

Putting out the fire of youth

Legislators take aim at younger smokers' rights

By Agatha Pacheco
Staff Reporter

Washington may be the first state to raise the age of smoking to 21.

Two versions of the bill to raise the smoking age are being proposed, Senate Bill 5494 and House Bill 1458.

The bills are being sponsored by State Sen. Mark Miloscia, R-Federal Way, and State Rep. Tina Orwall, D-Des Moines.

The bill was requested by state Attorney General Bob Ferguson.

The two bills will be pushed simultaneously to give the law a higher chance of being passed.

"They are identical bills. It's sometimes helpful to have bills go through two sides," said Rep. Orwall.

"It's pretty common for bills to have companions. It allows policy committees to work on it right away in both the house and the senate," she said.

Both of the sponsors said the proposed law speaks closely



Kayla Dickson/ THUNDERWORD

Tobacco smoker Sierra Leingang gets her cigarette lighted by a peer in the school campuses designated smoking area.

to their personal lives.

"I have personally seen the pain caused by tobacco addiction," said Sen. Miloscia.

"My parents stopped smoking in the 1960s, but my wife's parents did not and they passed away 20 years ago as a result of

smoking, missing out on seeing their grandchildren because of an addiction to tobacco," he said.

Rep. Orwall's parents also smoked cigarettes.

"They started when they were teens. My mother started when she was 13 and I saw her

struggle. For me it was sort of a way to recognize how addictive nicotine is," she said.

According to a report by the Washington state Department

See Smoking, page 16

Part-time enrollment rises at Highline

By Cinthia Velez-Regalado
Staff Reporter

Highline appears to be serving more part-time students this year compared to last.

While the number of full-time equivalent students is down, the total head count is up, likely meaning that more students are enrolled part-time, college officials say.

A full-time equivalent involves taking the total number of credits enrolled by all students, and standardizing that number to make each student the equivalent of a full-time student, enrolled for 15 credits.

As of Jan. 16, the 10th day of Winter Quarter, Highline had 4,596.41 full-time equivalent students, compared to 4,753.66 at the same point in winter 2014.

However, when it comes to total head count, on the 10th day of this year, the college had 8,830 total people enrolled in call programs, compared to 8,592 a year ago.

College officials speculate that an improving economy may lead more students and potential students to choose work over school, but also noted that enrollment regularly fluctuates from year to year.

Students enrolled in basic skills courses are down this year, from 1035.98 full-time equivalents last year to 982.85 this year. Running Start enrollment is up, however, from 975.33 FTEs last year to 1056.93 this year.

Enrollment of international students also has increased, from 4416.7 FTEs last year to 426.61 this year.

"The total head count is actually higher by 238 students

See Enrollment, page 14

Students will lobby legislators in Olympia

By Adam Horner
Staff Reporter

Highline students will travel to the Legislature in Olympia to beg for money on Feb. 5.

The annual event is held by the Student Government and Student Legislative Action Committee in hopes to convince lawmakers to spare and hopefully increase state funding for higher education.

"We are going to be talking to them [legislators] about our real-life stories and our real-life struggles," said LaTonya Brisbane, speaker of the caucuses at the Center for Leadership and Service.

Brisbane, who is a main organizer of the trip, said the goal is to have 100 Highline students travel with them to the state Capitol. Students must reserve a spot on the bus and bring their own lunch, but snacks will be provided.

As added incentive for joining in on the rally, the first 60 students to sign up will receive a free t-shirt. Students may sign-up in Building 8, room 310, though the deadline to do so is Friday, Jan. 30.

Brisbane said she expects there to be more than 300 community and technical college students from other institutions at the rally.

Among the issues to discuss with legislators is the proper funding of community and technical colleges. State community and technical college funds are discretionary in the state budget, and are therefore unprotected. Cuts in funding for higher education could mean an increase in tuition to students to compensate.

Another topic for discussion is the affordability of textbooks. According to the Washington Association of Community and Technical Colleges Student Association's agenda, "The high price of textbooks and course materials places an inordinate strain of students ability to af-

ford school."

The association organizes group events between the various community and technical colleges throughout the state.

Dr. Lisa Skari, vice president for Institutional Advancement at Highline, said that there will be a concentrated effort to approach local legislators, specifically from the 11th, 30th, 33rd, 34th, and 47th legislative districts, but especially those who are on committees for education and appropriations.

Despite those local districts being represented mostly by

See Rally, page 15

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Highline shows it's support for the Seahawks today



Page 6

Love, passion and heartbreak fuels play *The Last Five Years*



Page

Highline wrestlers rebound at Clackamas tournament



Taggers hit campus four times in the past week

By Christopher Crisostomo
Staff Reporter

Graffiti on campus was discovered by Public Safety four times this past week.

Two of the tags were found on Jan. 23. Blue paint was found on the north and south side of the concrete wall of the shed by the library. It was removed soon after it was discovered.

Two more graffiti tags were found on Jan. 27. Blue paint lettering was discovered on the pavilion and the retention pond. The other graffiti was reported from the womens locker room, in Building 27 on the first floor.

Public Safety officers make it their priority to eradicate any graffiti in a time frame of 24 hours from when it was reported. Any students who discover graffiti are asked to report as soon as possible.

Public Safety Director Jim Baylor said he hopes to assemble a timeline so that he and his team can put an end to the people responsible for the tags on campus.

Baylor said that if students call Public Safety to report something, that they will be anonymous and no longer involved.

Phone boxes now call security

The Blue Light Emergency telephones, the emergency call box telephones and the elevator emergency telephones are going to transfer your call to Highline Public Safety Department instead of 911.

The change was made because people are calling to ask about campus related issues such as lost items or vehicle assistance.

Appointments with UW Tacoma

Individual advising appointments with UW Tacoma will be Thursday, Feb. 12, Thursday, March 5, and Thursday, March 12.

To make an appointment go to the Transfer Center in Building 6, first floor in room 164 or email transfer@highline.edu.

If you are interested in applying to UW Tacoma, consider meeting with an adviser from UWT.

Longtime Highline professor dies



Professor Terry Nuzzo

Terry Nuzzo, longtime Highline accounting professor, died over winter break.

Nuzzo worked as a part-time professor in the Accounting Department at Highline since 1982.

“He loved teaching at Highline,” said his wife Susan Nuzzo. “He loved inspiring students into an accounting career, he was a mentor.”

He died on Dec. 15 due to complications from liver and autoimmune disease. His wife Susan Nuzzo and two children,

Jessica Nuzzo and Sean Nuzzo, survive him.

Nuzzo was employed by the Defense Contract Audit Agency omn the East Coast after graduating from college then moved to Seattle around the 1980s.

It was then that he joined Seattle Branch Office of the DCAA.

During his time with DCAA, Nuzzo was promoted to supervisor and office manager.

In 1982, Nuzzo started teaching evening classes at Highline every quarter while working at DCAA until 2008 when he re-

tired from the DCAA.

He started teaching three and sometimes four classes every quarter at Highline after his retirement and recently taught one class at other Puget Sound area colleges.

Nuzzo consulted with private companies on their cost accounting systems in compliance with federal rules, regulations, and laws also after retiring from DCAA.

He had almost completed a master’s degree at Western Governors University at the time of his death.



Former student to discuss sucess

Honors Colloquy will be hosting Nicole Tedrow on Wednesday Feb. 4 from 12:15 to 1:20 p.m. in Building 10, room 205.

Tedrow is an alumnus of Highline, University of Washington, and Seattle University School of Law.

She is now an attorney in the Seattle area.

Tedrow will be talking to students about her experiences and how to succeed in college.

Get your portfolio reviewed at event

The Transfer Portfolio Review Day is on Tuesday, Feb. 3 from 1:15 to 4p.m. in Building 8, the first floor, in the Mt. Constance room.

Today is the last day to register for the event.

The application packet should be turned in to either the Transfer Center or the TRiO Program Office in Building 6, the first floor.

Learn about colleges at fair

The College Transfer Fair is coming up Tuesday, Feb. 3 from 9:30 a.m. to 12:30 p.m. in Building 8, first floor. This is a free event; representatives from more than 30 colleges and universities will be at Highline to answer any questions that you might have about the admissions process.

Submit writing to magazine

Arcturus 2015, Highline’s literacy magazine, is still seeking submissions.

The theme this year is monsters.

The magazine is looking for fiction, non-fiction, poems, es-

says, artwork, and photography. Everyone is encouraged to submit their work.

When submitting a piece of work, you need to include the title of the work, a short biography of yourself and your full name.

Work is due by Feb. 6.

All electronic work should be emailed by midnight and physical copies should be turned in to Sharon Hashimoto’s inbox in Building 5, room 212, by 3 p.m.

Prep for testing at workshops

Free workshops are still being offered at Highline to improve your skills before taking the placement test.

Math practice is on Tuesdays from 6 to 8 p.m., Wednesdays from 3 to 5 p.m. and Thursdays from 1 to 3 p.m. in Building 29. Tuesday and Wednesday work-

shops will be held in room 308 and Thursday workshops will be held in room 309.

Latino Summit reaching out

Highline is hosting a two day Latino summit from Feb. 10 to 11 from 9:30 a.m.to 2 p.m. in Building 8 in Mt. Constance room and Building 2.

The summit will have guest speakers, workshops and panels. It is free and no registeraton is required.

Watch a movie about diversity

A documentary film will be shown this Friday on Jan. 30, from 10 a.m. to noon, in Building 8, room 204.

The documentary is entitled

“If These Halls Could Talk”. It was directed by Lee Mun Wah, who spoke last week in honor of Martin Luther King week.

The film is about eleven college students that discuss dynamic issues they have faced, such as what it is like to be a minority in a predominantly white campus.

Donate clothes to support homeless

Donate old and gently used clothes to a student-run clothing drive on Feb. 5, from noon to 1:30 p.m., in Building 8, on the first floor.

The drive is accepting any and all clothes, shoes, and coats to help prepare homeless people for the cold season and possible job interviews.

For more information, contact Sam McCullough at smcullough@highline.edu.

COLLEGE TRANSFER FAIR!

Tuesday, February 3
9:30AM - 12:30 PM
Highline Student Union
Bldg. 8 First Floor

START YOUR TRANSFER PLANNING NOW!

The Transfer Fair is YOUR opportunity to meet **ADMISSIONS REPRESENTATIVES** from over 30 Washington state and several out of state four-year colleges and universities.

Come by and meet the admissions reps, pick up application materials & have your questions answered! This is a **GREAT** place to explore your transfer options!

For a list of schools in attendance go to:
<http://transfercenter.highline.edu/>

Students bleed blue, green today at rally

By Ferdaws Abbasi
Staff Reporter

The Des Moines mayor will raise the 12th Man flag on the main flag pole next to Building 1 shortly after noon today to kick off Highline's official rally to support the Seattle Seahawks in their quest to win back-to-back Super Bowls.

Mayor Dave Kaplan was chosen for the honor as students, staff and faculty will celebrate in advance of Sunday's big game. The Seahawks take on the New England Patriots in the National Football League's Super Bowl XLIX at 3:30 p.m. at University of Phoenix Stadium in Glendale, Ariz.

At last year's Seahawks rally, around 300 students attended and Bob Roegner of the Board of Trustees raised the 12th man flag.

The pre-rally on campus today kicks off at noon on the plaza east of the Student Union where students with their student ID can register for Seahawks prizes such as jerseys, sweatshirts and T-shirts.

"There will be free food and drinks for participants," said Jonathan Brown, associate dean of Student Programs.

Student Body Vice President Ruth Krizan, who will emcee



Sam Hong/THUNDERWORD

Students enjoy food and celebrate the Seahawks at last year's rally.

the event, said "This is all sponsored by CLS, the Associated and Students of Highline College and Alumni Relations."

While the student government is primarily in charge of promoting and publicizing

the event, the Highline Alumni

Association is sending out emails and using social media such as Facebook to notify some 3,000 former students about the event.

"It's being funded by the Center Leadership and Service (student government), which pays for basically all of it," Brown said.

The center also coordinates or pays all of the extra-curricular programs on campus out of its Campus Programming Fund.

"The funds are intended for large-scale, campus-wide [activities] so we decided to use some of that money to pay for this event," Brown said.

He said he also hopes the gathering might recruit and inspire some students to participate in next week's legislative rally in Olympia. The Center for Leadership and Service anticipates busing two bus loads of students to the state Legislature on Feb. 5 to advocate for not raising tuition fees.

Should the Seahawks win, a major official celebration is expected to unfold in downtown Seattle next week. The Seahawks' front office is being coy on details, but advised fans to check the team's website immediately after the game on Sunday.

Last year the victory parade drew more than 700,000 people

downtown on the Wednesday following the Seahawks' first-ever Super Bowl Championship and much of the Highline campus was a ghost town as students headed north for the celebration.

But the college's Academic Affairs Office is not contemplating a dismissal of classes for that day.

A source there said it would be a day of instruction and faculty are expected to hold classes, however each faculty member has discretion over whether students would be excused from their particular class – each excuse is not valid for another instructor's class.

