose we won't find out whether it



Stephen Glover/THUNDERWORD

Nathan Yockey says Highline will be ready for the tournament.

worked to our advantage or not until Thursday."

With the additional rest, the team has emphasized jumping the gun from the onset of the game, locking in on defense, knowing individual matchups, and by being more aggressive by pounding the ball inside on the smaller Skagit Valley team, Fayson said.

Despite the fact that Skagit Valley is widely regarded as one of the favorites in the NWAC

to win it all, Coach Dawson downplayed their status as underdogs.

"We have talked a lot about there being two teams on the court playing one game," he said. "Their seeds don't take the court. Their records don't take the court. If they did, the game wouldn't need to be played."

While the Skagit Valley Cardinals (10-4) only finished second in the North Division, they are one of the stingiest teams

defensively as they only allowed opposing teams to shoot 40.3 percent.

In addition, the Cardinals are also one of the most potent offenses in the NWAC, as the team is top 10 in points averaged at 88.3 per game.

"They are very quick and work hard to get you out of your comfort zone," Coach Dawson said. "We have to do a good job of taking care of the ball to maximize our offensive opportunities and to make them play against a half-court defense as much as possible."

Diaz said that the T-Birds want to be the "aggressors" and "show a little bit of their play style in our game."

If the Thunderbirds are to pull off the upset, then everyone will need to step up.

"If you are a competitor, you live for these moments," Coach Dawson said. "We have been focusing a lot on taking care of the ball."

He added, "You go to the tournament to win it. That's it. If you don't, that goal will never be attained."

The T-Birds will take on the Cardinals today at noon. If they were to advance, they'd play the winner of the Yakima Valley and Clackamas matchup at 4 p.m. tomorrow.

NWAC Championships will conclude with the Championship finale this coming Sunday at 4:45 p.m.

Women's basketball returns tonight in Oregon

By Emmitt Sevores
Staff Reporter

The NWAC women's basketball tournament will resume tonight after a delay from coronavirus scares.

Highline will play the one No. 1 seed Walla Walla Warriors, but in Oregon rather than in Everett.

After the third game of the Sweet Sixteen in the NWAC tournament, Everett Community College, where the tournament was being held, closed down its campus.

This was because an Everett student was diagnosed with COVID-19.

Games will now be played all in one weekend, rather than being stretched over almost two weeks.

Sweet 16 games will resume on Thursday, March 12 in Albany, Ore. at Linn-Benton Community College.

Elite 8 games will be played on Friday also at Linn-Benton.

But the Final Four and the NWAC Championship games

will be played in Clackamas, Ore. at Clackamas Community College on Saturday and Sunday, March 14-15.

In the games played, Wenatchee Valley blew out Tacoma, 70-48; No. 3 seed, Northern Idaho, knocked off the two seed Lower Columbia 53-50; and No. 1 seed Whatcom fell in overtime to fourth seed Mt. Hood.

Whatcom shot poorly from behind the three-point line, going 2-11, while Mt. Hood went 7-28.

And Mt. Hood shot 6-9 from the field in OT, versus 1-6 for Whatcom.

Highline will still be playing one of the tournament favorites in Walla Walla.

Walla Walla is stacked. They have the 2019-20 NWAC East Coach of the year in Bobbi Hazeltine, who has been with the Warriors for more than 20 years.

They also have sophomore guard Sailor Liefke, who won NWAC East Most Valuable

Player and averages almost 17 points per game.

Freshmen Marissa Cortes won NWAC East Freshman of the Year and also got on the All-Defensive Team for the region.

Walla Walla also has a second player on the All-Defensive Team, forward DeeAnn White, and another player on the NWAC East Second Team, Jessica Cheney.

Highline only has one player to make an NWAC All-Region Team, star center Kylie Lunday.

Lunday raked in the awards, being placed on the NWAC West First team and All-Defensive Team. She also was able to win the NWAC West Freshman of the Year award.

"I'm so honored to have received these awards," Lunday said. "I'm so grateful for everyone who has helped me get there in school and in athletics. I am so excited for what next season entails and hoping to excel with the team even high-

er."

Lunday has been exceptional all season long, she averaged 14.2 points and 14.6 rebounds per game.

She had 15 double-doubles during the season and is on a streak of three straight games with a double-double.

"Their all-conference post player is cause for concern for us," Walla Walla Coach Hazeltine said. "She's a great scorer, a great rebounder and a great defender. And she has good teammates around her."

But she isn't the only one who is catching fire for the Lady T-Birds squad.

Freshman guard Catherine Sunny is averaging 18 points per game over her last three games, while hitting 4 three pointers per game over that same span.

The team has won three in a row and six of their last eight.

Highline will have played its last game against Grays Harbor almost three weeks

ago by the time they play Walla Walla.

Players were upset about the cancellation of their game.

"It sucks, we were all ready to play," guard Patrea Topp said. "It was definitely a last minute cancellation. However this gives us time to get some practice and see when we play next."

But, Highline players said that they were going to use this extra time to work on getting ready for the Warriors.

"It's kind of disappointing but we are going to take this time to craft our game," guard Hannah Anderson said.

"We're just going to get a bunch of reps in and try and keep improving our game as much as possible," Topp said.

The Lady T-Birds will play Walla Walla at 6 p.m. on Thursday, March 12 in Albany.

If they upset Walla Walla, they will take on either Clackamas or Peninsula in the Elite Eight on Friday at 8 p.m.

Golf is set to begin next month

By Emmitt Sevores
Staff Reporter

The women's golf season is coming up with their first tournament in the second week of April.

They are also looking for two more players for the upcoming season.

The Lady T-Birds will play a conference-wide league match at Columbia Basin on April 5-6.

"The players we have now are good players and [they're] getting better all the time," Head Coach Steve Turcotte said.

The team will have two returning players in sophomores Paige Mellum and Shylee McConnell.

"They have improved their entire game, especially the short game and putting," Turcotte said.

The team also has two freshmen in Faylisa Valle and Ashlynn Verhaaren.

Last year Highline finished seventh in the NWAC with 14 points but Coach Turcotte said that he has seen improvement from last year's squad.

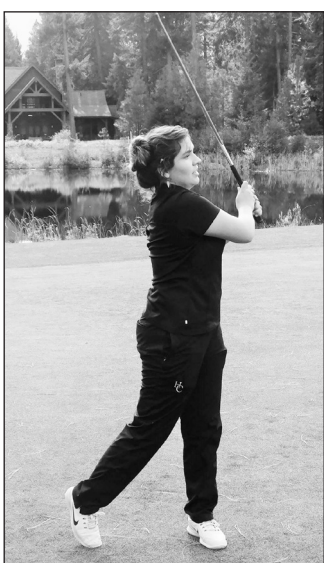
"We have six tournaments this spring to find out where we are. Excited for the first event to see how our off-season work has paid off. [We have] been working on short game and putting, that is where we can pick up a lot of strokes during each tournament," Turcotte said.

