Mobile homeless: Development riles SeaTac trailer park residents

By Michael Simpson  Staff Reporter

Maria Guillermo built a life for herself and her family since she moved to the United States from Mexico City. She works down the street in one of SeaTac’s hotels, and her kids attend Madrona Elementary School around the corner. Fifteen years ago, she bought a mobile home on acreage it sits on in the Firs Mobile Home Park. She owns the manufactured home she lives in, but not the land to the current homeowner has an option to buy.

Guillermo and other residents pay around $1,500 per month for rent. In a time of rapid urban growth, this is a reality for many mobile homeowners who are required to relocate. Eight of Washington’s 1,344 manufactured home communities are scheduled to close in 2017, which is a fast increase from just two in 2016, and it is the highest number of closures since the early recession peak of 17 in 2008, according to the state Department of Commerce. The new Angle Lake light rail station sits across the street from Firs. It’s the end of the line, but not for long as there are plans to extend the light rail line to Highline, Federal Way and Tacoma.

As new tracks are built, cities tend to redevelop low income communities along the way. This may be devastating for long-time residents. On the other hand, redevelopment tend to strengthen a city’s tax base and create more funds for police, education, city planning, parks and roads. More than 60 households will be relocated and owners have created a Homeowners Association to fight through legal action, or buy the park. Since the landowner is simply changing the land use, which is redeveloping and not selling, he is not required by law to give the Firs community an option to buy. Homeowners have asked the City Council to help, but so far, they say there is nothing that can be done because the development follows the letter of the law.

Guillermo said she has no idea where she and family will end up if they are evicted. She knows there is nothing that can be done because the development follows the letter of the law. She said he is open to selling this property to give the Firs community an option to buy. The Firs community could potentially buy the property with the help of the Washington State Housing Finance Commission and Resident Owned Communities USA, a New Hampshire based organization. Both have been in the relocation. The Firs community could potentially buy the property with the help of the Washington State Housing Finance Commission and Resident Owned Communities USA, a New Hampshire based organization. Both have been in the relocation.

Highline prepared for minimum wage hike

By Zico Dumo  Staff Reporter

Despite the minimum wage increase initiative approved by the voters on Nov. 8, Highline will not see any major changes in student or staff employment. On this year’s November ballot, Initiative 1433, also known as the Washington Minimum Wage Increase was approved 57.42 percent to 42.58 percent. This initiative states that the minimum wage will rise from $9.47 to $11 on Jan. 1, 2017. Subsequent raises will take effect each succeeding New Year’s Day through 2020. In 2018 the rate will be $11.50; in 2019 it will be $12; and on 2020 it will jump all the way to $13.50. It also mandates employers offer paid sick leave.

With more money being pulled out of the school to pay employees, Highline employees may be concerned for their jobs or if the college’s budget will be able to take the change. Highline has an estimated amount of 400 student employees, according to Sue Paulson, the Payroll Coordinator.

Cathy Cartwright, Highline’s budget director said that when the budget was formulated, staff made sure they had the help of the Washington State Housing Finance Commission and Resident Owned Communities USA, a New Hampshire based organization. Both have been in the relocation. The Firs community could potentially buy the property with the help of the Washington State Housing Finance Commission and Resident Owned Communities USA, a New Hampshire based organization. Both have been in the relocation.

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See Wage, page 20

Holiday plans vary for diverse enrollment

By Thunderword Staff

Due to Highline’s diverse population, Christmas time brings a multitude of different holiday celebrations. In a survey, students shared their not-so-traditional holiday traditions. Student Mi-Seon Lee said although her Christmas plans aren’t far off from most others, she comes from Korea, where the traditions are much different. “Christmas is not a traditional thing for Koreans, but I am Christian and it’s a national holiday,” she said. “In Korea, unlike America, most stores, restaurants and

See Holidays, page 20

Holiday shows spread Christmas cheer to all

See Firs, page 19

Irene Cruz and her daughter face eviction from the Firs Mobile Home Park within a year.
By Kori Spencer
Staff Reporter

Students frustrated by the heavy traffic and tempted to be the last vehicle to sneak through the signal at the Kent-Des Moines Road and Pacifi
cic Highway South intersection might want to remember to smile for the camera beginning next week.

The City of Des Moines is expanding its traffic safety cameras on Dec. 15 to include the heavily travelled intersection just north of the Highline campus.

They will join two other recently

cameraed intersections at Pacifi
cic Highway South/South 216th and at Marine View Drive/South 216th Street.

"Studies that were collected were speed and collision data. These locations were chosen because more incid

tents occurred at these specific loca

tions than anywhere else in the city," said Master Sgt. Dough Jenkins of the Des Moines Police Department.

Plans to install these cameras have been kicked around for some time since the contractor, Automated Traf

cic Solutions, was permitted in 2011 to install school zone cameras at Wood


ment Elementary School on 24th Avenue South on the eastern edge part of the city's core.

According to City of Des Moines documentation Midway Elementary School there has been an 82 percent violation reduction at Woodmont Ele

mentary School.

At Midway Elementary there has been a 90 percent decrease on 88th Avenue South where enforcement cameras were installed.

The school zone cameras only operate when school is in session. These red light cameras that have recently been installed at these three new locations will run 24 hours a day and seven days a week.

ATS maintains the cameras under contract with the city.

"The city does not pay for these cameras. Automated Traffic Solutions installs these cameras and we pay a monthly fee for each location and the fee is paid out of the money that is gener

ated by the violations," Msgt. Jen

kins said.

Fewer collisions have been happen

ning at the other two recently installed locations, but that doesn't seem to stop drivers from other violations.

"At South 216th Street and Pacific Highway South there have been at least 500 violations in less than a month, but no collisions since the cameras have been installed."

The basic fine is at least $136 for running one of the lights.

Money from the fines is used to first pay the contractor for the system and for the city's costs to operate the system. Any money left over can only be used for public safety purposes.

Crime & Punishment

Car prowling in the South Lot

A car prowler was spotted by a student who reported the suspect had been pulling on door handles in the lower South Parking Lot on Dec. 1.

Officers were alerted but could not locate the individual.

Missing phone reported Monday

A cell phone was reported stolen from Building 26 on Dec. 5. There are no suspects as to who took the phone and officers do not know if the phone has been recov

ered since there was nothing turned in lost and found.

Another hit and run incident

A student reported a hit and run incident on Dec. 5. A 2007 Ford 500 was hit in the lower South Parking lot. Of

icers responded, and there was no suspects or other ve

hicle that may be responsible.

Lost and found

Items unclaimed

Items that are reported found anywhere on campus are logged and kept in the Public Safety office on the bottom floor of Building 8.

After 60 days of un

claimed items are destroyed or donated.

If you are missing some

thing contact Public Safety at 206-592-3218 for assistance.

New traffic camera may snap student scofflaws

By Kori Spencer
Staff Reporter

The 27th annual Students of Color Conference will be Thurs
day, April 6 to Saturday, April 8 in Yakima and applications are due by 5 p.m. Jan. 20.

The conference brings to

tgether students from higher ed

ucation institutions from across Washington state and provides opportunities for student to develop leadership skills and strategies to empower them

selves personally, culturally, and academically.