If students miss the Highline Seahawks rally this afternoon, they still have a chance to celebrate locally.

Federal Way will hoist a 12th Man flag over City Hall on Friday, Jan. 30 at 3 p.m.

Federal Way Mayor Jim Ferrell will issue a proclamation declaring the day Seahawks Blue Friday and the marching bands and drum lines from Decatur, Federal Way, Thomas Jefferson and Todd Beamer high schools will perform.

Blue and green Seahawk Skittles and spirit sticks will also be distributed.

Federal Way City Hall is at 33325 Eighth Ave. S.

Highline draws more international students

By Marco Rey Cudia and Sam McCullough
Staff Reporter

The enrollment for Highline's International Student Program is up 5 percent this quarter as a result of increased recruitment, its director said last week.

"The ISP has about 480 students," said Mariko Fujiwara, program director, up from 459 in Fall Quarter 2013, in the most recent figures available.

Many students came to Highline because of family and friends.

"My mom came here, so she recommended it," said international student Khue Tran.

"An agency told me about it and gave me information about Highline," said Misaki Mori, also an international student.

"My goal is to recruit students from other countries to diversify the student body," she said.

"The International Student Program has staff members that are dedicated to marketing and recruiting all around the world," Fujiwara said.

Several organizations, organize U.S. education fairs all over the world in which Highline participates.

"We research for marketable countries before we go," Fujiwara said.

"The biggest challenged for



Andie Munkh-Erdene/THUNDERWORD

International students Iman Ahmed (left), Lucas Do, and Otuma Kazelsusha hang out in the ISP office.

international students is obtaining a student visa, she said.

"Not all students can obtain a visa to come to the U.S. as a student. They need to pass the interview at the U.S. Embassy/consulate," Fujiwara said.

Japan currently sends the most students to the Highline program, with a total of about 100.

With 90 students, China runs a strong second and South Korea is right behind with approximately 80 students.

"Compared to other colleges

in Seattle, we are the most diverse," Fujiwara said.

She said the services offered by Highline have resulted in increased enrollment.

"The key to build a successful program system is to work closely with the students with the help of the faculty and staff on campus," Fujiwara said.

"Compared to neighbor colleges, our service to the students is something that we are proud of. We prefer quality over quantity," she said.

A team of International Student Program leaders plan events nearly every week during the academic year to help international students make those connections.

International Student Program holds a yearly event called the Global Fest. Global Fest gives international students a chance to share their cultures and talents with faculty, staff, community members and fellow students.

Another feature International Student Program offers is the

Mosaic, the International Student newsletter. It provides international students a voice on campus to share their culture and adventures with others.

"It is important to us that the students have a great experience. That's what makes us the International Student Program of Highline different from other schools," Fujiwara said.

"I like the ISP because it gets me involved on campus," said student Khue Tran. "It's the place where you can share anything."

The International Student Program offers international students customized schedule based on the time international student wants to study in the United States and what subjects interest them.

"The focuses of international students are to learn the U.S. culture, improve their English skills and to gain knowledge to apply for future jobs they may acquire," Fujiwara said.

"We have a large number of students in the International Program who major in business," she said.

"Students who major in business take the class Business 139 or Host 139. These classes are internship seminar. After they finish these classes, the student get to do internships for the following quarter," Fujiwara said.

Keep tuition affordable

Raising tuition for higher education doesn't just hurt the students, it hurts everyone.

Gov. Jay Inslee released his "book two" budget, which plans to maintain the budget for higher education at \$125.5 million

This also means the tuition for higher education wouldn't go up for the next two years.

This is great news for higher education students everywhere.

Keeping tuition for higher education affordable will keep the opportunity to become successful open to those who don't have rich parents to pay for their tuition.

We want to get to a place where there are more people in the middle class and less people on opposite sides of the success pole.

After kids graduate from high school they should be going to college or some kind of training because the only jobs they are going to be able to get are minimum wage paying jobs.

Now, there is nothing wrong with those jobs. They are actually quite important.

Someone has to serve McDonald's to the starving, poor college students.

But after a while that won't be enough to live off of.

Higher education doesn't always mean a four-year university or a community college.

Higher education could be a trade school; anything that you attend in regards to education after high school is considered higher education.

The budget for higher education is low as it is, and it has to distribute between dozens of schools.

Most of the students who pursue higher education are striving for better lives for themselves or their family.

They are trying to get the education they need to move ahead.

But they may need help. Freezing college tuition for the next two-years is a start.

In two years some people could earn degrees or certificates which puts them ahead, and starts them on the right track.

When you're in school, it's hard to work a full-time job and attend school full-time, so most students work a part-time job or maybe even two part-time jobs.

If the student has any responsibilities such as a family, or they are living on their own, a part-time job won't be enough to survive off of.

Not to mention the expenses they have for college such as transportation, food, books, and tuition.

If tuition is raised then less people can attend college.

If less people attend college, then more people work mediocre jobs with mediocre pay.

That mediocre pay won't be enough to live off of which will in theory result in more people falling into poverty.

This is not what we want or what we should think is acceptable.

We want more people to be successful; we want more people who are in poverty and lower class to become successful.

The only way we can achieve this is by keeping tuition affordable for everyone.

Have something to say?

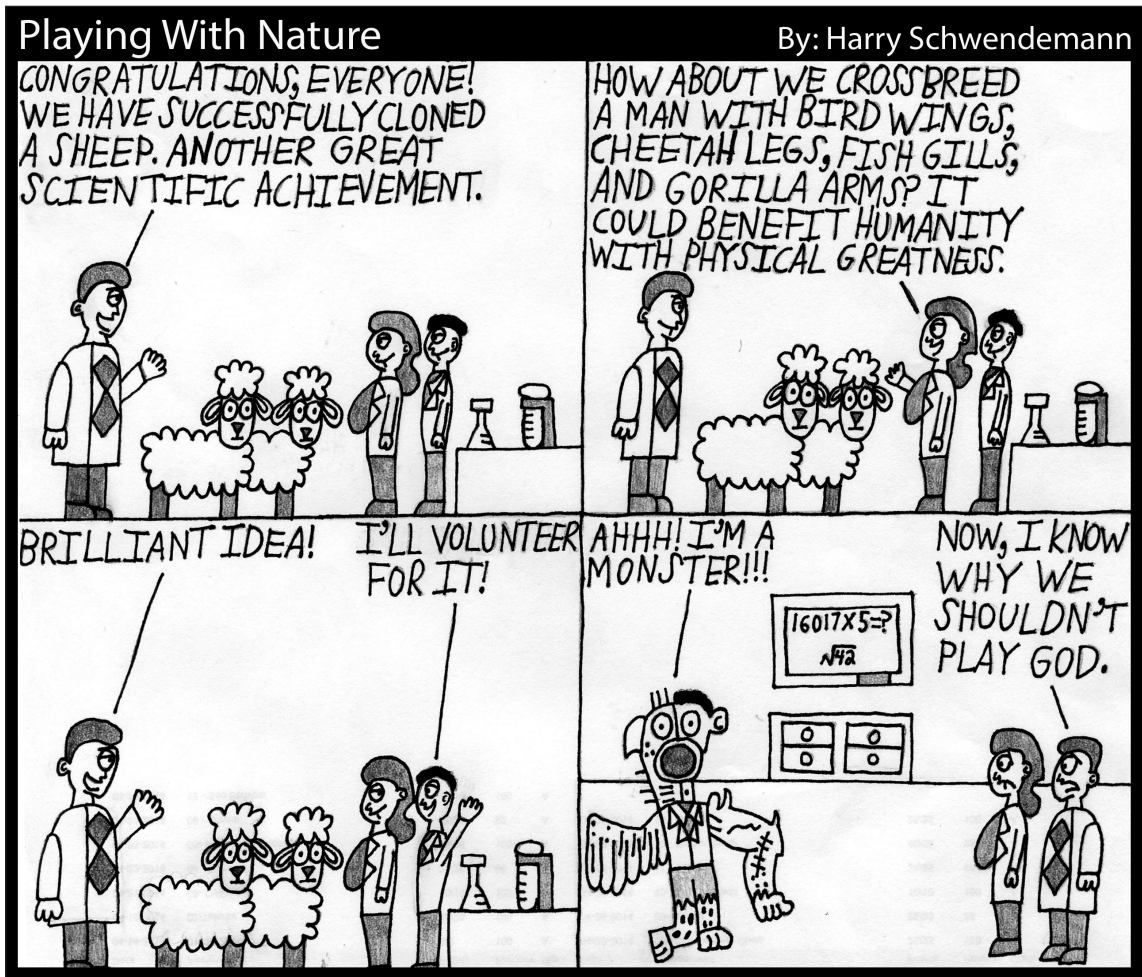
Have something you want to say to the student body?

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.

Write to us!



It's never too late to change

"Racism is what you don't hear, don't see and don't say." Lee Mun Wah walked about the lecture room, the audience waiting.

He proceeded to vocalize and enact several forms of sexism at the start of his interactive lecture, then asked the audience if they noticed the sexism, and of those who did, why they didn't speak up in opposition of it.

This began Lee Mun Wah's explanation of what racism is and how it hurts.

For myself having grown up white in a white, Christian, racist family, I watched my family only associate with others of the same.

I didn't realize that was happening when I was young. My parents, who were young adults in a big South Carolina city during the 1960s, were never racist in words or action, that I was aware of.

They had me much later and I grew up in a rural wilderness area where the only people we ever saw were at church on Sundays, and they all looked like us.

I thought it was coincidence of the local area. But in my late teens I began talking more with my parents about moral issues in particular.



The Commentary
Rebecca Ring

I was cooking and talking with my mother one day and she let a terrible thing slip out of her mouth.

I was confused. I was shocked. I had to say something. Indignantly, I exclaimed "What do you mean? That's not true!"

To which she replied, "Oh, you just don't know what things were like for us."

"Times [in the 1960s] were scary and dangerous."

As it turned out, my parents, instead of joining Martin Luther King, Jr.'s efforts, felt betrayed and decided to leave the southern states to start a family somewhere more "white."

And I, growing up, was ignorant to that silent racism. Perhaps I should be thankful my parents kept me so secluded that I had few chances to observe their racism through a sneer, a blank look, or turning away in silence from someone of a different color.

I was able to form some of my own ideas, and when confronted with obvious racism while cooking with my mother that day, I noticed.

From that moment, I deliberately sought to interact with people I didn't know, to learn and solidify my own beliefs. Now, I am so thankful to be a part of Highline College's diversity because I continue to receive valuable lessons in discrimination and fear, communication and responsibility.

Rebecca Ring is a Highline College student who wanted to express how she felt after hearing Lee Mun Wah speak.

the Staff

Face it, you're a sex poodle.

E-Mail: tword@highline.edu

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Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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1. GEOGRAPHY: What is the largest bay in the world?
2. RELIGION: Who is the patron saint for mountain climbers?
3. MOVIES: In which Harry Potter movie was the Whomping Willow introduced?
4. TOYS: What was the name of the British version of America's "G.I. Joe"?
5. LITERATURE: When was the novel *Gone With the Wind* published?
6. MYTHOLOGY: In Greek mythology, who slew the Minotaur?
7. MUSIC: *The Last Waltz* was

a documentary of the final concert of which rock group?

8. TELEVISION: What was Chandler's last name on the sitcom *Friends*?

9. GENERAL KNOWLEDGE: What institution declares itself to be the largest library in the world?

10. LANGUAGE: What is an onomatopoeia?

- Answers
1. Bay of Bengal
 2. St. Bernard
 3. *Harry Potter and the Chamber of Secrets*
 4. Action Man
 5. 1936
 6. Theseus
 7. The Band
 8. Bing
 9. The Library of Congress
 10. The imitation of natural sounds through words like "arf."

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GO FIGURE! by Linda Thistle

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

DIFFICULTY: ★★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

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King Crossword

ACROSS

- 1 Intelligent
- 6 Haunt
- 12 Kid's injury
- 13 Quick look
- 14 Donkey, often
- 15 Vacationer's car, possibly
- 16 Eliot-based musical
- 17 Haberdasher's rackful
- 19 "— Believer"
- 20 Pornography
- 22 Perched
- 24 Pair with an air
- 27 Lobs' paths
- 29 "Galloping dominoes"
- 32 In people?
- 35 "Ice Loves —"

- 36 Eat
- 37 Bribe
- 38 Yoko of music
- 40 In the offing
- 42 Core of a PC
- 44 Autograph
- 46 In the thick of
- 50 Smack, so to speak
- 52 Basic drive

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- 54 Gave out
- 55 Up
- 56 Verse
- 57 Actress Naomi

DOWN

- 1 Marsh bird
- 2 Castle protector
- 3 Chasm
- 4 Fish eggs
- 5 — soul (person with angst)
- 6 Shrek, e.g.
- 7 Consecrate
- 8 — Diego
- 9 Things

- 10 Con game
- 11 Actress Ward
- 12 Telly option
- 18 Pruritic
- 21 Buddy
- 23 Do sum work?
- 24 Medico
- 25 Faraway transport?
- 26 "Certainly"
- 28 Marc Mezvinsky, to Bill and Hillary
- 30 — -Magnon
- 31 Sixth sense
- 33 Charged bit
- 34 Journey

- segment
- 39 Wicker willow
- 41 Custom
- 42 Dale's pal
- 43 Mexican money
- 45 Race place
- 47 Atomizer output
- 48 Date of destiny
- 49 Dress in
- 51 Chic no more
- 53 Playwright Levin

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Puzzle answers on Page12



ARIES (March 21 to April 19) Your natural Arian leadership qualities make you the person others will follow in tackling that important project. But don't get so involved in the work that you neglect your personal life.