Turcotte is looking for two more players to join the team.

"[We] have room for two more players. Six would be the perfect number for us," Turcotte said.

But the coach is looking forward to seeing the improvement from this year's squad.

"All the girls have improved from last year and the extra work should pay off for them as we move forward," Turcotte said.



Shylee McConnell

Tennis opens league play with a bang

Can a freshmen-laden team such as the T-Birds finally get over the hump that is Bellevue?

By Calvin Domingo
Staff Reporter

The Highline tennis team has begun league play atop the NWAC standings after thrashing Spokane at home last week.

The Lady Thunderbirds hosted Spokane last Friday and emerged victorious, 7-2.

In singles action, the T-Birds took five out of six matches, winning No. 2 singles through No. 6 singles.

As for doubles, Spokane's No. 1 tandem of Gunderson and Manipn defeated Highline's No. 1 duo of Laura Quinney and Marissa Nemeth, 8-4.

Highline took the remaining two doubles matches, led by the pair of Mikyla Olsen and Katie Giles and the tandem of Nikelle Price and Marie Fenske.

Led by two sophomores in Olsen and Price, the freshmen-laden T-Birds have a young roster that may lack experience, but compensates by way of strong potential.

Head Coach Laura Rosa is excited about this year's freshmen and what they bring to the table.

About her No. 2 singles player, Nemeth, Coach Rosa said that she has the potential to



Jack Harton Photo

Reigning No. 3 Singles champion Mykala Olsen in action.

match up against anyone in the NWAC.

"Marissa [Nemeth] is the type of player that excels at Highline. She is tough, a true competitor and hungry," Coach Rosa said via the Athletics page. "I believe she has the potential to come in and immediately challenge some of the top players in the conference."

Coach Rosa also spoke glowingly of her No. 1 singles player, Quinney and said that she'll have no trouble fitting in.

"Laura [Quinney] has beautiful strokes and footwork," she said. "She is also a tough competitor and smart player which fits right into our team culture."

Her No. 5 singles player, Autumn Simpson, caught Coach

Rosa's attention with her dedication to her craft.

"I understand that Autumn volunteered to run an extra mile from school to the practice courts every day just to increase her cardio," Coach Rosa said. "Those are the kinds of attributes you cannot teach. I'm excited to get her out to practice in the fall."

With such a young, yet talented team, growing pains are to be expected.

Prior to league play, the Highline tennis team struggled against non-league competition, going 0-5 in a stretch that included matches against Pacific Lutheran University, Pacific University, Lewis & Clark State College, Linfield College, and the University of Puget Sound.

However, opening league competition at 1-0 should be a great momentum builder as the season moves along.

The Lady T-Birds will host rival Bellevue tomorrow night at 8 p.m.

Following tomorrow night's match against the Bulldogs, the T-Birds will host Treasure Valley on Friday, March 20 at 8 p.m.

Home matches are held at the Boeing Employee Tennis Club in Kent.

Softball set to begin this weekend

By Eddie Mabanglo
Staff Reporter

Highline's softball team is back in action this weekend as the Thunderbirds host Bellevue in a double-header home opener.

Highline's hopes of making the playoffs last season gradually drifted into oblivion following a harsh series of defeats. Highline lost nine games in a row from April 27 through May 7 against Olympic, Everett, Edmonds, Bellevue, and Skagit Valley.

The team ended the 2019 season 14-25 in sixth place in the North Division.

Returning from the 2019 season are first basewoman Soraya Seumalo, catcher Denise Nagayama, and shortstop Shaily Moses.

Moses knows her way around the diamond, in 2019 she batted .346 with 44 hits and 10 doubles. Moses also led the team with 12 stolen bases.

With a 2020 team made up of mostly freshmen, Moses and the rest of the sophomores find themselves in a new leadership position.

"I plan to play a role [in] keeping the team driving to one common goal: to be No. 1 and



Jack Harton Photo

Sophomore shortstop Shaily Moses (No. 13) finished last season with a team-high 12 stolen bases, top 30 in all of the NWAC.

grind to the best of our abilities no matter who we play," Moses said.

Standing in the Thunderbirds' way may be a lack of depth, specifically on the mound.

2019 saw a strong and con-

sistent showing from pitcher Kalea Smith, who was at the helm for 25 of Highline's 39 games. Smith has since transferred back to her home state of Arizona, where she now pitches for the Phoenix College Bears.

In her absence, Highline will look to get some pitching time out of a pair of two-way players: returning sophomore Soraya Seumalo, and newcomer Kaylah Santos, who is an outfielder.

"It just leaves an opening for some big shoes to fill on that mound," Moses said.

Seumalo is no stranger to the mound, she logged 8 innings of pitches over the course of the last season. Her most notable contribution, however, has been at the plate. Seumalo led the team with a .481 slugging percentage and drew 18 bases on balls from opposing pitchers.

Denise Nagayama batted .271 last year, recording 18 RBI along the way. Of 107 at-bats, she recorded 29 hits.

The action starts at home against Bellevue March 14, with first pitch of game one set for noon. Game two will take place right after, estimated time of first pitch is 2 p.m.

Highline will then play Shoreline on neutral ground under the lights at Bellevue College with game one set for 5 p.m. Game two is expected to start around 7 p.m.

