Legislators take aim at younger smokers’ rights

By Agatha Pacheco
Staff Reporter

Washington may be the first state to raise the smoking age to 21. Two versions of the bill to raise the smoking age are being proposed, Senate Bill 5494 and House Bill 1458.


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 companion. 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 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 of Health, about 5% of adults in Washington smoke cigarettes compared to the national average of 15.7%.

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

Despite those local districts being more part-time students, and standardizing that 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 afford 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.

Students enrolled in basic skills courses are down this year from 1035.98 full-time equivalent students last year to 982.85 this year.

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 all 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 446.7 FTEs last year to 426.61 this year.

“The total head count is actually higher by 238 students.
Taggers hit campus four times in the past week

By Christopher Cristofo
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 pavement and the retention pond. The other graffiti was reported from the women’s locker room, in Building 27 on the first floor.

Public Safety officers make it their priority to eradicate any graffiti in a timeframe of 24 hours from when it was reported. Any students who discover graffiti are asked to report it 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 cell 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 advisor from UWT.

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 in 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 1992, Nuzzo started teaching evening classes at Highline every quarter while working at DCAA until 2008 when he retired 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.

Longtime Highline professor dies

News Briefs

Former student to discuss success

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 4 p.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 literary magazine, is still seeking submissions.

The theme this year is monsters.

The magazine is looking for fiction, non-fiction, poems, essays, 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 workshops 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 registration 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 smcfcullough@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 event will 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 Hawks 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 the event, said “This is all sponsored by CLS, the Associated 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 added that 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 bus two 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 class, however each faculty member has discretion over whether students will 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 host a 12th Man flag over City Hall on Friday, Jan. 30 at 3 p.m.

Federal Way Mayor Jim Ferrill will issue a proclamation declaring the day Seahawks Blue Friday and the marching bands and drum lines from DeCatur, Federal Way, Thomas Jefferson and Tahoma 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 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 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 Student Program who major in business, she said.

“Students major in a business major in business take 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.

Mosaic, the International Student 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 added that 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 bus two loads of students to the state Legislature on Feb. 5 to advocate for not raising tuition fees.

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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 getting 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.

While 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 explain racists to me from the safety of my family. 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.

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.

I was confused. I was that day, I noticed.

I was so 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.

“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.
**Weekly SUDOKU**

by Linda Thistle

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

Place a number in the empty boxes in such a way that each row, each column and each small 3×3 square contains all the numbers from one to nine.

**DIFFICULTY THIS WEEK:** ★ ★ ★

* Moderate  ★★ Challenging  ★★★ HOO BOY!

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**Trivia test by Filipe Rodriguez**

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. “arf.”

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**GO FIGURE!**

The idea 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.

```
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
+---+---+---+---+---+---+---
| + | + | + | + | + | + | x |
| - | - | x | - | - | - | + |
| + | - | + | + | + | - | 7 |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
```

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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

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  Given name
11  Actress Ward  12  Telly option
13  Pruritic  14  Buddy  15  Do sum work?
16  Medico  24  Faraway  25  Transport?
26  “Certainly”  28  Marc  29  to Bill
30  — Magnon  31  Sixth sense  33  Charged bit
34  Journey  39  Congame
55  Up  56  Verse  57  Actress Naomi
58  Wicker

segment

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**Puzzles answers on Page 12**

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**PISCES** (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.

**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.

**MONDAY:**

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?
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5. 1936
6. Theseus
7. The Band
8. Bing
9. The Library of Congress
10. “arf.”

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**ARIES** (March 21 to April 19)

Your 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.

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**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.

---

**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.

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**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.

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**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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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. “Yellowacing” 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 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 Thai 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. “It needs to be balanced. Both sides need to open up their minds to the disrespectful and inaccurate portrayal of the king and their culture as a whole.”

“I can’t bear to watch Taming of the Shrew because of how they treat Katherine in the play,” said Summers.

Another local theater company was also found that there are multiple benefits too.