TAURUS (April 20 to May 20) Aspects favor sorting through your possessions, both at work and at home, to start giving away what you don't use, don't need or don't like. Relax later with someone special.

GEMINI (May 21 to June 20) The issues are not quite as clear as they should be. That's why you need to avoid getting involved in disputes between colleagues at work or between relatives or personal friends.

CANCER (June 21 to July 22) You'll get lots of support from others if you own up to your mistake quickly and include a full and honest explanation. Learn from this experience so that you don't repeat it.

LEO (July 23 to August 22) There might be some early confusion over a major move, whether it's at work or at home. But once you get a full breakdown of what it entails, it

should be easier to deal with. Good luck.

VIRGO (August 23 to September 22) Creating order out of chaos, even in the most untidy spaces, should be no problem for organized Virgos. So go ahead and do it, and then accept praise from impressed colleagues.

LIBRA (September 23 to October 22) Whether it's for business purposes or just for leisure, a trip might be just what you need right now. You would benefit both from a change of scenery and from meeting new people.

SCORPIO (October 23 to November 21) While things generally go well this week, a romantic situation seems to have stalled. But you can restart it if you want to. Then again, maybe this is a chance to reassess the situation.

SAGITTARIUS (November 22 to December 21) A meeting that was promised quite a

while back could finally happen. So be sure you're prepared with everything you'll need to make your case sound convincing and doable.

CAPRICORN (December 22 to January 19) A workplace blunder could create a problem down the line unless you deal with it right now to see how and why it happened. Don't be surprised at what you might learn.

AQUARIUS (January 20 to February 18) This is a good time to re-sort your priorities and see if adjustments are called for. Be honest with yourself as you decide what to keep, what to discard and what to change.

PISCES (February 19 to March 20) Letting yourself be bathed in the outpouring of love and support from those who care for you will help you get through a difficult period sooner rather than later. Good luck.

BORN THIS WEEK: You have an uncanny gift for reaching out to all people and creating bridges of understanding among them.

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•Brush up on your theater this weekend as the Tacoma Musical Playhouse presents the 25th Annual Putnam County Spelling Bee. This show, which runs Fridays through Sundays until Feb. 8, features six adolescent outsiders vying for the spelling championship of a lifetime. Showtimes are on Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. Tickets cost \$29 for adults, \$27 for students, veterans, and seniors, and \$20 for children. They are available by calling 253-565-6867 or online at tmp.org. The Tacoma Musical Playhouse is located at 7116 Sixth Ave. in Tacoma.

•Snag your complimentary tickets for the free production of the opera HMS Pinafore this week. The Highline Music Department and Student Activities has purchased tickets for students to attend the Feb. 4 Tacoma Opera production, HMS Pinafore, by Gilbert and Sullivan. All students with a current student ID is invited to attend, while tickets last. This production runs at 7:00 p.m. on Feb. 4, in the Rialto Theatre at 310 South 9th Street in Tacoma. To receive your free ticket, see Dr. Sandra Glover in Building 4, room 103, between 10:00 a.m. and noon or other times by appointment. Students may also email sglover@highline.edu, or call 206-592-4170 and leave a message which includes first and last name, along with SID.

•Become a part of the show at Broadway's Next H!t Musical at the Kent Spotlight Series. Broadway's Next H!T Musical is an unscripted, theatrical awards show where improvisers gather made up suggestions from the audience and create a spontaneous evening of music and comedy. The audience votes for their favorite song and watches as the cast turns it into a full-blown improvised musical. Tickets are \$25 for adults, \$22 for seniors, and \$15 for youths. Tickets are available online at kentarts.com, or by calling 253-856-5051. The show takes place at 7:30 p.m. at the Kent-Meridian Performing Arts Center at 10020 SE 256th St. in Kent.

Local theater travels time

By Jeff Rowden
Staff Reporter

ACT 1 Theatre Productions in Sumner is altering time to tell an agonizing story of love, life, and loss.

The musical *The Last Five Years* by Jason Robert Brown comes to ACT 1 in Sumner in an intimate black-box theater setting this February under the direction of Petra Karr.

This musical explores the five-year relationship between Jamie, a rising novelist, and Cathy, an aspiring actress.

However contrary to the run-of-the-mill musical, their stories are told in differing timelines. While Jamie's timeline moves chronologically, Cathy's story is told in reverse.

This unorthodox musical is also set apart by its two-character cast and 90-minute run time, with no breaks or intermission.

"This show is just us for 90 minutes. It's one of the most emotionally and physically demanding shows because you have to be 100 percent present," said actor Alex Gallo, who plays Jamie.

"I think people are going to be able to connect with the



ACT 1 Theatre Productions photo

Painting the stage for *The Last Five Years*.

struggle, because any relationship is a struggle," Gallo said.

The Last Five Years deals with very modern and relatable themes of the emotional roller coaster that is a succeeding and suffering relationship.

"This show is very real. There's no razzle-dazzle. I mean, it's happened to everyone," said actor Arwen Dewey, who plays the role of Cathy.

This interesting and dynamic story is partnered together

with an intricate and modern score.

"The opening music is beautiful and immediately sounds broken, like an old music box. I think those two adjectives, beautiful and broken, describe the characters' relationship and the whole concept of the show," Dewey said.

The Last Five Years runs from Feb. 6 to Feb. 15 with a 7 p.m. show time and matinee shows on Feb. 8 and Feb. 15 at

2 p.m. There will also be a special event on Valentine's Day, Feb. 14 at the ACT 1 studio at 5814 152nd Ave. Ct. E, Suite 104, Sumner.

The Valentine's Day event will feature free champagne and hors d'oeuvres before the show and dessert, champagne, and an auction after the show. The price of admission includes \$10 tickets for students, seniors, and military and \$15 tickets for adults.

There is too much 'drama' in theater

Good theater should always leave the audience with unanswered questions.

However, some theater companies are leaving audiences questioning the material they're presenting.

For instance, the Seattle Gilbert and Sullivan Society was under fire July of last year for their "yellowface" production of an openly racist opera, *The Mikado*. "Yellowfacing" is where white actors dress up and paint their skin to portray people of Asian descent.

Despite the backlash that theaters receive for presenting questionable material, many still attempt to make it work.

In February, the 5th Avenue Theatre will be presenting its production of the highly controversial musical, *Carousel*. *Carousel* earned its bad reputation by being one of the only musicals to not only display domestic violence onstage, but to somehow encourage the violence after it occurs.

Stuck in a rough position, the theater company realized that they needed to make some vital decisions in order to keep this production from derailing.

"Thankfully, the domestic



Commentary
Kayla Dickson

violence in this show is referenced and not seen," said Bridget Summers, the public relations manager for the 5th Avenue Theatre.

This isn't the first time 5th Ave has stirred the pot with controversy in their plays either.

"In 2012, in our production of *Oklahoma* we used color-blind casting," Summers said. "The part of the villain was a black man and we had a lot of reactions. We had town hall meetings to discuss concerns."

Although there are obvious drawbacks to taking risks and starting controversy, the 5th also found that there are multiple benefits too.

"We lost some patrons for that production, but we gained some too," Summers said.

Another local theater company pressing the boundaries with their controversial production is the Hi-Liners with their production of *The King and I*.

The King and I is considered an extremely disrespectful piece in Thailand culture due to the disrespectful and inaccurate portrayal of the king and their culture as a whole.

"We understand that controversy in productions like these creates turmoil for theater artists all around the world," said Kathleen Edwards, the artistic director from Hi-Liners. "I can't bear to watch *Taming of the Shrew* because of how they treat Katherine in the play."

But because Hi-Liners is a cast composed entirely out of minors, Edwards has been grappling with keeping the show as politically correct and kid-friendly as possible.

"For the kids, we're attempting to focus on the lessons

learned and the meeting of the minds of Anna and the king," Edwards said.

"There was no attempt to yellowface in this production. We also used the text as written and taught the children to speak that way without altering it or being disrespectful," she said.

Despite the challenges they're faced with because of the play's roots, Edwards is determined to highlight the strengths in this production.

"*The King and I* is just an incredible musical," Edwards said. "It needs to be balanced. Both sides need to open up their minds and I think that's beautiful."

However, when Edwards was asked why she chose this controversial production instead of something more suitable for children, she simply replied "no comment."

The Highliners' production is mercifully over, but *Carousel* will keep spinning until March.

Theater is important. It matters, it tells people about life and makes them reflect.

But if what it teaches them is that people are objects, then maybe it's time for theater companies to reassess the shows they choose to do.



•Pass the popcorn and enjoy the show at the Seattle Women's Chorus productions of *Reel Women*. This movie-themed performance will feature 150 talented women singing some of the silver screen's most famous female songs. There will be a series of six performances in Seattle from Feb. 6 to 15 and tickets range from \$25 to \$60. For more information or to order tickets, please go online at SeattleWomensChorus.org.

•Take a ride with the 5th Avenue Theatre next week during their production of Rodger and Hammerstein's *Carousel*. *Carousel* is a love story about a carnival barker named Billy Bigelow and mill worker Julie Jordan. After his untimely death, Billy is allowed to return to earth for just one day for a chance to redeem his life and make peace with the wife and daughter he left behind. *Carousel* is set to run from Feb. 5 to March 1 at 1308 5th Avenue in Seattle. Tickets cost between \$29- \$100 depending on the seat and are available online at 5thavenue.org

•Make sure to check out the last weekend of the Lakewood Playhouse's production of *Glenngary Glenn Ross*. This play is centered around a group of real estate salesman attempting to make a living by pushing to sell plots of land to reluctant buyers. This production was the first play in the history of theater to win the Tony Award, the Olivier Award (its British equivalent) and the 1984 Pulitzer Prize for Drama. The play is shown on Fridays, Saturdays, and Sundays and tickets are \$25 for adults, \$22 with military ID, \$21 for seniors, and \$19 for students and educators with proper ID. Showings run until Feb. 1 at the Lakewood Playhouse. The Lakewood Playhouse is located at 5729 Lakewood Towne Center Blvd. in Lakewood.

•Get your girlfriends together for a "GNO" this weekend with *Girls Night: The Musical* at Centerstage Theatre. *Girls Night: The Musical*, which is running until Feb. 8, is about a group of female friends who relive their past, celebrate their present and look to the future on night out. It includes popular songs such as *I Will Survive* and *It's Raining Men*. Tickets are \$30 for adults, \$20 for seniors and military, and \$10 for youth under 25. Tickets are available online at centerstagetheatre.com. Centerstage Theatre is located at 3200 SW Dash Point Road in Federal Way.

Letters show poets love lives

By Cinthia Velez-Regalado
Staff Reporter

A true story about two poets from the 20th century, whose friendship was kept mostly alive through letters, is on tap at Seattle Repertory Theatre.

Dear Elizabeth has only two cast members: Stephen Barker Turner and Suzanne Bouchard, who play the noted poets Robert Lowell and Elizabeth Bishop, respectively.

Bishop became depressed after her lover committed suicide.

Lowell had been married three times; he almost proposed to Bishop but didn't.

"They have a friendship that withstands anything," said Sarah Meals, spokes-



SEATTLE REPERTORY THEATRE

The Seattle Repertory Theatre will present *Dear Elizabeth* on Feb 6.

women for Seattle Repertory Theatre.

People can relate to the characters in the play with

their "internal struggles, self doubt, what do we want," said Meals.

Dear Elizabeth was written

by Sarah Ruhl based on the collection of letters that Bishop and Lowell wrote to each other.

Dear Elizabeth is recommended for people who enjoy poetry and English literature.

"If people really like poetry or if people like beautiful language," Meals said. [They should see this play.]

Dear Elizabeth runs from on Feb. 6 to March 8. Opening night will be Wednesday Feb. 11 at 7:30 pm.

Performance times are Wednesday to Sunday at 7:30 p.m. with matinees on selected Saturdays, Sundays and selected Wednesdays at 2 p.m.

Tickets to *Dear Elizabeth* range from \$17-\$67. Student ticket prices with valid ID are \$18.

E-book tech stumps bookworms

By Anick Jesdanun
AP Technology Writer

NEW YORK (AP) — In the world of e-books, you largely have a choice between Amazon's Kindle and everyone else.

Amazon.com Inc. distributes its e-books in a proprietary format that isn't compatible with other devices and systems. Other companies have embraced a format called EPub. In theory, that means books bought for one non-Kindle device can be read on another.

This is important because the device you own today might not be the one you'll want five years from now. You won't want to buy all your e-books again.