Strange visitors invade MaST Center

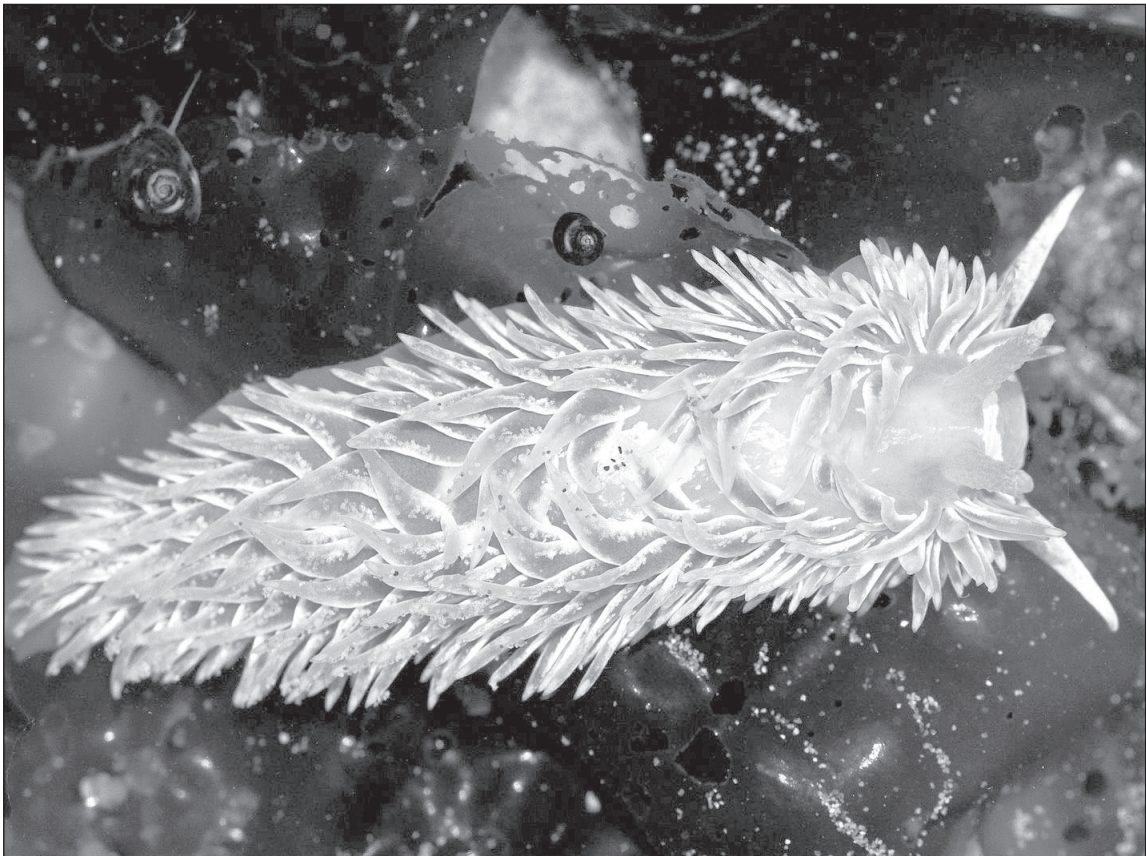
By Caleb Ruppert
Staff Reporter

Sometimes uninvited guests are welcome at Highline’s MaST Center.

The center’s aquarium size allows it to use raw water straight from Puget Sound, unlike larger aquariums that must filter the water in their tanks, said Bri Gabel, a lab technician for the MaST Center, at last Friday’s Science Seminar on nudibranchs or sea slugs.

Due to the use of raw water into the MaST tanks, a natural habitat is able to form inside creating an environment in which the sea slugs can survive. Since filtering usually keeps out elements of oceans like sponges and barnacles, and cnidaria such as anemones and coral, many large aquariums cannot support nudibranchs.

The MaST Center’s unique position has allowed the staff to create a nudibranch team of volunteers and staff members, who specifically take time to count and track the different nudibranch species that come into



Nudibranchs, or sea slugs, come in a variety of shapes, sizes and colors.

the tanks. So far the team has counted 36 different species, Gabel said.

Tracking the nudibranchs has allowed the center to partic-

ipate in citizen science that not only finds data about the species themselves, but also about their diets.

“They eat the nasty stuff, the disgusting stuff, and they use it to defend themselves,” Gabel said.

Some nudibranchs’ diets protect them through a process called kleptocnide. They will eat

cnidaria and retain the stinging cells from them to ward off predators.

“It’s like eating a chicken whole to have feathers,” she said.

Nudibranchs are highly specialized and different species have specific diets such as anemones, jelly polyps, sponges, and plankton, and the diets will contribute to the colors the nudibranchs take on as well as their defense abilities. Some nudibranchs will retain stinging cells, others will excrete acids.

Because of their gross diets, most other sea creatures such as fish and starfish will not eat them, Gabel said.

Nudibranchs are hermaphroditic, meaning they all have male and female reproductive organs, and they all tend to lay eggs in elaborate ribbons.

It is usually easier to tell if there are nudibranchs in a tank due to the ribbons of eggs rather than by finding the creatures themselves, Gabel said.

Nudibranchs can be seen in the MaST Center aquarium for free every Saturday from 10 a.m. to 2 p.m. year-round.

Parkinson’s disease remains a medical mystery, prof says

By Caleb Ruppert
Staff Reporter

Parkinson’s disease has been around for thousands of years. But science has only scratched at the surface of its causes.

Parkinson’s disease is where “muscles are not working as they normally would,” said Dr. Aaron Moehlig, a Highline chemistry professor, at last week’s Science Seminar. Some of the more common symptoms of the disease are shaking in the limbs, slowed movement, impaired posture and balance, and rigid muscles.

Ancient Egyptian and Chinese sources have described the basic symptoms of what is now known as Parkinson’s disease as long as 3,500 years ago, said Dr. Moehlig.

The Romans described it as a “shaking palsy” in 175 B.C.E. and it maintained that name until the nineteenth century, he said.

A case study was done by James Parkinson in 1817, which gave the disease its modern name. Parkinson studied six people, three of which were just people in London streets that were shaking.

“It would not pass muster today,” Dr. Moehlig said.

The first real, intensive, studies were done by Jean-Martin Charcot in the 1870s, Dr. Moehlig said. With these stud-

ies he began to understand that the disease was associated with problems in the brain.

In order to stop the disease, scientists tried anything and everything. For instance, they would try to use blood-letting in order to decrease pressure on the brain.

“It wasn’t particularly successful, but they began to have an idea of why the disease was happening,” Dr. Moehlig said.

It wasn’t until the 1950s when two major discoveries about Parkinson’s and the brain occurred that treatments were able to be attempted, he said.

The first discovery was the existence of dopamine, which sends messages between nerve cells. The second was that Parkinson’s patients had less dopamine in their brains.

This discovery allowed scientists to begin creating different treatments. The first treatment was simply trying to flood the brain with more dopamine, unfortunately this could negatively affect other parts of the body, Dr. Moehlig said.

Once dopamine problems were discovered, scientists were able to find better ways of getting it into the brain, one of those ways was the use of L-DOPA, which began trials in 1961. This drug was an amino acid precursor that the brain was able to convert into a dopa-

mine. It is still used today, but along with another drug that keeps the effects only in the brain without affecting the rest of the body, Dr. Moehlig said.

Another drug that has been developed, in 1985, is Rotigotine. This drug is similar to L-DOPA, but along with adding dopamine, it also helps the brain to create dopamine on its own, he said.

“[These drugs] are not curing the disease, they just treat symptoms. It’s like sticking something into your arm, you can take a pill for pain, but it hasn’t taken the thing out of your arm,” Dr. Moehlig said.

There are different charities that invest in trying to learn about Parkinson’s disease, such as the Michael J. Fox Foundation for Parkinson’s Research, he said.

Scientists have discovered that Parkinson’s is connected with a protein, a-synuclein, Dr. Moehlig said.

“This is a humungous molecule, with a whole bunch of structure,” he said.

No one really knows much about the protein and what it does, but scientists do know that its connected with the disease, he said.

The current hypothesis is that before the protein changes shape and creates clumps, it somehow affects neurons associated with movement, he said.

HELP WANTED

The Thunderword has an immediate openings for the following position:

- Photo editor:** Take photos for the newspaper; edit photos; coordinate with other editors.