This year's conference theme is "Cultivate OUR Truth With

Unity & Resilience."

The Multicultural Affairs Office has the opportunity to send 40 students to the confer

eence every year.

Requirements to apply in
clude having at least a 2.5 GPA and being currently enrolled as a student in the spring.

Applications are available in the Center for Leadership and Service and in the Intercultural Center, both of which are locat

ed in Building 8.

Student can turn the applica

tion in, in person in the CLS of

ice or via email to http://daus

ting@highline.edu

For further information, contact Dominique Austin at 206-592-3256.

Des Moines food drive still going

Donation bars for the Highline Classified Staff and Foundation food drive have been placed around campus.

The food received will benefi

t the Des Moines Food Bank.

In previous years Highline staff and faculty have donated an average of 1,000 pounds of non-perishable foods.

Donation barrels are locat

ed in the following buildings: 1 (Testing and Placement Center), 6, 16 (Print Shop), 25 (Library), 29, 30 and 99.

Food donations for this drive will be accepted until Dec. 16. But the print shop collects Des Moines Food Bank donations year round.

For more information contact the Print Shop Manager Dave Weber at daweber@high


e.edu

Change 4 Change raises food funds

The Change 4 Change bake sale hosted by Highline's Politi

cal Science students raised $855 for the Des Moines Foodbank.

The money more specifically goes to the Weekend Backpack program which is organized through Des Moines Foodbank and helps provide at home week

day meals for low-income students in the Highline School District.

This is the fifth year of the annual bake sale where High

line students, staff and faculty purchase sweet treats to benefit the Backpack program.

Applications for CLS retreat due

Applications are due tomor
ow, Dec. 9, for the Center for Leadership and Services’ 2017 Winter Leadership Retreat.

From Jan. 27 to Jan. 28 stu

dents can attend the event titled Darling to be Different, at the Islandwood Retreat Center in Bainbridge Island.

Applications can be found in the CLS office on the third floor of Building 8.

To be considered for the re

treat, you must be able to attend the entire event.

For more information, call

Ishia Valencia at 206-592-3918 or stop by the CLS office.

Highline holiday campus hours

The last day of school for Fall Quarter is Dec. 16.

If students need assistance over break campus will be open Monday through Thursday from 8 a.m.-5 p.m. and on Fri

day from 9 a.m.-5 p.m.

On Dec. 26 and Jan. 2 all of

fices will be closed.

Friday, Dec. 23 and Friday, Dec. 30 campus will close early at 4 p.m.

School will begin again Jan. 9.

MaST Center:

fish and ships

The MaST Center will be open to the public this holiday season when the Argosy Christmas Ship Festival arrives on Dec. 15, from 7:30 to 9:30 p.m. The ship itself will arrive at 9 p.m.

The festival will feature a flo

tilla of decorated ships and a per

formance by an on- board choir.

Attendees will also enjoy a

beach bon fire and access to the aquarium.

The MaST Center is located along Beach Drive South.

IICC Fiesta takes worries away

Students can take a break from studying by dancing in the Intercultural Center.

The IICC is hosting a fiesta today from 12:30 until 2 p.m. in Building 8, room 204.

Students can cast their wor

ries away in an inclusive en

vironment where everyone is welcome to come dance, listen to Latin music and learn how to dance to Latin rhythms.

Correction

In the Nov. 23 edition of the Thunderword, Public Safety of

icer Frances "Frankie" McKeev

er should have been quoted as saying that her daughter was born very healthy.

"My daughter was born 110 percent perfectly healthy," she said. "I actually had a 30 percent chance of conceiving."
New Highline program aims to support at-risk youth

By Zico Dumo
Staff Reporter

Highline is the first college to provide a program that offers wrap-around support for students who are involved or at risk of involvement in the juvenile justice system.

Students enrolling in the program will receive a conduct code, said Saechao. "My goal is to be of service to the student, to parents, to the school," he said.

The program is funded by the Highline School District, averaging around $160,000 a year. It pays for Teamchild staff and administrators, to help coach and guide them if they encounter any incident or concern in their classroom with students or any others on campus," Saechao said.

"I will work very closely to connect with staff and administrators and inform them of what options they have, if an incident were to arise," He said. "When I was offered the position, I was very honored and very humbled," he said. "The reason why I accepted was so we can impact more students than the ones who can just join TRIO."

Sae chao says he is staying with TriO and the Southeast Asian Education Coalition and will be juggling all three positions. "It's a wonderful challenge to have," he said. "My students are juggling with their work, family, and home life and what I do is just a small blurb of that. They're struggling and this is the least I could do. I'm up for the challenge," Saechao said.

Saechao plans on using his promotion to provide additional opportunities to empower the community.

"I will make sure our students and our community's voices are heard and factored in the decision making process," he said. One of the main goals of the TRIO program is to help students from traditionally underrepresented groups in postsecondary education improve their chances of graduating from college.

He directed the grant team in earning a renewal of Highline's $1.1 million federal grant for TRIO through 2020. This grant means Highline students will benefit from TRIO services, including a mentor and TRIO instructor available for tutoring.

"Our students will get the guidance and resources they need to succeed," Saechao said. Saechao also is the founding co-chair of the Southeast Asian Education Coalition, a nonprofit community organization that addresses legislative policy, achieve ment gaps and other educational concerns of the Southeast Asian American community.

In the summer of 2015, Sae chao was invited to the White House to showcase the work of the Coalition in Washington, D.C. "We were able to champion the work done here in Washington State regarding segregation of our Southeast Asian population and how we were able to mobilize our community to influence policy and legislation," Saechao said.

"As the new student conduct officer, I plan to continue the great work from my predecessor and collaborate with campus staff, faculty, students and administrators to ensure we foster a supportive and safe learning environment," Saechao said.

By Mary Gasper
Staff Reporter

Ay Saechao is climbing up the career ladder.

The director of Highline’s TRIO program and founding co-chair of the Southeast Asian Education Coalition is now taking on an administrative role as associate dean for student development, retention and conduct at Highline College.

"The promotion to associate dean was unexpected," Saechao said.

His attention had been focused on supporting our TRIO population and other underrepresented students.

"As the student conduct officer I will be working with the judicial process at Highline, which includes students who may have made poor judgment and violated a conduct code," Saechao said. "I am here to help ensure students that they are supported and that they have a safe learning environment," He said.

"My goal is to be of incident for the staff and administrators, to help coach and guide them if they encounter any incident or concern in their classroom with students or any others on campus," Saechao said.

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By Jessica Strand
Staff Reporter

Highline will be observing Martin Luther King Jr. Day next month with its annual week-long celebration.

Martin Luther King Jr. Day is on Jan. 16, 2017. Highline's MLK week follows the holiday and will run from Jan. 17 to Jan. 20. This year's theme is Fear, Falsehood and Freedom: Where Do We Go From Here?

The schedule is as follows:

• Fear, Falsehood and Freedom: Where Do We Go From Here? Dr. Maxine Mimms, a founding member of The Evergreen State College system and a leader in social justice will kick off the week's events with discussion on Tuesday, Jan. 17 from 10-11:30 a.m. in Building 7. The event will be followed by a reception from noon-1 p.m. in Mt. Constance and Mt. Olympus rooms in the Student Union.