Unfortunately, trying to move my EPub books around gets frustrating. I should be able to read on Barnes & Noble's Nook devices the books I've legitimately bought for Kobo devices, for instance. But it isn't easy to figure out how to do. Instructions, if any, tend to focus on how to bring in books bought elsewhere, not how to move them out. And it took lots of Google searches to find some missing steps.

I'll go through a few examples:

•Reading Kobo e-books on a Nook device.

To its credit, Kobo's help section offers instructions on exporting its books to other devices: "Transfer Kobo eBooks to non-Kobo eReaders by using Adobe Digital Editions." It goes on to explain that Adobe Digital Editions is a free app "that you can use to read Kobo books and transfer them

to a non-Kobo eReader."

Huh?

It took more digging to find out what that was about.

I went to Adobe's website to get Digital Editions for my Windows computer. I succeeded in moving *Catching Fire* from my Kobo account to that computer. But to read it on a Nook GlowLight e-reader, I had to connect the device to the computer and authorize it with my Adobe ID. It took a few tries to get that right. I then had to drag the file to the Nook and disconnect the e-reader.

I tried that with a Nook tablet from Samsung, but I couldn't authorize it through Digital Editions. I found a way to add my Adobe ID by going through the Nook settings on the device — not the regular settings. Once I did that, I couldn't find a way to sign out.

•Reading Nook e-books on a Kobo device.

You couldn't simply reverse the steps because the Nook doesn't use Adobe's copy-protection technology. It has its own.

Fortunately, later versions of Digital Editions support the Nook system, but it takes some extra steps.

After downloading a Nook version of "Allegiant" to the Windows computer, Digital Editions told me I needed an "unlock code." What's that? I tried my Nook username and password. That didn't work. It took some Googling to find a clue in some online forum: It's the name on my Barnes & Noble account and the default credit card number. OK, that



AP PHOTO

Consumers struggle with juggling books between e-readers.

worked.

I then transferred the book to a Kobo Aura e-reader. But I couldn't read it. Turned out the Aura had an older version of Digital Editions, while only the newer ones support Nook's copy protection.

•Working with Apple's iBooks.

I bought the "Game of Thrones" series from the Apple iBookstore, but Apple's copy protection doesn't work with non-Apple devices. Apple does make it easy to bring EPub books bought elsewhere — as long as they are free of copy protection. But that eliminates Nook, Kobo and many other e-books.

Digital music used to be this way, until recording companies started selling songs without copy protection.

Most e-books still have copy protection. Outside software is available to break the locks on EPub and Kindle books, but the legality is questionable.

In a sense, the walls Amazon has built with Kindle aren't so bad after all. Although Kindle books won't work on dedicated e-readers, Amazon makes Kindle apps for just about every other device, including Samsung's Nook tablet and Apple's iPad.

Ultimately, trying to transfer books with Adobe software might be useful only when borrowing e-books from a library or commercial service. Otherwise, the headaches aren't worth it. It's easier, for instance, just to install a Nook, Kobo or Kindle app on an iPad. This approach won't help if you use e-readers, but it should work with most phones and tablets.

Book-it brings books to life

By Kayla Dickson
Staff Reporter

Watch a classic novel come to life at Book-It Repertory Theatre's production of *The Dog of The South* opening Feb. 11.

Unlike traditional theater companies, Book-It Repertory Theatre doesn't perform your average plays. Instead, they've taken on the task of performing novels.

"We established ourselves as a 501(c)(3) in 1990, making this the 25th anniversary of the theater," said Patricia Britton, the director of marketing at Book-It. "Since we've opened, we've managed to perform over 100 books including classics such as *War and Peace* and *Huckleberry Finn*."

Although performing books may seem pretty straightforward, according to Britton, it can become a challenge very quickly.

"One of our goals here is to make sure we perform the words of the author," Britton said. "But to prevent the productions from lasting too long, we cannot perform the entire book."

"So to compensate, we take some material away that isn't directly important to the storyline. That being said, the author's wording never gets changed," she said.

Apart from the lines being unaltered, another thing that remains untouched is the author's intent behind the words.

"Everything in our shows are entirely done with the characters," Britton said. "We don't use narrators. Sometimes, depending on the author's wording, characters will end up narrating themselves."

Despite the challenges, the



BOOK-IT REPERTORY THEATRE
Christopher Morson as Ray Midge in Book-It Theatre's production of Dog of the South.

theater company is determined to ignite a love for literature in its' viewers hearts.

"Words have life, so much more than just black and white," Britton said. "Our goal is to open doors to books that people otherwise may not read due to a lack of availability or skill level."

Book-It Repertory Theatre also reaches out to local school districts to tour schools and perform for the children.

"We perform in schools to teach reading to young kids," Britton said. "When you're able to see what's going on and

you're able to read along with the words, it makes learning to read a lot easier."

However, Britton said that their newest production, *The Dog of the South*, is perfectly suited for college students.

"This production has to do with people their age," Britton said of Highline students. "It speaks to the struggles of being a young adult and just wanting your car back. I think Highline students will really relate."

The Dog of the South was written in 1979 by novelist Charles Portis. Portis is best known for the 1968 novel *True*

Grit.

"This is a great novel everyone should experience at least once," Britton said. "This way, you don't have to read the book. You can just come see it."

The show runs from Feb. 11 until March 8 at the Center Theatre at the Armory. Due to this being Book-It Theatre's 25th anniversary, all tickets to shows this season are \$25 and are available at book-it.org or by calling the box office at 206-216-0833.

The Center Theatre at the Armory is located at 305 Harrison St. in Seattle.

Arcturus entries due next week

By Pa'ana James
Staff Reporter

Submissions for Highline's annual literary magazine, *Arcturus*, are due next Friday, Feb. 6.

Arcturus is a collaboration of Highline students' writing, art and photography coordinated through the English and Visual Communications departments. It is published every spring.

The editors of *Arcturus* are looking for original pieces from Highline students following the theme "Monsters."

"The goal of the *Arcturus* magazine is to showcase the talent pool at Highline," said Mericio "Moe" Madril-Cabral who is a spokesman for the *Arcturus* staff.

The magazine has been at Highline for more than 23 years.

The purpose of *Arcturus* is "to celebrate artwork," said Amy Brown, one of the editors.

From poetry to artistic imagery, the editors said they want to find originality and a deeper meaning in students' artwork.

Submissions can include any original art form such as writing, fine arts and photography.

Hard copies are due in Building 5 by 3 p.m. on Feb. 6. Emailed copies are due by midnight to shashimoto@highline.edu. Submitters should be sure to include their contact information.

Free opera tickets for interested students

By Ashley Johnson
Staff Reporter

Highline students can get free tickets to the Tacoma Opera.

Dr. Sandra Glover, a music instructor at Highline, is providing free tickets to HMS Pinafore, a comedy operetta by Gilbert and Sullivan.

The operetta is about a sea captain's daughter who secretly falls in love with a common sailor.

These tickets are sold normally at tacomaopera.com for \$60-\$70 but Dr. Glover is giving them to Highline students with a current Highline ID for free.

The tickets are for Student Night at the Opera on Wednesday, Feb. 4. The opera will take place at the Rialto Theater. The Rialto Theater is located at 310



The Tacoma Opera presented The Magic Flute last November.

S. 9th St. in Tacoma.

The production begins at 7 p.m., but students will be expected to be in their seats at 6:45 p.m.

The tickets are available to music students for assignments, but other Highline Students with IDs can also participate in the event.

To get a ticket, visit Dr. Glover during her office hours in the music department in Building 4, room 103. Her office hours are from 10 a.m. to noon, Monday through Friday. Ticket seekers can also e-mail Dr. Glover at sglover@highline.edu.

"Students [should] come as soon as possible, first come, first serve," Dr. Glover said.

"There aren't many left."

PETER SERKO

Wrestlers bounce back from NIC dual

By XAVIER L. HENDERSON
Staff Reporter

Highline suffered a lopsided loss to North Idaho College in a home dual on Thursday, Jan. 22.

But then they managed to bounce back with four wrestlers placing in the top five in the Clackamas Open Tournament the following Sunday.

“If our guys keep on improving we should have six guys who can place top eight in the country. The only thing stopping them is themselves,” said Assistant Coach Brad Luvaas.

The final score was 42-6, but the match with North Idaho was closer than the score indicates.

“We’re exactly where we need to be. They’re wrestling everyone in very close matches. We just need to get over the hump,” said Luvaas.

Highline’s wrestling team lost every match but one. Brad Redaway, Highline’s 133 pounder, managed to win his match by pin, giving the T-Birds their only win of the night.

Highline heavyweight Ben Tynan lost to Taylor Kornoely, the No. 1 ranked wrestler from North Idaho. Tynan had success in the beginning of the match by taking Kornoely down.

Tynan said that he wasn’t nervous going into this match. He said that he felt confident and he had just slipped up during his movement and got caught and pinned.

“I’ve only lost three matches this season. I hated it. I went running for an hour and a half. I had to blow off some steam,” said Tynan. He went on to say that he made a lot of adjustments for Sunday’s tournament where he would wrestle Kornoely again.

Highline managed to turn the tables around the following Sunday in the Clackamas Open Tournament on Jan. 25.

Fourteen teams were present



Andie Munkh-Erdene/THUNDERWORD
At 133 pounds Highline’s Brad Redaway (top) pinned North Idaho’s Will Bardez Bain (bottom) at NIC Dual on Jan. 22. (Right) Heavy weight Ben Tynan (right) lost to Taylor Kornoely at the NIC dual on Jan. 22. But Tynan bounce back to beat Kornoely at the Clackamas Tournament on Jan. 25.

in a 15-man bracket event.

Four Highline wrestlers placed in the top five.

Ben Tynan beat Kornoely in the first round by pin in 40 seconds, taking his own ranking up to No. 2, and winning the Clackamas Tournament.

“I had a good feeling about this one. I’ve been waiting forever to wrestle him, and there’s nothing more I want to do then to prove what I’m made of, and that’s being the baddest [dude] around,” said Tynan. “As long as I keep being Ben Tynan, that national title is mine.”

Tyler Noon, Highline 165 pounder, beat North Idaho College wrestler Dajour Reece as well with a 7-6 victory in his final match, taking fifth place in the tournament, while having to withdrawal by injury default due to a sprained right knee.

“I’ll wrestle for regionals. Just gonna rest my knee up, I’ll feel more confident,” said Noon.

He said he wants to win the national title. He said he has a shot, only losing to the No. 1 ranked wrestler in his division by two points this weekend at the Clackamas Open.

Elias Mason, Highline 197 pounder, took second place, losing in the finals to North Idaho wrestler Jonathan Dennis, 5-0.

Also at 197 pounds, Josh Wessels took fourth place with a final 8-6 victory in his final match.

“Elias hasn’t even wrestled a lot this year. He only lost because his awareness wasn’t there,” said Luvaas. “Mason did everything I expected him to do, we just need to clean up his technique, get his lungs up, and the only thing stopping him from winning a national title next year is

himself. He can do it.”

Luvaas also said no one cares about the result of these tournaments.

“The only two tournaments that matter are regionals and nationals. You just have to be on point two days of the whole season and the title can be yours.”

Highline’s next match was on Saturday, Jan. 31, at Southwestern Oregon Community College, their last dual of the year, but was canceled due to too many wrestles being injured. The regionals will be on Friday Feb. 13 in Idaho.

New recruits for women’s soccer

By Hayley Craddock
Staff Reporter

Highline’s women soccer team made it to the playoffs last year before being knocked out by Spokane Community College and the head coach is already plotting a return trip.

The team finished with a record of 18-2-2 in season games before losing to Spokane in the NWAC playoffs, and Head Coach Tom Moore

is beefing up his squad for next season.

“We have eight incoming recruits for the next school year,” he said. “We are very excited to continue the success from this season to the next. These incoming girls are all solid, attacking players, keeping the team balanced to avoid an overload of one position.”

Moore said that when searching for players the coaches looked for girls who

are aggressive and could play in a different position and still be successful.

The dynamics of the team will definitely face some unique changes due to the fact that two of the incoming players, Kendra Wallace and Dakota Grim (both from Las Vegas, Nev.) will be joining their sisters, Kylee Wallace and Serenity Grim, on the Highline squad.

“I think it will be great. We work really well together,” said

Serenity Grim.

Seven of the eight recruits are from out-of-state.

They all signed simultaneously on Monday from their hometowns and forwarded photos of their signings to the Highline coaching staff.

In addition to Kendra Wallace and Dakota Grim, incoming players include Chentay Warnes, Sierra Leach, Emily Vandehey, Miranda Wolfe, Alex Ashe, and Maya Gray.



Coach Moore

T-Birds make it four in a row

By Charles Prater
Staff Reporter

The T-Birds are riding a four-game win streak following wins against South Puget Sound and Green River.

“Trust,” said Highline Head Coach Che Dawson about the streak.

“Trusting each other, sharing the ball, and competing harder and more consistently.”

Highline, 6-1, (14-5 overall), won both their games last week to stay tied for first place with Clark, 6-1, (13-5 overall).