This is a paid student position; student must be enrolled for six credits. Send resume and cover letter to **thunderword@highline.edu**

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Transfer fair: Speed dating for higher ed

By Samuel Watson
and Marta Barlow
Staff Reporters

Tables line the first floor of Highline's Student Union, each with a sign stating which college it belongs to. Behind each table sits an admissions representative from the school, ready to answer any questions asked of them.

Students explore the many tables present; some are hoping to speak with someone from their dream school, while others are taking this opportunity to view their options.

When planning to transfer, Highline students have a variety of schools to choose from.

Potential transfer students spoke with admissions representatives from over 20 U.S. colleges and universities on March 3.

The representatives offered advice to students on how to transfer, and answered questions students had about what each school has to offer and what is required of students prior to transferring.

Some schools are looking for students who have completed all the required courses as listed by the college.

"We look for students who have finished all their prerequisites," said Abby Kopp-Song, an admissions representative from UW Bothell.

Other schools feel certain



Stephen Glover/THUNDERWORD

A Highline student talks with a university recruiter at the Transfer Fair last week.

traits are more important.

"We are looking for students who are intellectually engaged and curious," said Tori Henson, an admissions representative from University of Puget Sound.

Alternatively, some schools want students to be on the same page as them overall.

"The most important thing is that you share our similar values and ideas," said Aly Brandell, an admissions representative from Antioch University Seattle. "Also, it's important

that students are social-justice driven."

Antioch is a small, private, liberal arts college located in Belltown.

Small colleges can have a hard time recruiting students because "people don't know about us," Brandell said.

"We're a little bit less traditional," Brandell said. "Our classes only meet once a week, and we're narrative evaluation based, so we don't give grades. Instead, faculty will write about

class performance."

Other small colleges also struggle with people not knowing who they are.

Embry-Riddle Aeronautical University has 5,000 students on its main campus, but much fewer at its several branch campuses. They also have a non-traditional program that allows students to get their bachelor of science degree.

"Not everyone wants a non-traditional program," said Kate McGillicuddy, an Embry-

Riddle Aeronautical representative.

Many students waited in line hoping to speak with Carlos Williams, an admissions representative from UW Seattle. He said there are some common misconceptions held about the school.

"Students tend to think of UW as more of a STEM school, but we have over 180 majors," Williams said. "Our reputation is centered around the sciences, but we offer other programs that are very strong as well."

Typically, UW Seattle looks for students who have prepared for their major, have a junior standing, and either an AA or DTA (Direct Transfer Agreement), said Williams.

"Also, we prioritize Washington college transfer students over students from out of state," he said. "They make up about 80 percent of the offers we make to transfer students."

One student shared what they're looking for in potential future schools.

"I'd like them to have good professors and other resources like advising, a tutoring center, and things like that," said Highline student Yahya Bakhtiar.

"I'm a first-generation student, so I want them to be able to help me in those ways," Bakhtiar said. "I felt that Highline was very helpful when it came to that."

Benefits Hub helps students stay in school

By Joe Locher
Staff Reporter

Highline's Benefits Hub wants to remove roadblocks to education.

Matt Miller is a Benefits Hub representative. He works there and his mission is to help those in need, he said.

If the need is financial, Benefits Hub provides avenues for a potential student to find resources.

Miller's focus, specifically, is finding food, health care and transportation for those coming in to Highline.

Benefits Hub provides ORCA lift cards to accommodate folks with transportation needs, along with a list of potential housing possibilities through 2-1-1, which is part of Washington State Department of Social and Health Services, or DSHS. A complete list of service includes financial coaching, homeless prevention and housing navigation, emergency financial assistance, tax, food and health assistance along with bus passes.

"Some of the challenges we face at Benefits Hub is working with people who are financially

limited, yet obviously need financial help," Miller said.

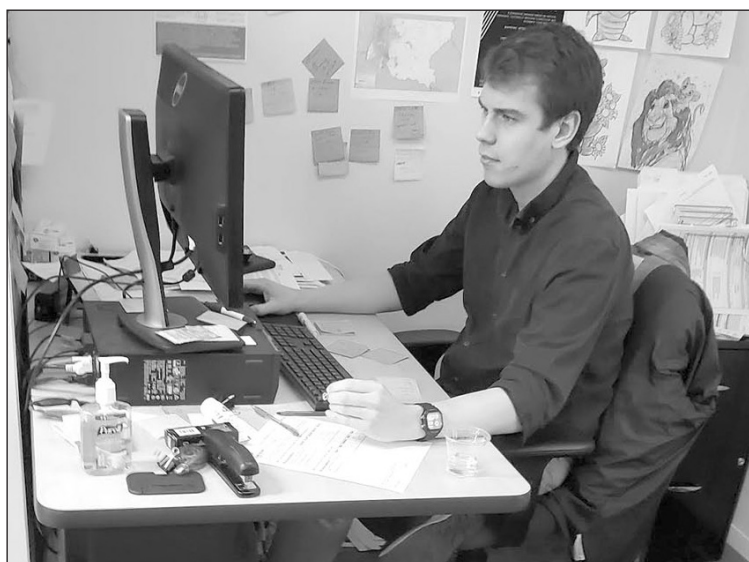
"It affects me personally when I see a student come in to my office and I know that they are struggling with their courses, yet demanded by the rules to have gainful employment to qualify for benefits," he said.

"A student who is immersed in a degree program, attempting to obtain a certificate or taking courses to enrich their lives, is focused on the very thing that will provide gainful employment upon graduation. Educational burdens greatly impact the ability to work."

"Food and security elaborate on a lot of different things in a student's life. If a student doesn't eat, he cannot concentrate. Lack of funds equates to eating a lot of ramen and other inexpensive food stuffs," Miller said.

"These foods usually require access to microwave cooking which some students don't have access to. People don't do their best work without food."

The mission is to increase student enrollment by providing critical support to those needing assistance, whatever that may be, within the scope of his resources.



Joe Locher/THUNDERWORD

Matt Miller says he enjoys helping students solve problems.

Although Miller does not have hard numbers on the success rate of the Benefits Hub program, he is confident that it has made substantial progress since its inception.

"I normally see five students per day. Enrollment increases during fall and winter quarters, which demands more of my time," Miller said.

"Most people that come to Highline and end up at Benefits Hub are not trying to game the system. They are just folks who

are looking for a fair shake."

Miller said he is passionate about public health, as well, which includes feeding the hungry.

He does this by volunteering at the Highline Community Pantry campus food bank.

"Making magic and feeding people," Miller said of his work.

Miller came to Washington state after graduating from Wayne State University in Detroit, Mich. His contract is over at the end of this school year.

"I considered my options greatly after finishing school and realized that I did not want to work in the corporate world," Miller said.

"I embrace the concept developed by Leo Tolstoy, famous Russian writer and philosopher, regarding helping my fellow man. More specifically allowing my fellow man release from his daily toils to think and reflect on how he can improve his life," he said.

"I don't really have any idea of what I want to do with my life once my contract is over here at Benefits Hub," Miller said.