• LGBTQIA Safe Zone. The LGBTQIA Taskforce regularly hosts Safe Zone training events to educate the Highline community. The event will take place on Jan. 17 from 1-3 p.m. in Building 2.

• You Are My Other Me: A Racial Empathy Story. Luis Ortega, a motivational speaker and founder of Storytellers for Change will be the speaker at this event that takes place on Wednesday, Jan. 18 from 10:10-30 a.m. in Building 7.

• Mothering the Movement: Women of the Black Freedom Movement, 1930-1980. Dr. Derrick Brooms will talk about the role of black women in the modern black freedom movement. This talk will be on Wednesday, Jan. 18 from 1:30-3 p.m in Building 7.

• Generation Return: The Art and Justice of Anida Yoeu Ali. This event will take place on Thursday, Jan. 19 from 10-11:30 a.m. in Building 7.

• Empty Applause, A Conversation On Maintaining Your Faith in Social Justice Activism. This event will take place on Thursday, Jan. 19 from 1:30-3 p.m in Building 7.

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More should be done to help prison inmates

Our society has a hard time accepting felons once they get out of prison. Prison inmates are not given the tools to live a livable life again. Life after prison is limited. Felons are defined by their orange state ID card saying “I’m a felon.”

Society has trouble trusting felons because of their history. As a society we should analyze how effective is our prison system. Is it really effective?

If someone committed a crime like driving while drunk and killed someone, by all means yes give the person a sentence in prison. But also give the person tools to survive if the person will be released from prison. The person should be put through special classes that educate them on the dangers that arise when driving while drunk.

Often a lot of felons have mental illness that go uncured because the system ignores them and just looks at the crime. Society wants the criminal to pay for their crime but ignores the fact that the criminal is not going to get any better after finishing their long sentence.

Felons and anyone that has been in the system, according to experts, are more likely to return into the system without some training, so they can make a living when they get out. So in reality once again, is putting someone in the system really effective?

A felon most likely doesn’t have the education to go do a high paying job. Several prisons offer certificate and degree programs, and every prison offers anger management class and job-search. However, job-search isn’t all that helpful if the prison doesn’t have some sort of education or training program set in place.

Experts say that the more education you have the more likely you are to stay out of the system. A lot of inmates don’t even have a high school education. Again only several prisons offer high school for 21 over and 25.

King County prosecutor, Dan Satterberg said in last week’s Thunderword that placing educational programs for inmates will greatly benefit the inmates and their communities, once the inmates get out of prison.

Giving felons the tools to come back into society is important because once they are released from prison they are able to be productive in society, instead of going back to committing more crime.

In the long run providing help for inmates would do more good than harm.

Have something to say?

Write to us!

Have something you want to say to the student body?
The Highline Thunderword is asking for students to voice their opinions on what matters to them. We’re accepting submissions in the form of letters and columns.

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

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

Kim says farewell to Highline

Noory Kim will be missed and remembered as a leader in the Highline community.

Kim started at Highline as a Running Start student. She was first interested in Pre-med. She shifted interests after working with students as a student at Highline. She interned at Highline for a year at the short-lived campus business center.

As a student, Kim didn’t have it easy.

She at one point worked three jobs while being a part-time student. But it was through Highline that she learned she was a “gym as a student.” As a Highline student she learned to value diversity and community.

Kim finished her bachelor’s degree in psychology from Seattle University with the help of Highline.

“Cherish every moment here [at Highline],” said Kim. “Make connections, build relationships.”

Doris Martinez and Kim were both students at Highline at the same time. They both eventually ended up working together.

Your classmates are your future co-workers, said Kim.

Kim found Highline to be a safe space.

Kim leaves advice for faculty and staff also. “Students are your priority,” she said. “Don’t forget you were once a student.”

She wanted faculty and staff to reflect.

“Sometimes you’re the ones getting in the way of the students’ success,” said Kim.

As a whole, Highline needs to be diverse and needs more social justice focus she said.

Kim worked at Highline for six years, as a leadership advisor. She also was the chair for Thunderweek and is one of the co-founders for the Queer I Am student conference.

Kim was on the Highline LGBTQ+ task force, she also was a co-adviser for Student Government, she did leadership programing, and she oversaw the design team, which included graphic designers and a marketing outreach social media tech.

“One of my main takeaways from Highline is how to love,” said Kim. “I’ll all was my inspiration.”

Kim explained that students were what helped her get through some of her tough times.

Kim was inspired by students to go back to school and start her master’s in counseling.

“I thought if they could do it, I can do it,” she said.

Cinthia Velez-Regalado is opinion editor of the Thunderword.
DIFFICULTY THIS WEEK: ◆

◆ Moderate ◆◆ Challenging ◆◆◆ HOO BOY!

1. FOOD & DRINK: What is another name for the filbert nut?
2. TELEVISION: What was Chandler's last name on the comedy series Friends?
3. ARCHITECTURE: Who designed the Vietnam Veterans Memorial in Washington, D.C.?
4. LANGUAGE: Where did the term "the blind leading the blind" originate?
5. MYTHOLOGY: In one of Hercules' fabled labors, he had to slay a beast that kept sprouting new heads. What was its name?
6. U.S. CITIES: What city carries the nickname Iron RON?

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.

ARIES (March 21 to April 19) Make your holiday preparations one step at a time in order to avoid being overwhelmed and leaving things undone. That confusing family situation continues to work itself out.

TAURUS (April 20 to May 20) Ease this year's holiday money pressures by letting your thrifty side guide you as you look for those perfect gifts that typically reflect your good taste and love of beauty.

GEMINI (May 21 to June 20) You'll have a good handle on potential holiday problems if you delegate tasks to family members, friends or co-workers -- most of whom will be more than happy to help out.

CANCER (June 21 to July 22) Right now you are especially vulnerable to holiday scams that seek to take advantage of your generosity. Best advice: Check them out before you send out your checks.

LEO (July 23 to August 22) The upcoming holiday season gives the Big Cat much to purr about. Relationships grow stronger, and new opportunities loom on the horizon, just waiting to be pounced on.

VIRGO (August 23 to September 22) A changing situation brings conflicting advice about how to go forward with your holiday plans. Your best bet: Make the decision you feel most comfortable with.

LIBRA (September 23 to October 22) Holiday plans get back on track after some confusion about the direction you expected to take. A potentially troublesome money matter needs your immediate attention.

SCORPIO (October 23 to November 21) Your holiday preparations are on track. But you need to confront a personal situation while you can still keep it from overwhelming everything else.

SAGITTARIUS (November 22 to December 21) Tight financial matters ease a bit during this holiday season. But the sagacious Sagittarian is well-advised to keep a tight hold on the reins while shopping for gifts.

CAPRICORN (December 22 to January 19) Don't put off making decisions about this year's holiday celebrations, despite the negative comments you've been getting from several quarters. Do it NOW!

AQUARIUS (January 20 to February 18) The holidays will bring new friends and new opportunities. Meanwhile, be careful to use your energy wisely as you go about making holiday preparations.