The Thunderbirds hit the road on Jan. 21 and beat South Puget Sound, 93-72.

The Clippers, 2-6, (7-12 overall), held true to what their identity is as being one of the best rebounding teams in the league, grabbing 19 offensive rebounds compared to Highline’s nine.

After a back and forth first half, Highline led at the end of the half with a 39-34 lead.

The T-Birds are a very good second half team and this game was no different, as they came out and outscored the Clippers, 54-38, to end the game.

“We played really well as a team in the last 10 minutes of that game. It didn’t have anything to do with me,” said Coach Dawson.

“It had everything to do with them trusting each other and sharing the ball. That is usually the message at halftime.”

One of the biggest questions in the game was if starter Ben Tucakovic would play in the game due to a hamstring injury.

Although he came off the bench, all those questions were put to rest as Tucakovic scored 28 points and grabbed seven rebounds.

“It was awesome, a lot of the baskets were inside bunny lay-ups and I had a couple dunks,



Chris Vann/THUNDERWORD

The Thunderbird men’s basketball team practices in advance of its next chance to hold onto first place in the West Division.

but to come back and score 28 was awesome,” said Tucakovic.

Another question about the game was starter Doug McDaniel not playing in the game.

McDaniel is the leading scorer for the team and second in the league at 20 points a game.

“I got one too many technical fouls for the season with four,” said McDaniel.

“Four you miss a game, five you miss a game, six you miss a game, and seven you’re done for the season.”

Freshman guard Caden Rowland was put into the starting lineup and filled in great, scoring 16 points and going four out of five from the three-point line.

Sophomore guard Madison McCaffrey scored 13 points and sophomore forward Isom Brown netted 10 points for the T-Birds.

Leading scorer for the Clippers was freshmen guard De’Ron Kyle, who scored 25 points and went five out of nine from the three-point line.

The next game for the T-Birds was on Jan. 24 against Green River, 3-4, (12-8 overall).

Highline went on to win by one point, 71-70.

“I thought this game had a little more significance seeing as though we’re rivals,” said Tucakovic.

“But in terms of seeding, we wanted this game because our next game is against Clark for the No. 1 spot,” he said.

“It felt really good getting this win. We definitely came together and it felt great,” said McDaniel.

“If we play together as a team, we produce more, rather than just everyone playing for themselves.”

Tucakovic led the way for Highline scoring 16 points, followed closely by McDaniel, who scored 15 after sitting out last game against South Puget Sound.

Isom Brown also contributed 12 points to the total.

Leading scorers for the Gators were freshman forward Damon Cikanek, who scored 20 points and freshman forward Trevante Williams, who dropped 11 points and nabbed 10 boards.

“Both the games we played were satisfying wins,” said Coach Dawson.

“The reality is, especially in league play on the road, you just want to get the job done, then go back to practice and prepare for the next game with lessons learned from the previous game,” he said.

The T-Birds played Clark Wednesday with results unavailable at press time, and with a win, will be the sole owner of the No. 1 spot in the West division.

Clark comes in ranked third in field goal percentage with 46 percent. Unfortunately for them, Highline is ranked first with 47 percent.

Top scorers for the Penguins are freshman guard Bryan Berg and sophomore guard Evan Garrison, both scoring 13 points per game.

“They are all tough matchups at the college level. Clark is very good,” said Dawson.

“You have to welcome those challenges to be the best.”

“I haven’t seen them but Clark is 6-1 so they’re a good team,” said McDaniel.

“But we’ll have the home fans and it’s going to be a good game.”

“Biggest game of the year by far, we just need to come at it and be aggressive,” said Tucakovic.

“I don’t feel like they present any obstacles to us. I feel we matchup pretty well with them.”

Highline’s next game after Clark is an away game against Pierce on Jan. 31 and then a home game versus Lower Columbia Feb. 4 at 8 p.m.

Scoreboard

MEN'S BASKETBALL

| Team | League W-L | Season W-L |
|------------------|------------|------------|
| West Division | | |
| Highline | 6-1 | 14-5 |
| Clark | 6-1 | 13-5 |
| Lower Columbia | 5-2 | 13-7 |
| Pierce | 4-3 | 8-11 |
| Green River | 3-4 | 12-8 |
| Grays Harbor | 3-4 | 8-11 |
| Tacoma | 2-5 | 5-13 |
| S. Puget Sound | 2-6 | 7-12 |
| Centralia | 1-6 | 2-16 |
| South Division | | |
| Chemeketa | 5-0 | 14-6 |
| Umpqua | 3-2 | 12-7 |
| Lane | 3-2 | 11-8 |
| Clackamas | 3-2 | 11-9 |
| Portland | 2-3 | 8-10 |
| Mt. Hood | 2-3 | 5-11 |
| Linn-Benton | 1-4 | 5-10 |
| SW Oregon | 1-4 | 4-14 |
| North Division | | |
| Bellevue | 5-0 | 18-2 |
| Edmonds | 4-1 | 16-4 |
| Everett | 4-1 | 13-7 |
| Skagit Valley | 2-3 | 10-7 |
| Peninsula | 2-3 | 9-8 |
| Shoreline | 2-3 | 7-11 |
| Whatcom | 1-4 | 3-13 |
| Olympic | 0-5 | 5-12 |
| East Division | | |
| Big Bend | 4-1 | 16-5 |
| Columbia Basin | 4-1 | 11-8 |
| Wenatchee Valley | 3-2 | 14-6 |
| Walla Walla | 3-2 | 11-9 |
| Spokane | 2-3 | 12-8 |
| Treasure Valley | 2-3 | 6-11 |
| Blue Mountain | 1-4 | 5-12 |
| Yakima Valley | 1-4 | 3-16 |

WOMEN'S BASKETBALL

| Team | League W-L | Season W-L |
|------------------|------------|------------|
| West Division | | |
| Lower Columbia | 7-0 | 14-7 |
| Centralia | 6-1 | 17-3 |
| Clark | 5-2 | 10-5 |
| Highline | 5-2 | 11-9 |
| S. Puget Sound | 4-4 | 6-9 |
| Green River | 2-5 | 7-12 |
| Pierce | 2-5 | 3-16 |
| Tacoma | 1-6 | 3-12 |
| Grays Harbor | 0-7 | 0-17 |
| South Division | | |
| Umpqua | 5-0 | 18-2 |
| Lane | 3-1 | 16-4 |
| SW Oregon | 2-2 | 11-8 |
| Portland | 2-2 | 9-9 |
| Clackamas | 2-3 | 13-6 |
| Chemeketa | 1-3 | 3-14 |
| Mt. Hood | 0-4 | 3-15 |
| North Division | | |
| Bellevue | 5-0 | 13-6 |
| Skagit Valley | 4-1 | 14-7 |
| Peninsula | 4-1 | 10-5 |
| Everett | 3-2 | 9-10 |
| Whatcom | 2-3 | 7-11 |
| Olympic | 1-4 | 9-9 |
| Edmonds | 1-4 | 2-14 |
| Shoreline | 0-5 | 0-13 |
| East Division | | |
| Columbia Basin | 5-0 | 13-6 |
| Walla Walla | 4-1 | 13-4 |
| Blue Mountain | 3-2 | 10-6 |
| Wenatchee Valley | 2-3 | 11-7 |
| Treasure Valley | 2-3 | 10-9 |
| Yakima Valley | 2-3 | 5-14 |
| Spokane | 1-4 | 12-9 |
| Big Bend | 1-4 | 8-11 |

Lady Birds net two wins on the road

By Mikel Abraha
Staff Reporter

Not at home, not a problem, the Lady Thunderbirds have found success on the road, winning big in two of three consecutive road games.

Highline is coming off a bye that helped lead to commanding road wins over South Puget Sound and Green River.

“We had a lot of nagging injuries and the most important thing we did during our bye week was get healthy,” Head Coach Amber Rowe Mosley said.

“We gave a lot of people rest so we could get half to full strength soon.”

Highline’s game against South Puget Sound was supposed to be the teams bounce-back game after losing 62-42 to Centralia.

The Lady Thunderbirds responded by beating South Puget Sound, 69-54.

Highline had four players who scored in double figures. Allie Weathersby, Gabby Evans, and Ionna Price each scored 12 points, while Chardonae Miller pitched in 10 points, 10 rebounds, and six blocks.

Highline followed that game with a dominant defensive performance against Green River, beating the gators 74-41.

The Lady Thunderbirds Forced 27 turnovers and scored 30 points from those turnovers while holding Green River to just 30 percent shooting for the game.

Miller led the way for Highline with 15 points. Weathersby and Price each had 11 points, while Evans added 10 points.

Despite the bad shooting

night, Green River’s Nicole Qualls still managed to score in double figures, leading the team with 13 points.

Coach Mosley says the Lady Thunderbirds have been focused on playing defense and that’s where they want to be.

Over Highline’s last four wins, defensively they have been able to force an average of 23 turnovers and have held their opponents to just 20 percent shooting per game.

“Defense is our main priority and we spend a lot of time on it in practice. Our defense generates our offense, which is when we play our best,” said Coach Mosley.

The win puts the Lady Thunderbirds back up two places in the NWAC West Division standings and tied for third place.

Highline improved to 5-2

in league play and are tied for third place overall.

With the Lady Thunderbirds playing up to team expectations, a post-season tournament run is becoming more and more of a realistic goal.

However, Coach Mosley says she thinks that there is still plenty of room for an improvement.

“We tend to get too negative too quick when things don’t go our way. We have not reached our potential, because we have not played a whole game well yet. We think we can switch our intensity on and off and it won’t work at tournament time.”

Highline played Clark on Wednesday with results unavailable at press time.

Highline next plays at Pierce on Jan. 31, before returning home for Lower Columbia Feb. 4.

Soup can be a tasty one-bowl wonder

By Angela Shelf Medearis and Gina Harlow

Every day, somewhere in the world, an anthropologist is studying old pottery and other ancient remnants of our society, giving us new insights into our culinary past. Soup, the simple unapologetic dish that is as classic as a black dress, has always been considered a primitive meal. But recent discoveries show that soup may be even older than originally believed. Scientists at Harvard University have found 20,000-year-old pottery that shows evidence of being exposed to fire. No one knows for sure what was heated, but there are many reasons to believe it was a broth cooked up by our ancient ancestors.

Fast-forward thousands of years, and there is more information available about the one-pot meal called “sop,” which referred to a piece of bread eaten in broth. By the 17th century, the word “soup” was being used to describe a pottage, or broth. What we know today is that soup, in all its flavors, has humble beginnings. But plain or fancy, complicated or straightforward, it is an ingenious way to have a complete meal in one bowl.

Soup, in its many international versions, is an edible ambassador of its origin. From rich, spicy Mexican soups to light Asian broths, soup is as



There are good reasons why soup is one of the oldest dishes known to humanity.

distinct as the people and the countries from which it comes. If most Americans were asked to say the first word that comes to mind when they hear the word “soup,” it would be “chicken” or “beef.” This reflects our distinct history and what was available to our ancestors. The early origins of soup consisted of the boiled carcass of an animal. As the early settlers began to have success agriculturally, vegetables were added to the pot. The slaves of the American south, who had little in the way of meat, harkened back to their African roots and were inventive in making soups and stews with vegetables of all kinds. Gumbo, a word from West African dialects meaning okra, originated this way. The soup consisted of a variety of meats, and thickened with okra or “file,” a powder made from ground sassafras leaves.

Although some soups are cold, most are hot, and when frost, snow or chilly air prevail, soup is a wonderful way to create a one-bowl meal. The beauty of soup is that it can reflect whatever you have on hand. It’s a great way to use leftovers or make the most of half bags of rice or macaroni, a random carrot or potato, or a mixture of greens. It’s also an incomparable way to get the most of meat trimmings or to just be luxurious and cook a chicken for no other reason than to make the best chicken soup ever.

My recipe for Creamy Chicken Soup is truly a meal in a bowl, and a bright, spicy and flavorful remedy for a cold and dreary day.

CREAMY CHICKEN SOUP
8 slices bacon, chopped
1 pound skinless, boneless chicken breast, cut into bite-size pieces

1 1/2 tablespoons poultry seasoning
1 1/2 teaspoons salt
1 1/2 teaspoons ground black pepper
1 1/2 cups chopped red bell peppers
1 cup chopped purple onions
1 jalapeno pepper, finely chopped
4 cloves garlic, minced
1/3 cup all-purpose flour
6 cups reduced-sodium chicken broth
2 large Yukon gold potatoes, chopped
2 cups fresh sweet corn kernels or 2 cups frozen corn kernels
1 1/2 cups whipping cream
1/2 teaspoon cayenne pepper
2 bay leaves
2 green onions, roots removed, white and green

parts chopped, optional

1. In a 5- to 6-quart Dutch oven, cook bacon until crisp. Remove bacon pieces with a spoon; set aside. Reserve 1 tablespoon of drippings in pan.
2. Add chicken to pan. Sprinkle with poultry seasoning and a teaspoon of salt and black pepper. Cook and stir over medium-high heat until chicken is no longer pink; remove from pan.
3. Add sweet pepper and onion to pan. Cook and stir until tender. Add chopped jalapeno and garlic; cook and stir for 3 minutes.
4. Stir in flour and remaining salt and pepper. Cook and stir for 1 minute. Add broth and potatoes. Bring to boiling; reduce heat. Cook, uncovered, for 10 minutes or just until potatoes are tender when pierced with a fork, stirring occasionally.
5. Stir in chicken, corn, cream, cayenne pepper and bay leaves. Simmer, uncovered, for 15 minutes, stirring occasionally. Discard bay leaves. Top with green onion, if desired. Makes 6 to 8 servings.