"I'm 24 years old so I have some time to ponder my future," he said. "I want to make it clear that this program and the service provided, is done by a group of dedicated individuals. Kessa Yoder, Rebecca Butler, Harrison Dillman and myself work as a team, and because of this team, our capabilities are exponentially greater than any work accomplished by one individual."

Benefits Hub is located in Building 1 and is open Monday, Wednesday and Thursday from 9 a.m. to 5 p.m. On Tuesdays it is open from noon until 5 p.m.

Kent's future looking up, mayor says

By **Mitchell Roland**
Staff Reporter

Standing in front of a lunar lander, Kent Mayor Dana Ralph said that the city's future is taking off.

During her annual state of the city address last week, the mayor covered topics such as the crime in Kent, her plan to increase police presence, and her vision for the Kent Valley.

The speech took place at the headquarters of Jeff Bezos' Blue Origin, which manufactures aerospace technology.

"I wanted you all to see what the platinum standard looks like in our community," Ralph said. "Blue Origin is a top-notch company."

Ralph said that the facility will employ 4,000 people once it is fully staffed, and that many of the employees live in Kent.

"That is something we need to be really proud of," she said.

Ralph said the completion of the building, from her initial meeting with company executives to the doors opening, was a year. Ralph said that this was an example of how the city can work through roadblocks.

"Our city knows how to get to yes," she said. "That is extremely important to me."

And it's not just Blue Origin that is expanding in the city. Ralph said that last year, Kent added 2,300 new jobs and 29 new buildings.

"My main goal will remain bringing good paying jobs to our residents," Ralph said. "I'm going to continue to fight for those jobs."

Ralph highlighted an economic development plan that the Kent City Council recently passed for the Kent Valley, called Rally the Valley.

"For as long as we can remember ... Kent has been the warehouse and logistics community," she said.

Ralph said that change was necessary due to changes in how sales tax is collected in Washington on online purchases. The tax is now collected by the jurisdiction where the item is delivered instead of where it is sent. This means that the city of Kent no longer collects the sales tax from these purchases.

The mayor said that this plan would bring "some of the most innovative projects to the Kent Valley that we have all ever seen."

"It will most importantly diversify our economy," she said. "We will not have all of our eggs in one basket."

Ralph cited the Acceso Showare Center as a highlight of Downtown Kent. Although the arena has rarely made a profit since it opened, Ralph said that it brings people to the Kent Valley.

The mayor said that during a recent three-night span, 22,000 people attended events at the facility. This included two shows by the comedian Jo Koy, and a Seattle Thunderbirds hockey game.

"They came downtown, they shopped in our stores," she said. "That's a win for our community."



City of Kent
Mayor Dana Ralph hopes to reimagine the Kent Valley, moving away from a warehousing district into a technology hub with businesses such as the recently completed Blue Origin headquarters.

STATE OF THE CITY KENT

Ralph said that one of the questions that businesses in the city ask is "Is our community safe?"

"The reality is, and do not boo me when I say this, crime is down in Kent," she said. "That is a fact."

Ralph cited the closure of El Habenario as one example of how the city is cleaning the area up. The bar was shut down last year for operating without a business license, but Ralph said it had also become a hotspot for crime.

"The message there is if you violate the law, if you serve liquor to minors, if you enable criminal activity in your establishment - we will take swift and harsh action, and remove you from our community," she said. "It is not who we are."

But Ralph said that there is still work to be done.

"We can and we should do better," she said.

One way Ralph said she hopes to improve safety is by hiring additional police officers. The mayor said that in a poll the city conducted, 75 percent said they would feel safer with additional officers, and 56 percent would feel safer with sub-



Dana Ralph

stations in every Kent neighborhood.

"I am happy to announce tonight that in the coming weeks, you'll see [Kent Police] Chief Padilla and myself announcing that we are bringing Proposition A back to the ballot, and asking the City Council to put it out to the voters," she said.

The proposition, which failed previously, would raise taxes to allow Kent to hire 30 additional police officers as well as "dozens of support staff," including prosecutors and mental health professionals, as well as additional substations.

"We will open substations in all areas of the city," Ralph said. "You will see us in Panther Lake, East Hill, valley and West Hill."

As mayor, Ralph said that she works to blend sympathy with law and order.

"I believe in compassion, I believe in second chances," she said. "I also believe we need to balance compassion with accountability."

The mayor said that while there needs to be punishment for crime, there also needs to be resources available.

"Those two things go together," she said. "No more deciding which laws we're going to enforce, and which we're going to ignore."

During her speech, the mayor outlined ways the police department is working to increase accountability in the city.

Ralph said that after a successful pilot program, Kent outfitted all police officers with body cameras.

"At the end of last year, we rolled out body cameras to every single one of our uniformed officers in our city," she said.

This change increases accountability "on both sides," Ralph said.

"Everyone behaves better when they're on camera," she said.

Ralph said the city also made a "pretty significant move" last year and transferred code enforcement from Economic and Community Develop-

ment to the Kent Police Department, which streamlined the code enforcement process.

"Now in the new process, we give you those same chances upfront," Ralph said. "But if you don't do what you're supposed to - guess what? You go to jail."

Ralph said that the city has also converted the police departments special operations unit into a "full time homeless outreach team."

"They go into the camps and talk to folks," she said.

Ralph said that between the police department, the parks department and public works employees, the city spends nearly \$2 million a year cleaning homeless camps.

"And it's not enough," she said.

But there are other projects to be proud of in the city, Ralph said.

Ralph highlighted the YMCA facility, which recently opened on Kent's East Hill. The area also has multiple basketball courts as well as a dog park.

"It's a pretty cool facility and I am super grateful that we have it here in our community," she said. "It's an amazing place."

The mayor also highlighted the recent completion of the 224th street bridge, which travels over Highway 167.

"It's a huge project," she said.

Once other phases of the project are completed, Ralph said that "you'll be able to get from Military [road] to Benson [road] without stopping for a train."

"That's a pretty big deal in the Kent Valley," she said. "It will connect the East Hill with the valley and West Hill."

Going forward, Ralph said that there is still work to be done.

"We have a lot of work to do in 2020, and it's going to take all of us together to get it done," she said. "The state of your city is strong, but with all of us working together, it will only get stronger."

Stand Downs offer assistance for homeless veterans

Do you need Stand Down services? Or are you willing to help create successful events for homeless veterans?

Even though parts of the country aren't quite out of winter weather, annual Stand



Downs are gearing up. As spring and summer fully arrive, the number of events will increase.

Stand Downs, which last from one to three days, provide a long list of services, all in one location.

Legal assistance, haircuts, personal care supplies, counseling on Department of Veterans Affairs benefits, clothing, information about housing, dental screenings ... they offer all this, usually right at one of the VA facilities across the country.

Counseling is available as well for mental health concerns, plus substance abuse, health care information and referrals, and much more.

Perhaps you don't need the services but can offer your help instead, especially if you're a member of a veterans' group. Great.