PISCES (February 19 to March 20) There's good news coming from a most unlikely source. And it could turn out to be one of the best holiday gifts you have had in years. Remember to stay positive.

BORN THIS WEEK: You are respected for your honesty and loyalty. You make friends slowly -- but with rare exceptions, they're in your life forever.

Answers
1. Hazelnut
2. Bing
3. Architect Maya Lin
4. Hindu texts, the Upanishads. The phrase also appears in the Bible.
5. Hydra
6. Pittsburgh
7. The right side of a boat when looking forward
8. Gabriel Garcia Marquez
9. From a Muddy Waters blues song
10. The Rolling Stones get their name from a group in Chicago.

Got news? Thunderword@highline.edu

Puzzle answers on Page 20
My mother and I were talking recently about our plans for the holidays. The women of the family usually prepare dinner for about 25 to 30 people. We take turns each year hosting the celebration at a different family member’s house. This year, it was my husband’s turn to host, but my daughter and granddaughter, and several other family members are going out of town. And my brother and his family are spending the holiday with his in-laws. What’s holiday dinner if no one can come? So, we decided to move our family celebration to another, more convenient day.

I can’t tell you the tremendous sense of relief and freedom that this simple decision gave us. After all, the whole point of any designated holiday is to provide a time to get together with the people you love.

From now on, our family isn’t going to conform to or be stressed out by the date of a holiday or tradition. We’ve decided from now on to celebrate the holidays on a day that works best for all of us.

I’m bringing my special Sugar and Spice Ham to our family gathering. It’s a recipe that everyone loves. Pre-packaged hams are being brined, glazed with brown sugar and honey, spiral cut and baked are expensive. For a ham that’s much more budget-friendly, I suggest that you try this delicious recipe that uses the shank or picnic portion of the ham.

And, if your family has a difficult time gathering together during the “designated” holidays this season, select your own time to celebrate. It’s liberating and lots of fun!

**SUGAR AND SPICE HAM

(7 pound) smoked ham, half-cut, shank end, picnic or shoulder portion (bone in or out)

2 quarts cold water

2 cups sugar

1 cup honey

1/2 cup brown sugar, packed

1 (6 ounce) can frozen orange juice concentrate, thawed

2 teaspoons ginger

1 teaspoon dry mustard

2 tablespoons whole cloves

To prepare the ham: Trim off some of the fat, leaving a 1/4-inch layer. Score the remaining layer of fat into a diamond-pattern by cutting 1/4- to 1/2-inch deep into the meat, forming 1 inch to 2 inch squares. Not only does scoring look nice, it allows any remaining fat to render from the ham and provides a greater surface area for the glaze to stick to.

To baste the ham: Cut crosswise slits all around the ham, about 1/2 inch apart, halfway through ham to where knife touches bone, if any. Place the water in a deep bowl, a large pot or a large, re-sealable food-safe plastic bag. Stir in the sugar. Soak the ham in the brining liquid for at least 2 days in the refrigerator, turning the ham once or twice each day. Drain off the brining liquid.

To glaze the ham: Place the ham in a roasting pan lined with enough foil overlapping the edges to wrap it completely. Mix together the honey, brown sugar, orange juice, ginger and dry mustard in a small bowl. Pour the mixture all over the pork and rub the glaze evenly over the ham. Stick the cloves in the diamond-shaped slits on the top of the ham. Wrap tightly with the foil. After glazing, it’s best to allow the ham to sit at room temperature for 1-2 hours before cooking.

To bake the ham: Heat oven to 200 F. Bake the ham for 6 to 7 hours or until done, occasional-ly unwrapping and basting the ham with the glaze and any liquids that may have accumulated in the foil. For a slightly crispier skin, unwrap the ham and bake at 450 F, about 15 minutes.

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**Eggnog Smoothie turns cool drink into a holiday delight

Eggnog Smoothie

SANTA and his elves would enjoy this after a busy day mak- ing toys! Normally, a smoothie is a chilled blend featuring yogurt or ice cream with fruits. This recipe substitutes fruits with sugar-free Jello-O and pudding.

1 (4-serving) package Jell-O sugar-free instant vanilla pudding mix

2 cups fat-free milk

1 teaspoon rum extract

1 cup sugar- and fat-free vanilla ice cream

2 cups sugar-free Jello-O pudding. In a blender container, combine dry pudding mix and milk. Cover and process on BLEND for 15 seconds or until mixture is smooth. Pour into 4 glasses. Serve at once.

* Each serving equals: 108 calories, 0g fat, 6g protein, 21g carb., 418mg sodium, 0g fiber; Diabetic Exchanges: 1/2 Fat-Free Milk, 1/2 Carb.

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Many Christmas customs are carryovers from pre-Christian celebrations. Hanging gifts on trees is supposed to stem from tree worship of the Druids and the belief that the tree was the giver of all good things. In the eighth century, Saint Boniface is said to have substituted a fir tree for the pagan oak as a symbol of faith.

Martin Luther, the Protestant reformer, is credited with the Christmas tree cult in the 16th century by using a candlelit tree as a symbol of Christ’s heavenly home. It’s said he was so taken with the Christmas night sky that he wished to bring “the lights of the stars” into the home of his family. Trees decorated with candles, fruit, and paper flowers were introduced into Britain soon after Queen Victoria’s marriage, leading to our customs today.

The Druids also are partly responsible for the use of mistletoe at Christmastime. They regarded mistletoe as sacred because it stayed green even during winter. On the sixth day of the new moon, a Druid priest would cut mistletoe from an oak tree with a sacred sickle. A passing virgin was called upon to catch the falling plant, which was not allowed to touch the ground. The Druids dedicated the plant to the Goddess of Love, which explains the kissing that goes on under it. Originally, when a boy kissed a girl, he plucked a berry from the cluster and presented it to her. When the berries were gone, so were the kisses.

A wreath with holly, red berries and other decorations dates from at least the 17th century. Holly, with its sharply pointed leaves, symbolized the thorns in Christ’s crown-of-thorns. Red berries symbolized the drops of Christ’s blood. A wreath at Christmas signified a home that celebrated the birth of Christ. Tinsel on the Christmas tree is attributed to a woman whose husband died. She was left to bring up a large family of children herself, and she was determined to make a happy time for them at Christmas. She prepared a Christmas tree to surprise them on Christmas Day. Unfortunately, spiders visited the tree, and crawled from branch to branch, making webs all over it. The Christ Child saw the tree and knew she would be devastated to find this on Christmas morning. He changed the spiders’ webs to shining silver.

In Christmas tree decorations, angels are usually portrayed as wimpy blondes in girls’ blouses and sandals. In the Bible, however, angels are muscular bullies who frequently goad humans into fistfights. Life isn’t all harps and heavenly choirs for angels; there’s a strict career structure. The only angels mentioned by name in the Bible are archangels, the eighth-ranking order of angels.

The holidays can be stressful for anyone, but for people with depression, the time between Thanksgiving and New Year’s can destabilize and sometimes deplete.

Stress-related events, such as the holidays, may trigger half of all depressive episodes. The good news is that knowing how to avoid common triggers can prevent an episode from occurring.