Angela Shelf Medearis is an award-winning children’s author, culinary historian and author of seven cookbooks. Her new cookbook is The Kitchen Diva’s Diabetic Cookbook. Her website is www.divapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Read Gina Harlow’s blog about food and gardening at www.peachesandprosciutto.com. Recipes may not be reprinted without permission from Angela Shelf Medearis.
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Swim into orange-ginger glazed fish

Ingredients:

4 pieces halibut steak, or cod or scrod fillet, 1 inch thick (about 6 ounces each), skin removed
1/3 cup mayonnaise
3 tablespoons sweet orange marmalade
1 tablespoon grated peeled fresh ginger
1 teaspoon rice vinegar
1/2 teaspoon grated fresh orange peel
1/4 teaspoon salt
1/8 teaspoon coarsely ground black pepper
1/4 cup macadamia nuts, toasted and coarsely chopped

1. Preheat oven to 475 F. In 13-by-9-inch glass baking dish, arrange halibut. In small bowl, stir together mayonnaise, marmalade, ginger, vinegar, orange peel, salt and pepper; spoon

Good Housekeeping

over halibut.

2. Bake 10 to 12 minutes or until fish turns opaque throughout and topping is lightly browned. Sprinkle with macadamia nuts to serve. Makes 4 main-dish servings.

Ñ Each serving: About 415 calories, 25g total fat (4g saturated), 36g protein, 12g carbohydrate, 2g fiber, 65mg cholesterol, 370mg sodium.

Tapioca With Tropical Fruit

2 kiwifruit, peeled and cut into 1/2-inch chunks
1 large ripe mango, peeled and cut into 1/2-inch chunks
1 can (8 ounces) pineapple chunks in juice, drained
1/2 cup sweetened flaked coconut

1 tablespoon fresh lime juice
1 container (22 ounces) refrigerated tapioca or rice pudding
1/4 cup macadamia nuts, coarsely chopped

1. In medium bowl, stir kiwifruit, mango, pineapple, coconut and lime juice until well-combined.

2. Spoon tapioca into 6 dessert bowls; top with fruit salsa and sprinkle with macadamia nuts. Makes 6 servings

• Each serving: About 255 calories, 10g total fat (3g saturated), 3g protein, 41g carbohydrate, 3g fiber, 1mg cholesterol, 185mg sodium.

For thousands of triple-tested recipes, visit our website at www.goodhousekeeping.com/recipefinder/.

Liven up your salad with Grande Dressing

If you’re bored with the same old dressings, then stir this up today. It’s ready in no time, and you’ll be amazed that only four ingredients can pack so much taste.

1/3 cup fat-free Catalina salad dressing
1/3 cup fat-free mayonnaise
1/3 cup no-fat sour cream
1 cup chunky salsa (mild, medium or hot)

1. In a medium bowl, combine Catalina dressing, mayonnaise and sour cream.

2. Stir in salsa. Cover and refrigerate for at least 10 minutes. Gently stir again before using. Makes 8 (1/4 cup each) servings.

Comfort foods

Made fast and healthy

by Healthy Exchanges

- Each serving equals: 36 calories, 0g fat, 0g protein, 9g carb., 441mg sodium, 0g fiber; Diabetic Exchanges: 1/2 Other Carb.

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Got news?

thunderword

@highline.edu

Speaker moves audience to tears with account of racism

By Nasri Isaac and Marco Rey Cudia
Staff Reporters

Racism is still prevalent today, people need to both acknowledge it and do something about it, said a presenter at an event last week.

Sponsored to speak by Highline's Multi-Cultural Affairs, renowned Chinese-American documentary filmmaker, community therapist and master diversity trainer Lee Mun Wah gave a vivid description of racial discrimination that sometimes brought his audience to tears.

He started his speech with absolute silence. He walked around and stopped at each row for a moment.

"How did that feel?" Mun Wah asked before calling on one of the raised hands.

"I felt seen," the person said. "Like you were acknowledging that I was here."

Mun Wah asked if anyone felt offended.

"I thought walking away from the women while they are still speaking and complementing the men afterwards was a little sexist," said a woman sitting in the back.

Mun Wah said he strongly believes that racism is not what you say, do, or hear.

"Racism is what you don't say. It is what you don't do. Racism is what you don't want to hear," he said.

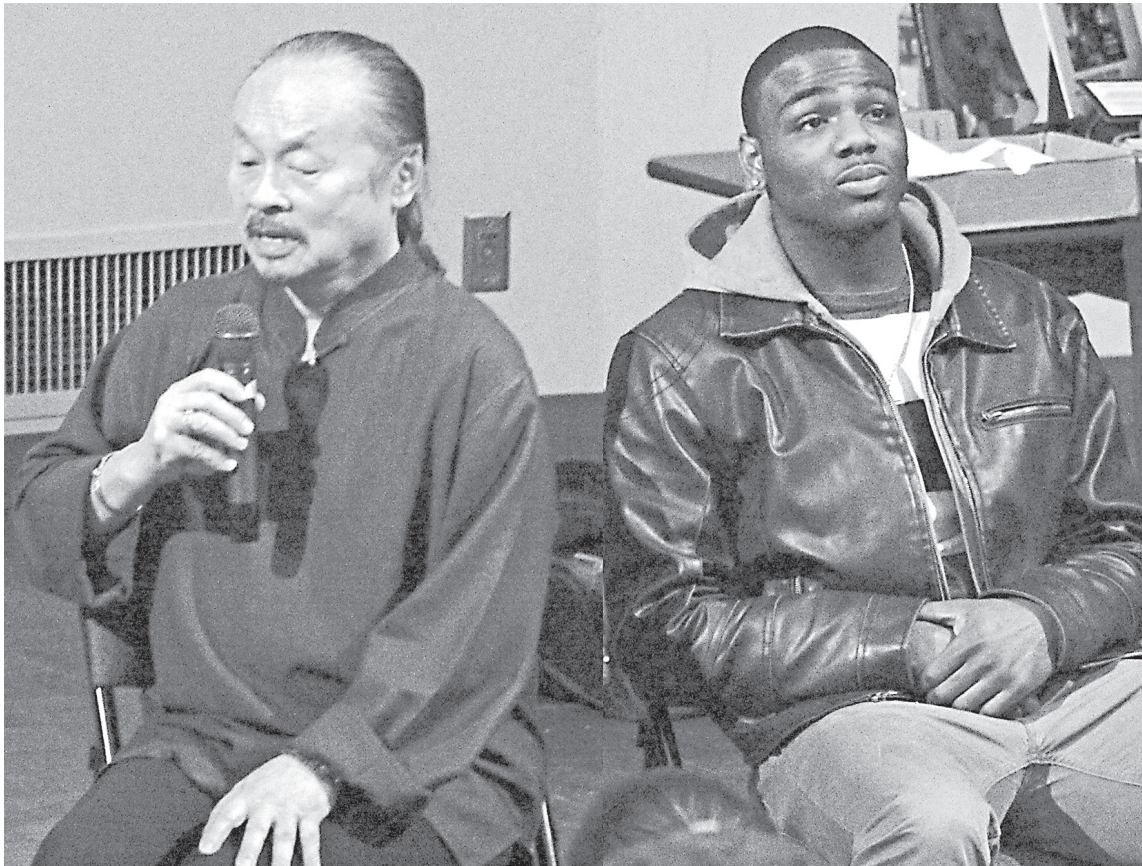
He used a role play exercise to further analyze racism.

The scene was set as a movie theater. Mun Wah was watching a movie with his parents when a well-dressed African American gentleman sat down next to them. His father began to slowly move both his belongings and himself away from the gentleman.

"I learned about racism without my parents saying a word," Mun Wah said.

The crowd had mixed emotions. Some laughed and thought his example was silly. But some were furious.

"I hate this exercise, I hate this role play, and you should



Andie Munkh-Erdene/ THUNDERWORD

Lee Mun Wah demonstrates an incident from his youth involving racism in a movie theater.

too," Mun Wah said.

One student said: "This was very insulting as a human being, and it hurts."

"How many people have ever experienced that? Please stand up," Mun Wah said.

More than half of the attendees stood up.

"How does that make you feel when people react like that towards you?" he asked a man in the front row.

After several moments, the man said: "Having something like that is even worse when you have your children with you. You don't know how to explain something like that to your kids."

"How does it affect you when people move away from you?" Mun Wah asked.

The man said it felt like he was being punished.

"It hurts," he said.

Mun Wah said he believes that racism is a form of betrayal and that there is a price to be paid for speaking out.

"The truth is always there, saying it out loud is the hard part," said Mun Wah.

He said people need to have the courage to speak up, to voice their opinions, and to say something.

"We are all witnesses and we say nothing," Mun Wah said.

Mun Wah described how President Obama gave his first State of the Union message and how he was disrespected by a congressman in the crowd.

"You lie," the congressman yelled as the president spoke.

"Obama's family, friends, John L. Lewis, and the Supreme Court Chief Justice was there and not a single person said a word...not a single person," Mun Wah said. "I can guarantee you that Martin Luther King would have said something."

"When your body gets to feel what it's like is to be courageous, when suddenly you just don't think about it but feel it, you will remember it for the rest of your life. So when the moment comes, you know you can do it," he said.

"If someone speaks up, other people will also speak up," said a student from the audience.

Mun Wah described how he first found the courage to speak up.

He remembered a staff meeting he attended as a first-year teacher, how the white music teacher was the most popular teacher on campus. Everyone loved the music teacher. Then, one day, the same teacher laughed as he referred to a Chinese woman in the room as "a cute little Chinese doll."

Mun Wah summoned his courage and stood up.

"Her name is Mrs. Wong. She is not a Chinese doll. That's disrespectful," he said.

No one said anything.

Mun Wah withdrew and swore to himself never to speak again. He felt ashamed.

The meeting ended. Everyone hurried to the door and left. No one said a word to him.

But as he reached the door, a hand touched his back.

It was Mrs. Wong.

"Thank you. I have always wanted to say something to him, but I was just scared," Mrs.

Wong said. "I will never let him talk to me like that ever again," she vowed.

"Always, always speak up for what is right," Mun Wah said.

To conclude his speech, he spoke about the pain of being stripped of one's identity.

"When I was a younger, I remember going to elementary school for the first time. I brought this beautiful box of food. It was filled with steamed rice and soy sauce chicken," he said. "And I brought my beautiful chopsticks. And I came to school with my beautiful name, Lee Mun Wah."

"I was so proud when I came into the room. I put the food under my desk. I could hardly wait to share my food. And have the kids ask me about my food," he said.

"The first kid comes in. He looked around and said 'Eew, what is that smell?' The next child came in and he, too, said the same thing. Pretty soon two or three came in and said the same thing. I took my jacket and put it over my lunch and waited for the bell to ring," Mun Wah said.

"Everyone left the classroom," Mun Wah said. "I took my lunchbox, with all the food I was going to share, and my beautiful chopsticks and threw it all into the trash."

"I did not know that I threw away far more than my food," he said. "I threw away me. And when the teacher tried to say my name, I saw how she butchered it and how the kids laughed."

"You see the truth of it really is, I have been trained so much by this country to not be me," Mun Wah said. "My identity was taken little by little."

As the event came to an end, people were given a moment to gather their thoughts for questions as others cried and went to hug the speaker.

"The most emotional part for me was when he shared his story of how when he threw his lunch away, he lost a part of himself, because I did the exact same thing," said Noory Kim, Center for Leadership and Service adviser.

Go Figure!
answers

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| 1 | | 3 | | 8 | |

Weekly SUDOKU
Answer

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

King Crossword
Answers
Solution time: 24 mins.

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| B | R | A | Y | E | R | R | E | N | T |
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| S | M | U | T | S | A | T | | | |
| D | U | O | A | R | C | S | D | I | C |
| O | F | F | I | C | E | H | O | L | D |
| C | O | C | O | D | I | N | E | S | O |

How to write a personal statement

Transfer Students

Learn how to make your application come "ALIVE" with some excellent writing and content tips.

Attend this session and you will learn how to submit a winning personal essay with your future transfer admission applications

Don't Miss Out
There is no need to sign up.
Wednesday, February 11
12:30 - 1:20 PM
Writing Center, Building 26, Room 319

Metro program reduces transit fees

By Marco Rey Cudia
Staff Reporter

Low-income transit riders will be able to get where they need to go for a whole lot less beginning March 1 if they enroll with King County's new Orca Lift Program.