Contact organizers in your area and volunteer. They'll need drivers, set up, donations of personal care items, you name it. Ask what you can do.

If you plan to go to a Stand Down to access services, bring your DD-214 or its equivalent, plus your VA medical card if you have one. If you need a way to get there, sign up for transportation in advance.

If you need housing services, or if you are homeless now and there is no Stand Down coming up in your area, contact National Coalition for Homeless Veterans [www.nchv.org] at 1-877-424-3838. If you have a housing emergency (you're about to be homeless), you can call 24/7. Visit its website and look through the drop-down menu across the top.

To see the list of Stand Downs in your area, go to www.va.gov/homeless/events.asp and scroll down the page. You'll see the location, as well as two contacts with email and phone numbers for each one.

Jobs continued from page 1

time jobs as school finishes up for the year.

A total of 47 employers from a variety of industries connected with students to give them a chance to find a job.

Some of the employers who attended the fair were: Wild Waves, VOLT workforce solutions, Department of Justice/Federal Bureau of Prisons, O'Reilly Auto Parts, Tommy Bahama, YMCA, Farmers Insurance, Ikea, and CSL Plasma.

Some students said they already applied for a job and hope to get hired.

"I looked at Puget Sound Window Maintenance. They pay \$20 an hour so that's what caught my attention," Enrique Vargas said. "I hope to be hired because I have good attributes. I can work in teams and have a good personality."

"I talked with the YMCA staff and they told me they have good opportunities for me," Justin Saldivar said. "I hope to be hired because I need a car, and I think I would be good at the swimming pool position."

Other students said that they are not looking for a job, but they want to see what opportunities there are in the future.

"I'm not looking for a job right now, but as future reference," Eva Phan said. "Being a full-time student is my job," Samantha M. said. "I just want to look for a job that I'm passionate about."

"I currently work at Starbucks, so I'm not looking for a job," Meliha Omerovic said. "But I'm looking for one for the future."

"Honestly I don't need a job right now," Mark Ronson said. "I'm just here to see what I can do in the future."

Many of the employers who came to the job fair said they want to hire people who are reliable, serious and hardworking.

"We want to hire people who are business minded and have a drive," said Annmarie Barenchi, a staffing and recruiter coordinator for Farmers Insurance.

"Someone who really understand what he's doing and take care of our customers with respect and solidarity is kind of the perfect employee for us," said Darin Barenchi, the Farmers Insurance district manager.

"I think that a good student who has discipline, is serious on what he does, take responsibilities and has a good attitude with clients would be the perfect employee on anything he wants to do," said Emily Winter, a recruiter for Tommy

Bahama.

Since many of the companies in attendance were in the medical field, these employers were looking for personable people who are friendly and outgoing.

"We want people who have bills to pay and have a friendly outgoing personality," said Jenny Bardwell, a representative for CSL Plasma in Federal Way. The firm specializes in collecting plasma donations from people.

Beyond the desired personalities, the requirements differ from company to company.

Some companies require employees to take and pass a drug test.

"Employees would need to pass a drug test for every single position," said Alicia Martinez, from the YMCA recruiting team.

"We don't do drug tests upon a hiring, but we do random tests when they are already working," said Shantel S. a representative for Wild Waves. "We need people we can trust in."

"There are random drug tests for employees who drive," said Brian Hudak, the O'Reilly district manager. "It's hard to find people who want to take care of our customers the way we want to take care of them."

Different types of jobs, information and benefits were presented at the fair held on March 2, where students had the opportunity to attend.

At the fair there were various types of jobs, and many companies offer a nursing,

home care and child care positions.

While other companies offer security, customer service, and window cleaning positions.

Different job companies looked for different characteristics according to the work they offered.

For example, there was a company called Puget Sound Window that involves cleaning exterior glass in high-rise buildings.

"We are looking for students who enjoy working outside and are adventurous for this type of work," Megan Otirstron said.

Furthermore, there was a company that offered child care jobs.

The company said that they are looking for students who are energetic and good with children.

Companies that offered customer service positions were looking for students who were good at conversing and friendly.

Other companies were looking for students who were responsible and passionate about the job.

However, they were challenged to convince the students.

Some companies said the biggest challenge to persuade students is always the pay.

"We pay the minimum, while at the fair there are companies that pay more," Cristin Spefford from Wild Waves said.

One challenge for the representative from Western State

Hospital, was to persuade students mainly in the nursing program, to join.

"It is a positive challenge for us and the student because we can train him or her to gain experience in the nursing area," Valerie Taylor from Western State Hospital said.

Also, distance is a challenge for the job Patrick Unabi from Asian Counseling service offered.

"We are located in Seattle and it must be difficult for the student to pay rent in Seattle or travel there every day," Unabi said.

For other companies, a big challenge was the schedule since some jobs were only full-time positions.

Nevertheless, companies have many advantages to offer.

For instance, some companies have many health benefits.

"You will receive great benefits including health, vision, free dental for employees and family, life insurance," Amy Pugh the representative from KWA Home Care said.

"We can be very flexible with the student and accommodate the schedule and the student can continue studying," Emily Briant from Apartment Advantage said.

"We offer training so that the student is trained with great experience in customer service," Hartung said.

Staff reporters Marta Barlow, Seattle Valdivia, and Harry Espinoza contributed to this story.

Go Figure! answers

2	x	8	+	7	23
+		-		+	
9	+	6	+	8	23
x		x		+	
1	+	5	x	4	24
11		10		19	

Weekly SUDOKU Answer

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

King Crossword Answers

Solution time: 24 mins.

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

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Worklife

continued from page 1

ing up earlier could help them be more productive. Along with this, they also suggested that goofing off less would create more time for school-work.

Time management for students who are both employed and in school can be difficult for several reasons.

“[There is] not enough time to sleep and study,” Mercedes Quintanal said.

Quintanal is not the only one with this problem. Around a fourth to a third of the students who see Dr. Koepping are in some way struggling with balance.

Quintanal said she believes that working less would improve her ability to balance school and work.

She isn’t the only one who holds that belief.

“[I’d] probably try to work less, only a couple days a week,” student Kiran Mall said.

For Highline student Miranda Alaniz, the stress from

working and attending school was too much, especially with kids at home.

“I have two kids, and I was working a full time job while going to school,” said Alaniz. “It was too hard to manage.”

Alaniz said she decided to stop working so she could focus on school and finish her education without the added stress of work.

Dr. Koepping advises students who are concurrently employed and in school to manage the number of hours they work based on the number of credits they’re taking that quarter.

For students taking 15 credits, it’s recommended they work no more than 20 hours a week.

Students taking 10 credits are advised to work up to 30 hours, and students only taking 5 credits can work 40 hours a week.

This is meant to allow the proper amount of time for studying and homework that classes may require.

However, not every student has the ability to change how often they work.

“I need to work to pay bills,”

Chenie Dumbrique said.