“The opening music is beautiful and immediately sounds broken, like an old roller coaster that is a succeeding and suffering relationship.”

“There is 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.”

Art Calendar

By Jeff Rowden

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

The musical The Last Five Years by Jason Robert Brown comes to ACT 1 in Summer 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 struggle, because any relationship is a struggle,” Gallo said.

The Last Five Years deals with very modern and relatable themes— 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.”

“There is 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 spanning 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.
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.

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-

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

wom en 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 $17-567. 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 got me thinking: Is there a way to read on Barnes & Noble’s Nook device the books I’ve legitimately bought for Kobo devices, for instance? But it isn’t easy to figure out how to do it.

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 exam-

The legality is questionable.

When reading IEBs using a Nook device.

You couldn’t simply reverse the steps because the Nook doesn’t use Adobe’s copy-pro-

tection 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 “Alligator” 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

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 Kobo’s copy protection.

Working with Apple’s iBooks.

I bought the “Game of Thrones” series from the Apple Bookstore, 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 compa-

nies 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 trans-

fer 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 in-

stance, 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 theater that’s making books 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 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 Mericco “Moe” Madrid-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 shashmio@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 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.”
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 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 for ever 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 wrestlers 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, Kylie 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 Warners, Sierra Leach, Emily Vandehey, Miranda Wolfe, Alex Ashe, and Maya Gray.
The Thunderbirds have been focusing on defense, which has been a priority for the team. "Defense is our main priority," said Tucakovic. "We tend to get too negative because we're not scoring. We don't want to be negative, we want to be aggressive," said Tucakovic. "But we'll have the home fans and it's going to be a good game," he said.

"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 match up pretty well with them."

Highline's next game is against Clark, who is an away game against Pierce on Jan. 31 and then a home game against Long Beach Comm on Feb. 4 at 7 p.m.

"We have the home fans and it's going to be a good game," he said.
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 “soup,” which refers to a piece of bread eaten to have a complete meal in one bowl.

Soup, in its many international versions, is an edible ambassador of its origin. From light Asian broths, soup is as rich, spicy Mexican soups to flavorful remedy for a cold and dreary day. 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

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.

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

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**Swim into orange-ginger glazed fish**

**Ingredients**

- 4 pieces halibut steak, or cod or crrod fillet, 1 inch thick (about 6 ounces each), skin removed
- 1/3 cup maunayonnaise
- 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 chopped 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 over halibut.
2. Bake 10 to 12 minutes or until fish turns opaque through-out and topping is lightly browned. Sprinkle with macadamia nuts to serve. Makes 4 main-dish servings.

**Good Housekeeping**

1 tablespoon fresh lime juice
1 container (22 ounces) refrigerated tapioca or rice pudding
1 1/2 cups macadamia nuts, coarsely chopped
1. In medium bowl, stir kiwi, mango, pineapple, coconut and lime juice until well-com-bined.
2. Spoon tapioca into 6 dessert bowls; top with fruit salsa and sprinkle with macadamia nuts. Makes 6 servings

**Tapioca With Tropical Fruit**

1/3 cup no-fat sour cream
1 cup chunky salsa (mild, medium or hot)

For thousands of triple-test-ed 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 mayon-naise
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.

**Comfort foods**

- 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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By Angela Shelf Medearis

For thousands of triple-test-ed recipes, visit our website at www.goodhousekeeping.com/recipefinder.
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 Mun Wah, 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 me 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 started 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 heard about racism with my parents saying a word," Mun Wah said.

The crowd had mixed emotions. Some laughed and thought his example was silly.

"I hate this exercise, I hate doing that," said Mrs. Lee Mun Wah.

Mun Wah asked if anyone felt offended.

"I was just scared," Mrs. Lee Mun Wah said. "And I brought this beautiful box of chocolates. "

"The first kid comes in," he looked around and said "You know what I did? I bought my beautifulbox of chocolates."

"Like you were acknowledging that I was here," said another person.

"I'm 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 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.

In the 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.
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 orclift.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 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.