“A relapse-prevention plan is key,” said Dr. John Langlow, M.D., medical director of New Directions Behavioral Health. “You can do a lot to lower the risk of relapse if you plan ahead.”

Here are some tips to help prevent depression during the holiday season:

1. Know your limits
Delegate what you can’t handle. Hosting parties, attending events and buying presents can overload nerves. It’s OK to ask for help or forgo a festivity.

2. Stay connected
If you don’t feel well, you might be tempted to isolate yourself. Being alone can make you feel worse. Socializing reduces the oxytocin levels in your brain, which improves your mood.

3. Remember your meds
Schedules often go out the window during the holiday season, so it’s easy to forget to take your medication. Ask a friend or family member, or set up an electronic alert to remind you when it’s time to take your medication.

4. Reduce or skip the holiday toasts
Drink too much and your medication stops working. Downing more than two drinks a day can prevent your meds from helping you.

5. Get out in nature
Fresh air, sunshine and exercise are nature’s medication. Serotonin and dopamine are chemicals produced in the brain that improve mood and protect against mental health disorders. Exposure to sunlight boosts serotonin, and exercise stimulates your dopamine release. Lace up your sneakers, head outdoors and watch your mood soar.

6. Program your speed dial
Talking to someone you trust is key to taming holiday stress. Whether it’s your therapist, best friend or loving family member, reach out during the holidays. A calming, confident voice is your biggest ally when you feel yourself unraveling.

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Spice up holiday with crispy ginger scallion latkes

Your family will want to eat our Asian-inspired feast for all eight days and nights of Hanukkah.

1 3/4 cup matzo meal
3 large eggs
4 teaspoons grated peeled fresh ginger
1 bunch green onions, thinly sliced
3 pounds Idaho or russet potatoes
1 quart canola or vegetable oil
Apple sauce, sour cream or Sriracha hot sauce, optional

1. In large bowl, combine matzo meal, eggs, ginger, green onions and 3/4 teaspoon salt; set aside. Peel and shred potatoes.
2. Wrap one-quarter of matzo meal mixture. Repeat scooping, frying and draining with remaining potato mixture.

Transfer latkes to wire rack to shimmer and hot but not smoking. By packed 1/4-cupfuls, scoop potato mixture and carefully scrape into hot oil to form mounds, pressing on tops to flatten slightly (do not crowd pan). Reduce heat to medium. Fry 4 to 5 minutes or until bottom latkes are golden brown. Turn latkes over and fry 4 to 5 minutes or until other sides are golden-brown. With slotted spoon, transfer latkes to wire rack to drain; sprinkle with pinch salt. Repeat scooping, frying and draining with remaining potato mixture.

5. Serve hot or at room temperature with applesauce, sour cream or Sriracha. Serves 16.

Ginger scallion latkes are a delicious midwinter treat.

Depositphotos.com
The holiday season brings a temporary employment boost every autumn, and 2016 is no exception. Whether you’re unemployed and seeking a full-time job or just looking to earn some extra spending money over the holidays, now is a good time to apply for one of the many seasonal jobs available.

According to CareerCast.com, jobs needed to meet the holiday rush include customer-service representatives, parcel deliverers, retail sales and distribution warehouse staff. Restaurants also become busier to meet the demands of office holiday parties and hungry shoppers. Retailers are expected to add hundreds of thousands of jobs to their payrolls from October through December, according to Challenger, Gray & Christmas Online retailer Amazon.com intends to hire 100,000 seasonal employees. While Americans increasingly shift their shopping focus to online distribution, traditional brick-and-mortar businesses still need extra hands at the checkout.

Stir up African peanut stew

By Donna Erickson

The year I graduated from college, I worked as a teacher in a secondary school in the Republic of Congo. The village where I lived was in a rain forest right off the equator, where poinsettias and bananas grew everywhere. Papayas, mangoes and groundnuts (peanuts) were among my favorites! This peanut-stew recipe is an African “first fruits” celebration.

The holiday begins by placing the Kwanzaa set in a prominent place in the home. A table is spread with a piece of African cloth, and a mat is laid on top of it. On the mat is set a special candleholder, and seven candles are placed in it -- one black, three red and three green. The black candle represents unity; the red candles represent the principles of self-determination, cooperative economics and creativity; and the green candles represent the principles of collective work and responsibility, purpose and faith. Placed next to the candle-holder are fruits and vegetables (symbolic of crops), ears of corn (symbolic of children and the future), a unity cup (used to pour a libation to ancestry) and works of African art or books on African culture.

Each evening, the family gathers to light the candles, starting with the black one and adding one candle each day until the end of the holiday. As each candle is lighted, the principle for that day is discussed, and then each member of the family makes a commitment to practice that principle throughout the year.

To learn more about Kwanzaa, visit www.officialkwanzawebsite.org.
(c) 2016 King Features Syndicate.
By Kelsey Par  
Staff Reporter

Both theater and musical lovers have an array of festive Christmas and holiday-themed show and musicals to help them get into the holiday spirit this season.

**Auburn**

Auburn Avenue Theater is hosting a Christmas-themed musical based on the 1983 film *A Christmas Story*, through Dec. 18. This musical received rave reviews on its Broadway run and is appropriate for all musical lovers and families. Showings are at various times through Dec. 18. General admission is $15 and $13 for students and seniors. The show is at 10 Auburn Ave. For more information, visit auburnwa.gov.

**Federal Way**

Centerstage! in Federal Way is hosting through Dec. 22, its pantomime presentation of *Little Red Riding Hood*. The stage production is a comedy appropriate for all ages. This holiday-themed show features songs, jokes, and panto routines. An English pantomime is a musical that’s a part of a holiday tradition in Great Britain. It typically involves a man dressed in drag, slapstick comedy, and local references all integrated into a classic story.

Tickets are $35 for adults, $30 for seniors and military, $15 for youth 25 and younger, and $5 for VIP. The show will be at 3200 S.W. Dash Point Road.

Additional information can be found at centerstagefederalway.com.

**Burien**

Burien Actors Theatre is hosting a Christmas-themed comedy by Martin and Austin Tinchener. The Ultimate Christmas Show (abridged) is much different than any typical Christmas Carol or Miracle on 34th Street production. The show features three actors presenting every thinkable Christmas show. The show runs through Dec. 18 at various times.

Ticket prices vary and discounts are available on specific dates. The theater is at 14501 4th Ave. S.W. For more information, visit burienlittletheatre.org.

**Kent**

Kent Meridian Historical School Performing Arts Center hosts its 30th anniversary concert, *Windham Hill Winter Solstice*, on Dec. 9. This holiday show celebrates the winter solstice and its traditions with a concert of acoustic music. The concert is led by Will Ackerman, founder of Windham Hill and Grammy-winning guitarist; Grammy Award-nominated singer, fiddler, pianist and songwriter Barbara Higbie; Alex de Grassi, Grammy-nominated guitarist and composer; and bassist Todd Boston.

Tickets are $32 for general admission, $30 for seniors and $15 for youth. Showings are at 7:30 and 9:30 p.m. at 10820 S.E. 256th St. For more information, visit kentwa.gov.