Students such as Dumbrique have to work to pay various expenses such as tuition, fees, and bills. For these students, working less isn’t a realistic possibility.

Students who can’t decrease their time spent working have many other options that can help them with balancing work and school.

Highline student Selah Meyering said that she tries to be more productive by working on her schoolwork at a cafe.

She also said that she tries to start working on homework ahead of time rather than completing it the day it’s due.

Despite the difficulty of balancing work and school, it’s important to “try to power through,” Meyering said.

Other students have different methods of increasing productivity.

Kiran Mall said “I pick days to do my homework and make sure I get it done.”

Another thing students could do to help with time management is having an agenda.

One student who wished to remain anonymous said that



Dr. Gloria Koepping

may want to keep several things in mind.

“Be realistic about what your commitments are, be assertive with family and friends about your decreased availability,” said Dr. Koepping. “Realize that it’s OK to use the time you need to, but you have to manage it well. Get organized, and write down what you need to do.”

As for Felner, she deals with the situation in a slightly different way.

“I tend to do a lot of my homework at work,” she said. “Since I work at a coffee shop, there’s usually about two hours during my shift that are fairly slow, which really helps to lighten my homework load. It also makes me more motivated to do my homework because I know I’d rather do it at work than in my free time.”

If you can manage your time, and are able to work the recommended amount of hours based on course load, working while in school can be a stress-free experience.

“I really enjoy working while going to Highline because it fills up my days,” said Felner.

Virus

continued from page 1

online,” he said.

Dr. Mosby said that for some students there would be a language barrier, while others may not have reliable access to the internet.

“We’re working with our faculty and our departments to make sure every student’s needs are served,” he said.

Although professors do have the option of transferring classes and resources online for the remaining days of the quarter, if needed, Dr. Mosby said.

And many events at and around Highline are being affected as well.

“We had an event called Poetry on the Pier, it’s been postponed,” Highline professor Rus Higley said.

Higley’s reason for postponing or cancelling this, isn’t to keep himself healthy, but to ensure those around him that are more at-risk don’t catch the virus, he said.

“I’m a healthy person, even if I’m tested positive for it, I’m not likely to die. But I guarantee I have family, and know family more [at risk],” Higley said. “The more I can keep this from reaching them, the better.”

“Instructors themselves have an option to [go online], it’s not yet a Highline policy,” Higley said. “I say yet because I think it’ll happen here shortly.”

“It’s better to be overly cautious than underly,” Higley said.

One big event that’s cancelled for the time being is the

Highline College Foundation Gala.

The Gala is held in the spring to raise funds for scholarships, grants, and awards given at Highline.

The Highline College Foundation is a nonprofit organization designed to invest in and support students through their educational paths. The Foundation’s board is made up of community members and local business leaders.

“We have cancelled the gala for April 25, we hope to hold an event in the future but we’re not committing to a scheduled date at this time,” said Josh Gerstman, executive director of the Foundation.

“This decision was not an easy one to make, there has been a lot of good work put into [the Gala],” he said. “But with the news today and kind of an uncertain future for the next six to eight weeks, we thought that was the decision to make.”

However, this wasn’t the first time the Gala has been postponed.

“There was at least one year where the Gala wasn’t held. ... This isn’t the first time the gala hasn’t happened in the spring,” Gerstman said. “The previous time was not due to an external crisis or anything like that.”

COVID-19 strongly affected ticket sales for the event as well, he said.

“Part of our decision as from feedback we were hearing from our community members,” he said. “Normally we’d be farther along with the number of tickets being sold.”

The Foundation team is currently working on divvying out refunds for those who bought

tickets.

However, alternative fundraising will occur in the future, and the Foundation will continue to be financially supportive, he said.

“The Highline College Foundation continues to be committed to finding support for our students, and our faculty and staff,” Gerstman said. “We’ll be continuing to work throughout the community, to raise money.”

But for the time being, students should continue preparing for Spring Quarter as usual, Dr. Mosby said.

Dr. Mosby said that he has received several emails from students who are concerned about spring tuition and planning classes for next quarter.

He said that they should continue with planning their schedules, and that Highline is “not in the mindset of penalizing students.”

Highline is still working on how to approach classes in the beginning of next quarter, Dr. Mosby said.

“We’re going to take the next couple of weeks to determine how we’re going to approach Spring Quarter,” he said.

So far, enrollment for spring has not been heavily impacted by the virus Dr. Mosby said, but there has been “a drop with international students.”

“We are trying to accommodate as much as possible,” he said.

Highline is also in the process of planning a deep clean of campus during spring break, when few people are on campus. Dr. Mosby said that he is “currently working to determine a schedule with Facilities.”



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Dogs

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from surrounding municipal shelters to their shelter.

“We do all the dental and medical work here,” Morgan said.

Simply because a dog is disabled or has behavioral issues, “that isn’t a reason to kill anything,” Morgan said.

Along with their fundamental differences, the philosophy of the two types of shelters differ as well, Morgan said.

Municipal shelters protect people from the animals, while SPCA shelters protect the animals from people, Morgan said.

“Everyone in the animal welfare world has a different philosophy,” Morgan said.

At Auburn Valley, “we try to work ourselves out of a job,” Morgan said.

If a dog owner comes in and wants to surrender their dog because they can’t care for it or don’t have the money for dog food, the Humane Society tries to help the dog owner instead of taking the dog.

“We try to mitigate the reason to turn in your dog,” Morgan said.

Because of this, and the increasing desire to have a dog, “eventually there will be a shortage of dogs,” Morgan said.

Compared to getting a dog from a breeder, there is “more personal service with a shelter,”



Izzy Anderson/THUNDERWORD

Love comes in all shapes and sizes at local animal shelters.

Morgan said.

“Our mission here is to make a good fit,” Morgan said.

Before people can take a dog

home from the Humane Society, the workers ask questions and observe the dynamics between the person and the dog.



If a dog is special needs in any way, the workers make sure the person can take care of and handle the dog.

If it turns out the human and the dog are not a good fit for each other after all, the person has 30 days to return the dog.

This makes it so that the dog can come back and be adopted by someone who may be a better fit and not be abandoned.

However, similar to breeders, there are good and bad things with shelters.

When someone gets a puppy from a reputable breeder they could see if there will be complications in the future based off of seeing the parents; if someone

gets a puppy from a shelter they won’t know if there might be future complications

At a shelter, unless it is self-evident, it can be challenging to know what breed or mix a dog is.

While getting a dog from a shelter can mean not knowing everything about its past or what breed or mixes it is, people still do it because they love “saving something,” Morgan said.

“People love to say they rescued a dog from a shelter,” Morgan said.

In the end, no matter where someone gets a dog from, “I think all dogs are thankful to have a home,” Morgan said.

Math Week continues, despite virus concerns

By Joseph Robeye
Staff Reporter

Math Week will continue, despite the Coronavirus outbreak, said Highline physics instructor Aleya Dhanji.