For more detailed information on the Orca Lift Program contact Clinton in Building 18, room 210, by email at jclinton@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 Collegio takes place every Wednesday in Building 10, room 205 from 12:15 to 12:20 p.m.

Honors Colloquy focusing on ‘growth’

By Renee Nelson Staff Reporter

Honors Colloquoy 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 Outlook 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 Jacqueline 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 concept of growth mindset.

"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 jclinton@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 12:20 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 alumni told Honors Colloquy last Wednesday.

Aneeq Siddhu 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," Siddhu said, who graduated from Highline via the Running Start program.

Siddhu 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, Siddhu applied for the position despite this and got the internship at

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 Jacqueline 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 concept of growth mindset.

"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 jclinton@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 12:20 p.m.

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.

Tieaney 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 she heard 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.

Kuhn said she has 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

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

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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 college. 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 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 telecommunication 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 advisor 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 majority 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 serving 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 was more applicable to the students.

Among his achievements is seeing former students working in the correctional 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 work can contact the Criminal Justice Department at 206-592-4155 for further information.

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,” said Johnson, “we 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 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 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 departments into the website.

Developing the sites with the information and design learned from creating the top-level site and using the experience from 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; assigns 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 organisms 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 lives, said science associate professor Jonathon Whitson, a nutritionist.

Some of them are internal, helping us digest our food. For example, a baby’s intestinal tract 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. “Humans have evolved to take these microbes into our guts.”

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

“It is easier to study it now because the Human Microbiome Project that started in 2007 and looks at how micro flora affects our organisms thanks to the 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 vitamins 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 be in probiotics with every mouthful of food and drink – especially colorful high fiber vegeta-
bles 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 microbeosome. 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 micro-

Research is investigating other possible impacts ranging from diabetes to Alzheimer’s disease. They studied the gut microbes with the possibility that they could degradate 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 13:30 p.m. in Building 3, room 102.

By Sam McCullough
Staff Reporter

Federal Way has expanded its vision of a bustling town cen-
ter by purchasing more proper-
ty for development.

In 2014 the city announced plans to build the arts center. Federal Way Mayor Jim Ferrell put together a group of exp-
erts, 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 mil-

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 pledg-
es.

The Federal Way City Coun-

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

It is predicted that the arts center will be finished by mid-

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.

Federal Way expands plans for performing arts center

Budget

continued from page 1

Democrat legislators, Dr. Skari said that lawmakers will be ap-

Dr. Skari said that she wants to schedule a meeting with Sen. Joe Fain, R-Auburn, whose dis-

t 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 po-

litical science at Highline.

“We are looking forward to meeting with Karen Keiser,” said Brisbane.

Sen. Karen Keiser, D-Kent, visited Highline and attended the Annual Legislative Break-

fast on Dec. 3, 2014. The break-

fast gave students the opportu-

nity to discuss funding of higher education with several lawmakers.

Brisbane said that Sen. Keis-

er 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 Koch-

mar, R-Federal Way. Rep. Koch-

mar also attended the same breakfast in December.

Democrat legislators have said that they support increases in state funding for higher edu-

cation, 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 stu-

dents 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 High-

er Education Committee.

“They are willing to work with us to help fund higher education with several lawmakers,” Brisbane said. “Sen. Keis-

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“The state has cut public funding too deeply, but the uni-

versities 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 per-departure meet-

ings, 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.
of Health, an estimated 7,930 people die each year from tobacco 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. Orwell. "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 teen smokers.

"We know that almost all regular smokers in our state begin using tobacco products before they are 21. Eighteen to 20-year-olds use 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. Orwell.

"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 over the legal age 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.

"They 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

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.

Smoking

continued from page 1

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, commission members and airport officials discussed plans for the facility estimated to cost $808 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.

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

Rep. Orwell 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. Orwell.

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. Orwell 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. Orwell.

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. Orwell 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 this move 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 chance in public opinion both locally and nationally that will allow us to start 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.

Portland airport expansion

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