**Northwest Sound**

Northwest Sound performs *Winterlight*, a concert featuring a night full of holiday-themed music at Highline Performing Arts Center on Dec. 11. Artistic Director Ryan El-

**Second Annual Sounds of the Season**

By Kelsey Par  
Staff Reporter

Auburn Avenue Theater celebrates the 50th anniversary of the iconic rock band, the Doors’ 1967 self-titled debut album, *Alive She Cried*, the Doors Tribute band, will perform at the Auburn Avenue on Jan. 6, at 7:30 p.m. Tickets are $20 and are available through Brown Paper Tickets or at the theater’s box office. The show is at 10 Auburn Ave. For more information, visit auburnwa.gov.

**Trip to the North Pole - Allegro’s Holiday Show-case**

Auburn Performing Arts Center will host a special holiday show featuring a variety of traditional Christmas musicals and activities. Dancers from the Allegro Performing Arts Academy will perform their holiday show on Dec. 17 and Dec. 18. Tickets are $16 in advance and $17 at the door and show times are 2 p.m. and 6 p.m. The performance is at 702 4th St. N.E. For more information, visit allegrogodance.com.

**Christmas Rush Run and Walk**

Kent Parks and Recreation will host its 10th annual 5k and 10k run and walk at Hogan Park. The 10k starts at 5:40 p.m. and the 5k starts at 10 a.m. Registration is $20 and $35 with an entry kit. The Christmas Rush is at 24400 Russell Rd., Kent. For more information, visit kentparks.org.

**Third Thursday Art Night**

On the third Thursday of each month local artists are invited to Kent’s historic Downtown to share their works and socialize. From 4-7 p.m. there will be food, art, live music and activities. The event welcomes all ages and is free to the public. It is at Rusty Raven Studio, 212 First Ave. S.W. Additional information can be found at visitkent.com.

**Thurston County World of Color**

By Kelsey Par  
Staff Reporter

The documentary is titled *Keep Your Lamps, True Light, Glow, and Disney’s World of Color: Winter Dreams performed by the choir*. The concert will also include a medley from *Elf: The Musical, Twelve Days After Christmas, and Little Drummer Boy*. The show begins at 2 p.m. at 401 S. 152nd St., Burien. Ticket prices vary and start at $20. For more information, visit nwassoc-edarts.org.

Northwest Associated Arts’ youngest singers present *Christmas Treats* a holiday-themed musical. *KidSounds, Youth Sounds and TeenSounds* are back with their annual holiday tradition, also at Highline Performing Arts Center.

Artistic Director Colleen Thomas-Reitsma and Kerstin Shaffer programmed the concert with many of the familiar and favorite holiday sounds of the season.

The concert is on Dec. 10, at 2 p.m. General admission is $15 and the show is free for youth ages 17 and younger. It is at 401 S. 152nd St., in Burien.

**Auburn WA**

Auburn Performing Arts Academy will perform at the Auburn Avenue on Dec. 11. This holiday-themed show features a variety of holiday music and favorite holiday sounds of the season. The Ultimate Christmas Show is led by Will Conductor Joseph Cmrok will guide the choirs as the story is told through reading, chorale and favorite holiday songs of the season. The concert will also include a medley from *Elf: The Musical, Twelve Days After Christmas, and Little Drummer Boy*. The show begins at 2 p.m. at 401 S. 152nd St., Burien. Ticket prices vary and start at $20. For more information, visit nwassoc-edarts.org.

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College celebrates its double nickel of service to Southwest King County

By Olivia Sullivan

Although Highline long was a two-year college, a few people have decided to stay for more than 30 years. While over the years students have graduated and trends have changed, one thing remains constant—the sense of community among Highline’s staff, faculty, administration and students. It’s the reason people want to stay around the campus for decades, long-time faculty say.

Several faculty and staff members have built long careers at Highline and still work at the college today. Highline was founded in 1961 and was the first community college in King County. Now with 17,000 students at Highline and a picturesque 80-acre campus, it is hard to believe Highline began as a 14-portable campus with less than 400 students.

“The particular staff and faculty community is very supportive,” said Linda Quick, the senior secretary of the Pure & Applied Sciences Division. “I shouldn’t say more than the UW [staff] but I can because I’m a WSU graduate.”

Quick graduated from Washington State University in 1973 with a teaching degree. She worked at the University of Washington school of public health and community medicine until 1976, then she started working at Highline.

“I came to Highline in ’76 and I’ve been here ever since,” she said. “I’ve always said the flexibility one is offered and that you’re working with supportive colleagues is the best part.”

For 40 years, Quick has been a secretary for Highline faculty and administration.

“When I started, we were support personnel for the faculty,” she said. “We did all their tests and each quarter at final time, that consisted of probably 75 to 80 exams on a microfiche machine, really we were putting in 12 to 14 hours a day to get everything done.”

After years of doing most things by hand, the introduction of computers was a huge leap forward. The first copier on campus was in Building 6, she said. “We’re putting in 12 to 14 hour days to get everything done in time.”

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The first copier on campus was in Building 6, she said. There was one copier for the entire campus until the mid-1980s.

“The early copiers didn’t do much but make single-sided copies—not no staples, no back-to-back. That was still manually processed,” Quick said. “In terms of how things have progressed, certainly from the electric typewriter to the computer to copiers... it’s made an impact in the sense that faculty do most of their own work.”

Along with the expansion of campus structures, the college also serves a much larger and more diverse student body who is catered to.

“[My favorite thing is] probably moving forward and providing opportunities to a more diverse popula- tion,” Quick said. “The student interaction is probably the one I enjoy the most.”

Math professor Allan沃尔特 said students are one of his favorite part of the Highline experience.

“The thing I enjoy most is walking into the class- room,” Walter said. “The interaction with students has cer- tainly affected what goes on in the classroom, and I think in a good way: Our classes are all the better for it.”

Hightline is the starting place for many refugees and the student body population is often a reflection of what is going on in current events, he said.

“It’s been interesting to see the different waves of what’s going on in current events, he said. “When I first came here in the early ’80s, there was a drive-in movie theatre across the corner, where Lowe’s is now. He’s said. “You could watch part of the movie when you stopped at a stoplight on your way home.”

The social atmosphere is just as great as the physical, Walter said.

“It’s a nice place to work. The admin gives a lot of responsibility to faculty. They’re very supportive,” Walter said. “My colleagues in the Math Department in particular have been great to work with.”

The higher education facility has had the biggest effect on all of the faculty overall, Walter said.

“One of the nicest things that’s happened here is the arrival of a new president. Dr. Jack Bermingham and Jeff Wagnitz,” Walter said. “They’ve had a really big effect. Yes, there’s new buildings and the student body population is changing, and we notice those things, but one of the most profound things in my time here is that the campus has become a really good place to work. It’s been good when I get here because of people like Jack, Jeff, Sue Willianson and so on.”

Even on a departmental level, support is a common theme throughout Highline, said art Professor Bob Stahl.

“When I took continuing education, the depart- ment chairman would let me know what I wanted to teach,” Stahl said. That flexibility was nice.”

Stahl has taught at Highline for nearly 40 years. The University of Washington grad earned two under- graduate degrees in history and philosophy. Stahl went to Louisiana State University for his mas- ter’s in art history.

“That flexibility was nice.”