This is Highline’s first week of celebrating the history behind math. The goal is to encourage students into getting their math credits completed early before it’s too late and make learning the concepts seem fun.

Only 26 percent of those who got placed in college math will take it within their first year. Some 82 percent of students don’t register for math within their first 45 credits.

“What we’re concerned about is if students wait too long, then it’s going to delay graduation,” said Aleya Dhanji. “And you definitely don’t have to be in a situation where you find out that you have to take more than one math course.”

Events this week have included Walk, a screening of the film Hidden Figures and math puzzle competitions.

Today, the nationwide AM-ATYC competition will go on from 3 – 5 p.m. in Building 7.

On Friday, students will present posters from honors, ge-

ology, and physics. In addition, students can attempt to name as many digits of pi that they know and win a prize. All will take place from 8 a.m. – 2:30 p.m. at Building 8, Mt. Constance/Olympus rooms.

“It’s really targeted at anyone, whether you love math, you don’t like math, you have taken Calculus, you have not taken any math,” she said.

During the remaining events, every hygienic precaution will be taken to ensure no students catch the Coronavirus. The pie decorated cookies served yesterday in Building 6 were strictly given individually wrapped.

It is also ensured that eating utensils and food won’t be shared. Some students are taking this situation quite seriously by wearing masks or not showing up at all, so the amount of Math Week participants may be limited.

“Given that there’s still a lot of students on campus, we wanted to still sort of provide some support for students on campus, but in a safe way,” said Dhanji. “There is no large gathering or anything like that taking place. It’s more of a touch-and-go.”

6

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A LICENSE TO LOVE

Companionship is just an animal shelter away, but it comes with a long-term commitment

By Marta Barlow
Staff Reporter

Dogs are not soccer balls. Soccer balls are played with for 30 minutes and then left outside for days. But you don't do the same for dogs.

Dogs are pack animals, they like being close to humans, not out in the backyard, Phil Morgan said.

Morgan is the president and CEO of Auburn Valley Humane Society.

The first thing to think about is, "Why are you getting a pet?" Morgan asked.

There are many different reasons why someone might get a dog.

Some people get a dog for protection. Some for companionship for themselves or for other dogs they have.

The most common type of people who get dogs are families with teenagers around 15 years old, said Morgan.

The problem with that is that dogs are a 10-year commitment or more. It's essential to consider the future, Morgan said.

"Who is going to care for this in the future?" Morgan asked.

Besides the long term commitment of having a dog, it's crucial to think about the time commitment they require.

"Like kids, [dogs are] an investment," Morgan said.

A puppy needs about three to four hours a day of active attention. This includes training, walking, and playing with, Morgan said.

An adult dog doesn't need as much time, but still requires a minimum of an hour a day.

Senior dogs who are more "couch potatoes" and may need less than an hour a day of activity, Morgan said.

"Do you have the time?" Morgan asked.

It's also important to decide where or who to get it from.

There are two main places to get dogs -- breeders and shelters, Morgan said.

As to breeders, there are two different kinds: reputable and non-reputable.

Reputable breeders will often let people see the parents of the puppy, so people can see what the puppy might be like in the future, Morgan said.

If someone decides to buy from a breeder because they want a purebred, there are health concerns that come with them, Morgan said.

The cost of buying a dog from breeders is

more expensive than from a shelter.

There can be some good things about buying a dog from a reputable breeder, such as seeing the parents. But these dogs are more expensive.

Non-reputable breeders are places such as pet stores, Morgan said.

There are no good things about a non-reputable breeder, Morgan said.

Non-reputable -- and reputable -- breeders care about selling the dog and getting money, Morgan said.

Like breeders, "there are two different kinds of animal shelters in the world," Morgan said.

There are municipal shelters and Society for the Prevention of Cruelty to Animals shelters.

A municipal shelter is a government-run facility that is "tax-based and tax-paid," Morgan said. These types of shelters are called kill shelters.

When these shelters receive dogs with disability or behavioral problems, they are more likely to euthanize them because they have issues and can be seen as undesirable.

Besides dogs that have problems, when these shelters get to max capacity, they have to make room. One way to do that is to euthanize some of the dogs.

It is cheaper for these shelters to euthanize dogs rather than give them any medical care or behavioral treatment.

It costs municipal shelter "35 cents to euthanize dogs, but it cost me \$400 to get a dog ready for adoption," Morgan said.

SPCA

shelters are shelters such as the Auburn Valley Humane Society. They are self-funded and are no-kill shelters.

Auburn Valley has an offsite thrift store that helps to fund its operations.

To prevent at-risk dogs from being killed, the organization often transfers dogs

A FURBALL FOR
WHAT AILS YA

Petting animals can bring relief for the stressed-out owner

By Marta Barlow
Staff Reporter

After a stressful day full of feeling anxious, people often seek some way to feel better. For Kirin Mall, it is her dog.

"Sometimes, if I feel anxious, my dog will come up and sit with me," said Mall, a Highline student.

When her dog sits next to her, it calms her down and helps make her feel better.

Research at Washington State University details the stress-reducing benefits petting animals can have on people.

The study wasn't solely focused on dogs, as it included cats; both kinds of pets showed benefits.

Petting animals lowered people's stress levels.

Highline students agree that having a dog in your life can be beneficial.

Along with the stress-relieving benefits Mall's dog has for her, her dog also helps her to exercise.

Dogs require exercise, often in the form of walking, which means people have to exercise with them.

Going on daily walks with a dog is one way they help to benefit people's physical health.

On the more psychological side of benefits, Mall said her dog "makes me feel happier."

Other students agree with Mall's assessment.

"I think dogs make people happier," Ku'u Esquerro said.

"They make you feel better," Sofia Antich said.

People say they also like the friendship dogs can provide.

With dogs, "you make a friend," Claudia Muniz said.

Dogs are "like a good friend," Antich said.

Students' views on the benefits of having a dog align with the Center for Disease Control and Prevention findings from previous research about the benefits of dogs.

The CDC says dogs can "help to relieve stress and anxiety in people."

Along with that, dogs "promote an active lifestyle [and] provide companionship," the CDC says.

Going beyond those, dogs "have even been able to detect oncoming epileptic seizures or the presence of certain cancers," according to the CDC.

"Owning a pet gives us as humans a sense of purpose, fulfillment and companionship," said Phil Morgan, the president and CEO of Auburn Valley Humane Society.

"A happy life is a good indicator and platform for a healthy life," he said. "There are numerous other health benefits that stem from this that pet ownership brings us."

Izzy Anderson/THUNDERWORD photos

The Auburn Valley Humane Society is at 4910 A St. S.E. in Auburn and is open daily from 11 a.m. to 6 p.m. The Auburn Valley Humane Society Thrift Store is at 1123 E. Main St. with operating hours of 10 a.m. to 6 p.m. Monday through Saturday and 11 a.m. to 5 p.m. on Sundays.

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