The new Orca Lift Program will make it more affordable for people who qualify to get around, said Willie Allen, Metro Transit educator consultant for Seattle and King County.



"It helps the people who are unfortunate to get to where they need to be," Allen said.

To get an Orca Lift card you must visit orcalift.com or call 1-206-553-3000 to see if you qualify. If so, "Apply in person at an

enrollment office around King County and get your Orca Lift card on the same day," Allen said.

To qualify for the Orca Lift Program, one's household income must be less than double the federal poverty level. For a single person living alone that is \$23,340 of annual income.

People automatically qualify if they receive other programs such as Apple Health/Medicaid, Washington Basic Food Program and the Temporary Assistance for Needy Families.

The Orca Lift card is good

for two years. After that people must reapply.

"If the person later starts to make more than the 200 percent of the poverty level he or she can still use the card but will need to reapply after the card expires," Allen said.

The Orca Lift reduced fares are offered on King County Metro Transit buses, Sound Transit Light Rail, King County Water Taxi, Seattle Streetcar, and Kitsap Transit buses.

The discounted fare for an adult rider will be \$1.50.

To offset the reduced Orca Lift Program fares, other fares will be raised by 25 cents.

Authorized Orca Lift enrollment offices are located throughout King County. To get more information about the Orca Lift Program, visit orcalift.com or call 206-553-3000 or 800-756-5437.

The nearest Orca Lift enrollment office is at 26401 Pacific Highway S. in the Health Point-Midway building.

The next enrollment date is Feb. 7 from 11 a.m. – 3 p.m.

Honors Colloquy focusing on 'growth'

By Renee Nelson
Staff Reporter

Honors Colloquy returns this quarter as a part of the Honors Program. However, it is also available for the entire Highline community to attend.

The course is a nine-week series of lectures by Highline alumni, faculty, and staff centering on the theme of "Growth Mindset: Developing an Out-

look for Success." It is offered every Winter and Spring Quarter and is a credit/no credit course.

To gain credit for the course, a student must attend at least seven classes and participate in discussions on Canvas.

"Each quarter is a different theme," said Jacque Clinton, the Honors Program manager.

"This quarter's theme is growth mindset, which is the idea that intelligence is not

fixed and can be developed over time," she said.

Clinton recruits various speakers to discuss their educational and professional paths and the obstacles they experience to achieve success while embracing the idea of mindset growth.

"I hope that anyone that participates in Honors Colloquy will be inspired by the stories and realize what they want to do without limitations," Clinton said.

The Honors Program aims for students to enhance their academic experience as well as to prepare for transfer or career opportunities.

There is no sign-up process for this program, as students who complete the program's components are automatically a participant. However, to graduate as an honors scholar, the student must complete all of the requirements of the program.

For more detailed information on the Honors Program contact Clinton in Building 18, room 210, by email at jlclinton@highline.edu, or by phone at 206-592-3277.

Also, you could visit the Honors Program web page at honors.highline.edu to find more information.

Honors Colloquy takes place every Wednesday in Building 10, room 205 from 12:15 to 1:20 p.m.

Right mindset can take you far

By Renee Nelson
Staff Reporter

Having the right mindset is the key to success and it can even lead one to the White House, a Highline and Seattle University alumnus told Honors Colloquy last Wednesday.

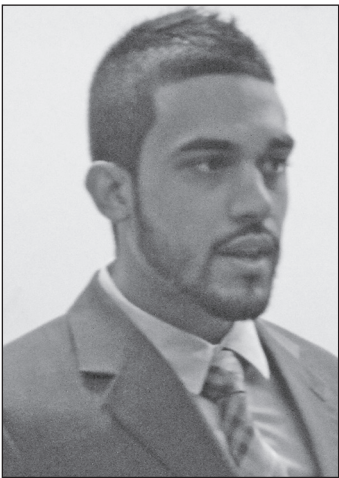
Apneet Sidhu shared his educational experiences and said he owes his change of direction to the Honors Program at Highline.

"Very frank, I was immature at 16 and I limited myself," Sidhu said, who graduated from Highline via the Running Start program.

Sidhu said he owes his change of direction to the Honors Program at Highline.

"[My mindset] changed through Honors 100 as I realized I wanted more than to be a 16-year-old going to school for fun," he said.

As he started applying himself, he was able to get the Sullivan Scholarship for a full-ride to Seattle University. After being told that he would never be accepted as an intern at the White House, Sidhu applied for the position despite this and got the internship at



Apneet Sidhu

the age of 19.

"It's all about playing the game. The benefits are enormous compared to the risks it takes to apply to something," he said. "If you get rejected somewhere, that is not a failure. Keep applying and see what doors open because the opportunities are endless."

Sidhu recommends transfer students to get involved around campus and make connections to be able to apply for scholarships.

"Highline has so many resources that require you to put yourself out there. Once you have a solid application, you're golden," he said.

Now Sidhu is a student at the University of Washington studying law and is not quite sure where he will end up career-wise.

"It's nice to have options. There is no roof and no ceiling for opportunity," he said.

The next Honors Colloquy speaker is Nicole Tedrow, a

Stick with it for success, Highline graduate says

By Ashley Johnson
Staff Reporter

Perseverance is the key to success in college and in a work environment, a former Highline student told a recent Honors Program colloquy.

Every Wednesday the Honors Program hosts someone who shares the story of their success and gives helpful tips in a forum any student can attend.

Tierney Kuhn, who studied at Highline from 2007-2009 as a Running Start student before transferring to Princeton, spoke last week.

She said in order to transfer to Princeton she had to get scholarships, since her family couldn't pay for her education.

Today, Kuhn is a program manager at Microsoft.

Kuhn said her biggest struggle in school came from thinking her teachers thought she was stupid. She said some teachers treated her in a way that made her feel inadequate.

One teacher made her feel like none of her work was right since he had only pointed out the bad parts of her work. But at the end of the class he said something she found surprising:

"At the end he told me that 'it

was a pleasure to work with you and you are very talented," she said.

Kuhn said that you should never go off what the teacher tells you about what is wrong with your work to determine how you are doing in the class. She said to ask instead how you are doing in the class. Kuhn said she thinks no one should ever give up.

"It might not work today, but it will work in the end," she said. She said with most obstacles in her life she had to try many times and practice good habits to overcome her trials.

"Professors and employers will like the person that spends 40 hours more than the one that



Tieney Kuhn

has natural talent," she said.

The colloquy takes place at 12:15 p.m. in Building 10, Room 205.

Transfer Students!

Interested in Public Health?

Come and find out what you need to have for admission to the UW Seattle Public Health major! An advisor from the UW School of Public Health will be here to give a presentation on the admissions requirements, including information about career opportunities in this fantastic field!

No Need To
Sign Up To
Attend

Tuesday, February 10
1:00 PM
Highline Transfer Center
Building 6, 1st floor, Room 164

Alum leads Criminal Justice program

By Christopher Crisostomo
Staff Reporter

Tajikistan. Pakistan. Kosovo. Bangladesh.

Dr. Stephen Lettic's passport is beginning to look like a collage.

Dr. Lettic has been working for Highline on and off since 1996, but his work with the United Nations takes him around the world. He is a homegrown success story.

He graduated from this campus with two degrees in 1998. He then received his bachelor's in law and justice and a master's in psychology in organizational development from Central Washington University. His doctorate from Capella University came via online courses.

When Dr. Lettic came to work for Highline, he started as a campus security officer. He has also worked for the Des Moines Police Department as an undercover officer working narcotics. He

served with the United Nations as a police reform adviser, also with the Washington state Police Academy in Burien where he left as the assistant director.

His past assignments include being the assistant director of the Washington state Criminal Justice Training Commission.

"That gave me the opportunity to work at the executive leadership level," he said. "This position was an administrative one working as the coordinator for all post academy training for law enforcement, corrections, and telecommunications officers in Washington state."

In working with the United Nations he has traveled to Kosovo and Macedonia as a peacekeeper. When he was there he was also the senior adviser for police reform in the Republic of Macedonia. He was assigned to the police academy as the deputy director of the police reform efforts.

Dr. Lettic said his favorite job while

working on the Des Moines police force was working undercover narcotics. He enjoyed making drug busts along Pacific Highway South. During his undercover career, he busted dealers and he took part in emptying recreational pothouses. Although he enjoyed his undercover work, he wanted to teach.

Today he teaches Highline students the basics and fundamentals on criminal justice. He became the director of the program approximately four years ago.

He aims to provide legitimate information for students regarding working on a police force.

"I want the program to teach students how to prepare for the police academy and how to work corrections," Dr. Lettic said.

Another goal that he wants to accomplish with the program is to shine light on all of the misconceptions and myths regarding police. One of the many myths is that police officers are uneducated, like to have authority and use force at will.

"All officers don't like to use force," he said. "They are not heavy-handed and they are there to help people. The major-

ity of officers are also well educated and what we call street savvy."

He also wants people to understand that police officers are not perfect human beings.

"They make mistakes. However, they are still caring individuals," Dr. Lettic said.

His primary objective with the Criminal Justice program is to teach students both emotional and cultural intelligence that can affect everyday lives.

In taking the Highline job, Dr. Lettic encountered information being taught in classes that needed to be updated so that it's more applicable to the students.

Among his achievements is seeing former students working in the correction facilities within the Des Moines and Burien area, and the cadet program here on campus with Public Safety.

The cadet program is where students can work with Public Safety and receive credit during that quarter.

Students interested in taking a course where they can learn more concerning police and law enforcement can contact the Criminal Justice Department at 206-592-4155 for further information.



Dr. Stephen Lettic

Enrollment

continued from page 1

in Winter '15 from Winter '14," said Kelsey Anderson, data specialist, enrollment services. "Higher head count with fewer FTEs indicated that we may have more part-time students this year."

Enrollment has an impact on revenue for Highline. Student enrollment affects how much funding Highline gets from Washington state each year, and a target enrollment number needs to be reached or the state threatens to withhold funding.

"Fewer FTEs means less revenue for the college, but we still expect to hit our annual targets," said Anderson.

For every student who is enrolled the college gets a certain amount per student. Tuition only covers about half of what the college spends on each student; the rest comes from the state.

Enrollment fluctuations make it difficult for the college to maintain programs, so Highline works to continue to attract students through good times and bad, college officials say.

"To maintain our enrollments, the most important thing we do is to offer high-quality relevant programs," said Jeff Wagnitz, vice president for academic affairs "We monitor enrollment trends so that we can add classes in popular fields, time slots, and formats."

Highline makes it convenient by giving different options of time slots and paying attention to what students are interested in, he said.

Highline is trying to cover the needs of students by observing what students are more interested in field options, Wagnitz said.

Highline website makeover launched

By Jimmy P. Padua
Staff Reporter

Highline officials hope that the college's new website will increase usability and visual appeal.

Tony Johnson, director of communications marketing says, he wants to enhance the experience when accessing the college's website.

"Highline's previous site was not meeting students' needs, was very outdated, and did not provide direct links that many of its visitors need to access, and generally was ugly," Johnson said.

It has been more than six years since a major renovation to Highline's website has been made.

The total cost of the revision to Highline's online presence was \$65,000 and was made as a one-time payment made to White Horse Productions based in Portland.

The cost was spread over two fiscal years and included the research, development and

design of the new top-level site.

White Horse conducted research that assessed the overall needs of Highline's students, staff, and faculty to obtain information of what services were most needed and used by its thousands of daily visitors, ultimately reflecting this information in the final product, Johnson said.

Highline launched its new top-level website on Jan 26 and is now available to access at www.highline.edu.

"The launch of the new top-level site is the first phase in a series of three total changes to be made to Highline online," Johnson said.

Because the top-level site is the main entry point for students and non-students, updating the site to look modern was important to display the appeal of the campus, Johnson said.

Featuring an all-new color scheme, the new top-level page displays online services and links to the thousands of daily visitors using the new website.

The new website uses a content management system is described by Johnson as the backbone of the new website, placing links in an organized drop down menu.

The website is designed to direct the site's visitors to various links and is intended be easy to navigate the many pages of the site compared to the old website.

A second phase will consist of integrating the admissions, financial aid, registration and records, and respiratory care web pages to the website and are known as the four pilot sites.

The integration of these four departments will assist in the final, and most lengthy process, transitioning of more than 150 individual depart-

ments into the website.

Developing the sites with the information and design learned from creating the top-level site and using the experience from integrating the four pilot sites, Johnson said that the transition of the various departments of Highline will be synonymous with each other and the top-level site giving nearly all pages a similar look and feel.

This will be a multi-year process involving an extensive amount of work between departments, he said.

Due to the complexity of the information that each department needs to present and the number of pages needed it is difficult to determine when the project will be completed, Johnson said.

HELP WANTED

The Thunderword has two openings for Winter Quarter:

1. Sports Editor

The ideal candidate will have journalism experience but above all an interest in sports. The sports editor leads coverage of Highline basketball and wrestling teams; arranges assignments and photos; designs and edits pages. The sports editor participates in budget meetings on Monday and Thursday afternoons and works on producing the sports section on Tuesday and Wednesday afternoons.