Stahl is replaced by a three-story, 48,000 sq. ft. building that has cafes, the Book Store, a great view, the groundskeepers do a great job of keeping it pretty. That hasn’t changed.”

Over the years, Highline has been awarded as the most diverse campus in the state. Aside from the diversity, the campus surroundings are also unbeatable.

“Of the things I enjoy the most.”

Most of the original buildings (above) still form the nucleus of the campus, although the library (lower left) no longer occupies Building 6. Letterman jackets were prominent on T-Bird athletes in the early days (below) and a substantial choral group giving the hook to many wanna-be thespians.

Hightline has been the championship runner-up four separate years. The social atmosphere is just as great as the physical, Walter said.

“The thing I enjoy most is walking into the classroom,” Walter said. “The interaction with students has certainly affected what goes on in the classroom, and I think in a good way: Our classes are all the better for it.”

Hightline is the starting place for many refugees and the student body population is often a reflection of what is going on in current events, he said.

“We’ve got a great view, the groundskeepers do a great job of keeping it pretty. That hasn’t changed.”

Businesses along Pacific Highway have changed over the years though, Walter said.

“We started with all face-to-face classes,” he said. “When I taught continuing education, [the depart- ment chairman] would let me know what I wanted to teach,” Stahl said. “That flexibility was nice.”

“Of the things I enjoy the most.”

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“This is the end of my 40th year,” he said. “I’d like to teach a few more.”

Thanks to Highline’s support, Stahl has had the opportunity to teach classes in myology and philosophy, and he was also given the freedom to present lectures about his own photography. “The people I’ve had as my bosses in this department are great,” Stahl said. “It used to be Jim Gardiner, now it’s Tammi Hilton and she’s been very good about being flexible on my hours I teach and very supportive of all her faculty members.”

The people at Highline make his long travels to work worthwhile, the trip, Stahl said. “I commute 80 miles round-trip twice a week to get here,” he said. “To justify that long commute, it’s been the faculty people I’ve taught with and the students I’ve had,” he said. “I’ve had more Running Start students than ever before and they tend to keep you young in mind and in spirit and in heart,” he said. “I think a major change has been the number of international students you see form all over the world, a lot of international students you see form all over the world, a lot.”

Before students settle down in a place where they plan to make their career, Stahl says to make sure the work is satisfying to your soul. “Take as much school as you can before you have to go out in the real world,” he said. “Find your passion as early as you can and stick with it, don’t be pushed aside by setbacks. That’s what’s kept me in teaching. Find something that engages your spirit and is a lifelong passion.”

Virg Staiger found his passion is Highline. Staiger, the former communications director at Highline, retired in 2006 after spending nearly five decades with the college. “I worked for every president Highline has ever had,” Staiger said. “For the last 50 years, Staiger has been a part of the Highline community. He graduated from Highline in 1966 and began working at the college in 1975. “After I graduated from Highline, I went to the University of Washington,” Staiger said. “Then I was drafted into the Army and deployed to Vietnam.” After he came back from the war, Staiger went to finish his degree at UW and has been at Highline since the college’s beginning. “[The biggest difference over the years has been] the diversity, the size, and the cost,” he said. “Cost and diversity are the two biggest things that changed. When I was there we had less than 1,300 students. The minorities were almost none; they were mainly athletes and a few foreign exchange students.”

A major change has been the college’s operations as well, he said. “Technology wise, I can remember when the president of the college decided it was better to get some of those desktop computers and learn how to get on a computer,” Staiger said. “It progressed so rapidly.” Highline was ahead of many other schools when it came to technological advancements and computers, Staiger said. “One desktop weighed about 40 pounds,” he said. “Highline had one of the big computers… it did the computer cards and registration. Highline was one of the first colleges to get into IBM.” The bachelor’s degree in cyber security Highline offers is proof of how far the college has progressed, he said. “Computers are fantastic,” he said. “Social media is unreal. I always look at kids and see them looking at their phone instead of talking, and I catch myself doing that sometimes, too.”

The college will always be much more than just a place of higher education, Staiger said. “I really think the campus reflects the community,” he said. “It’s a wonderful second chance for people. I couldn’t afford university at the time so [Highline] was a life-changer and a life-saver. It allows you to spend time at not such a pricey cost. It gave me the will to succeed [as a student]. It really changed my life.”

Staiger was shocked at the class sizes when he transferred to UW. “We have fantastic professors,” he said. “It really came to life when I had my first class at the UW and in one undergrad course, I was sitting among 300 people. My largest class at Highline was probably 26.” The professors Staiger had also left a lasting impression, he said. “I can still remember lectures from a few Highline professors,” Staiger said. “They teach, that’s why they’re there.” Staiger has seen the campus evolve over the years. “Facility wise, the student center [was my favorite addi- tion] because when I was student body president, we had a pretty tiny two-story building.” As for the future, Highline’s development is only going to make the college better, he says. “I think a more future thing that will benefit the college is the light rail,” he said. “It’ll be very interesting to see the international student center, too.” It is the faces of Highline that make the experience what it is, he said. “It’s just the people,” Staiger said. “As a student, I moved in Seattle area from a small town in South Dakota, so [the diversity] was a straight-up culture shock. It really extended my opportunity to see different people and cultures. Highline starts a lot of careers for all kinds of people.”

**Holiday Daily Deals**

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<th>Monday - December 12th</th>
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**Bookstore rentals are due back no later than December 16th**

“Discounts taken at the register, and cannot be combined with other offers.”

**Textbook Buyback Hours**

- December 13th 8:30am - 6:00pm
- December 14th 8:30am - 4:30pm
- December 15th 8:30am - 4:30pm
Women’s Basketball

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By Konner Hancock
Staff Reporter

The Highline men’s wrestling team earned their first win after they defeated the Wenatchee Valley Knights, 70-59.

The 0-2 T-Birds went on the road to face the 0-3 Knights last Sunday.

"The guys felt like we took a step in the right direction. We shared the ball much better and played a cleaner defense," said Head Coach Che Dawson.

The team got a lift from wing Jamie Orme, who led Highline with 24 points and 13 rebounds. Right behind him was Val Wilson with 15 points and four rebounds and then guard Jared Murphy with nine points and eight rebounds.

Jamie [Orme] is very talented. He does not control that. Jamie has to put consistent focus into the things he does control; his sense of urgency, work ethic and demonstrating the necessary level of self-discipline on and off the court," said Dawson.

Last year Orme was No. 9 in scoring for the Northwest Athletic Conference, and he averaging 19 points a game.

Orme was also a major force when it came to rebounds, as he was the fourth in the NWAC with 9.5 rebounds a game.

The Knights kept things interesting. The game was tied at half 28-28.

The Knights kept up early in the second half but the game slowly slipped away from their control, said Dawson.

The T-Birds next round of action is Dec. 9, 10 and 11 in the Bellevue tournament, where they will face three teams who were not determined by press.

Highline went 2-1 in the tournament.

During winter break the T-Birds will be competing in several games.

After the Bellevue tournament the team will be hosting the Highline Crossover where the T-Birds will face Peninsula on Dec. 16, 8 p.m., Chemeketa on Dec. 17, 4 p.m. and then on Dec. 18 they will take on Yakima Valley at 5 p.m.