2. Advertising sales representative

This position sells advertising space in the Thunderword to local and regional clients.

These are on-campus, paid positions open to students currently enrolled at Highline for at least six credits with a minimum 2.5 GPA. Both positions require your own transportation and time during the day to do the jobs.

If interested, send a resume and cover letter to thunderword@highline.edu



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Aliens have taken over our bodies, prof tells Science Seminar

By Freddie Abbasi
Staff Reporter

We've been invaded. Aliens have infiltrated our bodies — not that that is anything new, though, a Highline professor told last week's Science Seminar audience.

We have close to 400 trillion living organism cells all over our bodies that cause both good health and sickness. But most of the time they are helping us and are essential for our living, said speaker Anne Whitson, a nutritionist.

Some of them are internal, helping us digest our food.

For example, a baby's intestinal track is sterile in the womb but it acquires the first microbes in the birth canal. Most of this micro flora, about 3 pounds worth, will develop in our guts. It does things that are vital for our survival.

"It takes about three years of contact with people and soil to populate our intestines with micro flora to where they stay when we are adults," Whitson said. "Human breast milk nourishes the favorable bacteria."

"We call [the organisms] gut flora," she said. "Probiotic is a supplement for live organisms that live in our gut. Probiotics are food for the flora."

Scientists have become more knowledgeable about micro flora thanks to the Human Microbiome Project that started in 2007 and looks at how micro flora affect us.

There has been a rise in recent studies in this area.

"It is easier to study it now because the Human Microbiome Project has money. There are thousands of studies going on right now and it is kind of exciting. I think you will hear more about," Whitson said.

"One thing they discovered is that these microbes contribute more for human survival than human genes contribute," Whitson said. "We have about 22,000 human genes. Gut flora has about 8 million."

Gut flora helps us break down and digest food.

"In healthy people gut flora looks very different depending on where they're from, what they eat, their genes and their personal history," Whitson said.

"Studies done by Human Microbiome Project also discovered that people with the most diversity are likely to have more gut flora, especially people living in Third World countries," Whitson said. "Undeveloped countries are less likely to have chronic illness."

Some of the ways gut flora helps is that it produces vita-

mins K and B, breaks down carbohydrates and fiber, and absorbs iron and magnesium.

They protect us from a lot of pathogens and other things that could make us feel terrible.

Lean people have greater diversity in their systems. A map of the United States shows that more people with obesity and antibiotic use live on the East Coast and in the South.

"Apparently, if you eat a lot of highly processed foods you're going to have less diverse gut flora," Whitson said.

"We are designed to take in probiotics with every mouthful of food and drink --especially colorful high fiber vegetables because they have insulin, which is a fertilizer for intestinal micro flora," Whitson said.

Over eating sugary foods though can attract a virus called Candida albicans because Candida likes sugar. When bacteria that usually stay in large intestines migrates over to smaller intestines and grows, it causes small intestinal bacterial overgrowth.

"Our intestine walls are [often] the only thing between us and whatever we swallow," she said. The microbiome helps those cells do that," she said.

But the benefits are not just in our guts.

"Supplementing the probiotics can reduce cavities and the bacteria in your mouth," Whitson said.

Both Super Supplements and Max Nutrition sell oral health products featuring probiotics.

Our skin is also affected by what we eat. An example is that pasteurized, unfermented dairy products can cause inflammation on the skin such as acne, psoriasis, eczema and dermatitis.

Research is investigating other possible impacts regarding microbiome. Another study shows a link between hormones and cancers.

"When we use our hormones, we break them down and eliminate them. If we don't, they accumulate into tissues," Whitson said. "Estrogen accumulating in breast tissue can cause breast cancer."

The study indicated that gut microbes can fight some cancers.

"They found that gut microbes could degrade estrogen, metabolizing what's left over after we use it and lower breast cancer risk," she said.

Tomorrow's Science Seminar is about "Amazing Avians: Birds are Everywhere" by biology professor Evan Houston. It begins at 1:30 p.m. in Building 3, room 102.

Federal Way expands plans for performing arts center

By Sam McCullough
Staff Reporter

Federal Way has expanded its vision of a bustling town center by purchasing more property for development.

In 2014, the city announced plans to build the arts center.

Federal Way Mayor Jim Ferrell put together a group of experts, who determined if the arts center would be feasible.

The panel found that the art center's construction costs would be approximately \$31 million.

The city will pay \$10 million; the state will pay \$2 million; King County would pay

\$150,000; and the rest of the costs will be paid by local pledges.

The Federal Way City Council has presented a timeline for the project.

Its predicted that the arts center will be finished by mid-2016.

Construction of the building has not started yet.

The city recently bought an additional 7.5 acres of property for \$8.2 million.

The city will pay for the property purchase over a three-year period.

The new property is across the street of the site for the arts center, south of south 320th Street.

In addition to the arts center, Federal Way's plans for the 21-acre site include a park, the transit center, and businesses.

"We are sending a clear signal to potential investors that the future is now for Federal Way's downtown," said Mayor Ferrell.

The town center will be located at the northwest corner of south 316th Street and 23rd Avenue South.

"The Town Center project will tie together new development and will encourage new mixed use development, and public and civic uses," said Chris Carrel, communications director for Federal Way.

Budget

continued from page 1

Democrat legislators, Dr. Skari said that lawmakers will be approached in both parties.

Dr. Skari said that she wants to schedule a meeting with Sen. Joe Fain, R-Auburn, whose district also includes the cities of Kent, Covington and Renton. Sen. Fain is a former member of the Highline Foundation Board of Directors and has taught political science at Highline.

"I'm looking forward to meeting with Karen Keiser," said Brisbane.

Sen. Karen Keiser, D-Kent, visited Highline and attended the Annual Legislative Breakfast on Dec. 3, 2014. The breakfast gave students the opportunity to discuss funding of

higher education with several lawmakers.

Brisbane said that Sen. Keiser agreed with the message the rally intends to convey and that she is looking forward to seeing the students in Olympia.

Brisbane said she also wants to meet with Rep. Linda Kochmar, R-Federal Way. Rep. Kochmar also attended the same breakfast in December.

Democrat legislators have said that they support increases in state funding for higher education, though from 2008-2012, more than \$1.4 billion was cut from higher education.

The Olympia-bound group may find some Republican allies to support their cause, however.

"Washington's college students and working families want quality higher education, and they want it to be affordable," said Rep. Hans Zeiger, R-Puyallup, via the Washington

House Republicans' website.

Rep. Zeiger is the ranking Republican on the House Higher Education Committee.

"The state has cut public funding too deeply, but the universities have been accustomed to spending money too freely. We need both lower tuition and fiscal restraint in our state's colleges and universities," Rep. Zeiger said.

With the State Senate under Republican control, any piece of legislation passing through or originating from that chamber will need to be approved by at least some Republicans to pass, including those concerning funding for higher education.


Students will be able to get more information about the rally at two pre-departure meetings, held on Feb. 2, at 11 a.m., and Feb. 4, at 2:30 p.m.

"We want students to have a voice and to use it," said Brisbane.





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Smoking

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of Health, an estimated 7,930 people die each year from tobaccos use and exposure. There are currently 892,000 adult tobacco users Washington.

The main focus of the bill is to prevent tobacco use among youth. The Department of Health reports 49,000 youth tobacco users in Washington.

"We find that if the age is 18 [to smoke], it's easier for kids to get access to cigarettes through their peers in high school or their older siblings," said Rep. Orwall. "We can do some intervention in their teen years."

Sen. Miloscia also said that if the age to purchase cigarettes is 18, it's more accessible to teens.

"We know that almost all regular smokers in our state begin using tobacco products before they are 21. Eighteen to 21-year-olds are a prime source of those cigarettes," said Sen. Miloscia.

"About three out of four teen smokers end up smoking as adults as a result of their addiction," he said.

Nicotine is the addictive substance in cigarettes. According to the Centers for Disease Control, nicotine is as addictive as heroine and cocaine.

"Our state has determined that for other addictive substances like alcohol and marijuana, the legal age to purchase these products should be 21 years old. I believe the legal age to use tobacco should also be 21 because of the highly addictive nature of nicotine," said Sen. Miloscia.

"Nicotine is a highly addictive drug. It's more addictive than alcohol or marijuana," said Rep. Orwall.

"When you look at adult smokers, nine out of 10 started when they were under 21," she said.

Some Highline students aren't looking forward to this new legislation, specifically the ones who use tobacco products.

Miranda Yager, who recently turned 18 said "If I am a legal adult I should be able to choose whether I should smoke or not." Yager started smoking when she was 16.

Another student expressed concern about the legal youth who are already smoking.

"What are they going to tell the 19- and 20-year-olds that have been smoking?" said Christine Goldman, who started smoking when she was 13.

"Them raising it isn't going to change anything," said Claire Costanza. "I'm not legally allowed to smoke but I don't think it should be



Tina Orwall

raised."

"A lot of people who smoke are underage," she said.

"I feel like cigarettes aren't what they should be worrying about," said Goldman.

Rep. Orwall and the Department of Health both said that tobacco is a huge economic burden on health care.

"Over time there will be incredible savings to our health care system," said Rep. Orwall.

Washingtonians spend a total of \$1.9 billion in personal health care due smoking-related illnesses. Even if a household doesn't have smokers it is estimated that it still pays \$628 for smoking-related health care.

The total revenue from cigarette taxes generated more than \$450 million in 2013 according to Paul Davis, the manager of Tobacco Prevention and Control and Marijuana Education at the Washington state Department of Health.

Rep. Orwall said that if the age of smoking is raised to 21 that revenue will definitely have to be found elsewhere during this tight budget year.

"We're going to have to find more revenue, especially to fund education," she said.

"We are potentially looking to tax vapor products, since they are generally unregulated," said Rep. Orwall.

Gov. Inslee is currently pushing a bill, HB 1645, that would tax vapor products at the same rate as other tobacco products, said Davis.

Rep. Orwall said she hopes the law to raise the smoking age to 21 will pass, but emphasizes that these things do take time.

"I am helping it get a hearing in the Health Care Committee. It may take some time move this kind of a policy forward," she said.

Sen. Miloscia said he looks forward to discussing the policy with anyone who opposes it.

"I think there is a change in public opinion both locally and nationally that will allow us to started a conversation about doing more to stop smoking," he said.

Simply put, preventing smoking saves lives, and that is why Sen. Miloscia has joined forces with the Attorney General to move this bill forward, he said.

Port eyes airport expansion

SEATTLE (AP) Port of Seattle commissioners are looking at a major expansion at Sea-Tac Airport to accommodate expected passenger growth over the next 20 years, starting with a new international arrivals facility in 2019.

At Tuesday's meeting, commissioners and airport officials discussed plans for the facility estimated to cost \$608 million. They also talked about adding 35 more airplane gates to the current 81 gates, The Seattle

Times reported.

The airport needs to prepare for a projected 66 million passengers a year two decades from now, officials said. Last year, 37 million passengers passed through the airport.

By 2034, the airport projects 540,000 takeoffs and landings per year, compared with 350,000 last year.

Airport officials laid out options for expanding the main terminal and adding gates north and south.

Alaska Airlines is currently the airport's largest user. It carries more than half of Sea-Tac's passengers and pays the port \$115 million a year.

Delta is growing fast and aims to make Sea-Tac a major international gateway. It's looking forward to the new International Arrivals Facility that would replace the current customs area at the south satellite terminal. The airport says it's congested at peak times when multiple wide-body jetliners arrive.

Legislature expands open-carry ban

By Rachel La Corte
Associated Press

OLYMPIA, Wash. (AP) A decision to ban openly carried weapons in the House and Senate public viewing areas also applies to the public hearing rooms at the Capitol's legislative office buildings, officials from both chambers told The Associated Press on Wednesday.

At the end of the first week of the legislative session earlier this month, the Senate announced the open-carry ban in the public galleries that sit above the chamber floor and was quickly followed by the House early last week. Leaders in both chambers said they considered openly carried guns the same as any prop used for a demonstration,

which is not allowed under each chamber's rules.

Hunter Goodman, the secretary of the Senate, said he conferred last week with Lt. Gov. Brad Owen, a Democrat who serves as president of the Senate, to confirm that the rules also applied to the public hearing rooms.

"We have to make sure we're maintaining public safety while the public hearings are going on," Goodman said.

New signs noting the prohibition on openly carried weapons, including firearms and blades, were put up Wednesday outside the committee rooms. Signs had previously been placed outside the committee rooms in the House building.

Majority Leader Pat Sullivan,

D-Covington, said that rule for the committee hearings took effect at the same time it did in the House gallery.

"It's the same philosophy as in the gallery," said Sullivan "We want to ensure that committees are able to operate just as we do on the floor."

Bob Calkins, a spokesman for the Washington State Patrol, said that as in the public galleries, if someone openly carries a weapon in the public hearing rooms, they'll be directed to leave. If they decline, they will be subject to arrest for criminal trespass.

People can still bring their concealed guns into the galleries and committee rooms, as long as they have a concealed pistol license.

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