The team will then play Dec. 22 at 5 p.m. at Olympic; Dec. 29 at 8 p.m. at Skagit Valley; Dec. 30 at 4 p.m. at Whatcom; Jan. 7 at 4 p.m. against Everett at Highline; and finally Jan. 7 at 6 p.m. at Bellevue.

By Konner Hancock
Staff Reporter

The Highline men’s wrestling team got blown out, 43-0, on the road against Clackamas last Friday.

The T-Birds were 1-1 going into the Dec. 2 matchup against the 7-0 Clackamas Cougars.

The Cougars won all nine of the contested bouts and accepted a forfeit at 165 lbs.

Highline has lost several starters since the beginning of the year and that has a lot to do with the team’s struggles early this season, said Head Coach Scott Norton.

"I think a lot of our guys were their own worst enemy. We had a couple get caught on their backs at the end of a match, which gave the other team six points instead of three or four," he said.

Over winter break the team has a few tournaments and duals to compete in, starting with the team returning to Clackamas to compete in the Northwest/SWOCC tournament.

Then on Dec. 15 the T-Birds will host Pacific University at 7 p.m.

Lastly the team will cap off winter break by heading to Coos Bay, Ore. for the South-west Oregon Community College tournament.

"At this point, the wrestlers need to compete for themselves. I feel a lot of times the coaches are more disappointed than the wrestlers are when they lose, which is certainly not good. Our wrestlers need to stick to the game plans that are set, and they will compete better," Norton said.
By Aleyah Bennett  
Staff Reporter

The Highline women’s volleyball team is saying goodbye to five of its sophomores, several of whom are anticipating playing for four-year schools.

Lehua Keka, Kathleena Ly, Megn Van Marter, Pumeha Naedlic and Taylor Alicuben were all key members of the T-Birds team that took first place in league with a record of 12-2 and 30-5 overall. Each of them expressed appreciation for their time at Highline.

“My experience has been wonderful so far. I have gained so many skills and knowledge from the classes I have been taking and while working on campus,” Ly said.

“It was a great experience. It was a great stepping stone to help me move on to the next part of my life,” Alicuben said.

“Highline College was an experience for the books,” Keka said. I met so many people that have brought great blessings to my life. I have also met many teachers who have pushed me and helped me achieve my goals,” Marter echoed those sentiments.

“I made a lot of close friends and met many awesome people,” she said. “If I had to do it over again I wouldn’t have changed anything. Coming to Highline I believe prepared me more for what I want to do in the future.”

The future for Alicuben, Marter and Keka includes plans to play for four-year colleges. Alicuben is headed for Hawaii Pacific University and in addition to roaming the courts will major in Physical Therapy.

The assistant coach contacted me this past summer,” she said. “I am majoring in Social Work, but may change her major to Business Administration to broaden her career.

“Key things that I have learned from being on the volleyball team at Highline is that it is important to have a connection with your teammates off the court as well,” Ly said.

“Being able to get along and connect off the court allows for the team chemistry to grow,” she said.

Alicuben, the growing has included maturing.

“I learned that right now is a very important time in our lives. We’re learning how to grow up and be adults” she said.

“I learned to never slack off in the first couple weeks of college because unlike high school, you’ll be trying to catch up the whole quarter.”

“Highline will always be the place I started my life into adulthood. It’s bittersweet to be leaving after this quarter to go back home to Hawaii,” Alicuben said.

But one of the things the group will be taking with them will be the bonds created with their teammates.

“One key thing I learned was that bonding and making close friendships is an essential part of not only the team experience, but it also helps contribute so much to the play,” Marter said.

“What I have learned from the volleyball team is working together is always going to be the goal. You can’t do anything if no one is working together. I also learned that you are going to win some and lose some, but it’s on you to get back up and fight to win,” Keka said.

Graduating volleyball player Megan Van Marter (right) blocks a shot by a South Puget Sound player.

By Konner Hancock  
Staff Reporter

The Highline women’s basketball team went on their first game in the Bellevue tournament.

The lady T-Birds traveled to Bellevue on Dec. 2, 3 and 4 where they faced off against several teams.

The lady T-Birds first took on the 6-0 Lane Titans, losing 66-46. Then they won against the 0-4 Everett Trojans, 58-55. And their final game resulted in a loss against the 5-1 Skagit Valley Cardinals, 72-57.

“We had good intensity and effort but we still need to fix quite a few things and I think we can improve if we work,” said Head Coach Amber Mosley.

The team led in several categories during their win against the Trojans.

Highline was led in scoring by wing Aileen Kaye, with 11 points and guard Alicia Westbrook who scored 10 points.

The T-Birds were also led in rebounding by forward Jasmine Hansen with 12 rebounds.

However, in the other two games Highline struggled all around, said Mosley.

Against Lane, Highline earned no points off any turnovers and only seven points off turnovers when they faced Skagit Valley compared to their 22.

The T-Birds are usually solid on defense but they struggled. Highline will continue to improve our play, said Mosley.

Anna Cook takes a 2-point shot in the game against Skagit Valley.
Anti-immigrant feelings go way back

By Dylan You
Staff Reporter

The laws that restrict undocumented Mexican immigration have been both a cause and effect of the rhetoric that paints immigrants as people to be feared, said the speaker at last Wednesday’s History Seminar, Political Science Professor, Dr. Benjamin Gonzalez O’Brien. He said that the idea of the United States as a melting pot full of people from various countries has always been in conflict with the notion that the United States should be defined as an Anglo-Protestant nation.

As a result, Dr. Gonzalez was not surprised by Donald Trump’s xenophobic comments toward undocumented Mexican immigrants. “Most people I knew were shocked, but it was never new to me,” he said. “Every immigrant group in the United States has at one point in time been painted as more criminal,” he said. “One fear is the dilution of white blood.”

He said that while Irish people were seen as drunken rabble-rousers, Chinese immigrants were stereotyped as operators of opium dens, and Italian people were considered susceptible to committing crimes of passion.

Many were also quick to paint Chinese men as predators who posed a racial threat to the United States by seducing white women. Beliefs like this sparked laws that limited European immigration such as the Immigration Act of 1917 and the Johnson-Reed Act of 1924.

Eventually, during the Great Depression, many Americans used undocumented Mexican immigrants as a scapegoat. They viewed Mexican immigration as a threat to the safety and economy of the United States. They feared Mexicans would take the jobs of Americans and commit crimes. Because the federal government wanted illegal immigrants to go back to Mexico, the Mexican Repatriation Act of 1929 was proposed. The act required states to pass laws requiring employers to be citizens. The act also prompted American authorities to raid the homes of undocumented workers.

Immigration raids were publicized in order to create fear, Dr. Gonzalez said.

He said that if people were caught, they were forced to pay for their deportation. Those who volunteered had their relocation costs paid by the government. “If you feel like you’re being threatened by the community, it devalues the need to stay here,” Dr. Gonzalez said.

After the end of the Great Depression and beginning of World War II, the Bracero Program of 1942, a guest worker program, was started in response to the fact that U.S. agriculture still depended upon Mexican labor.

But the Bracero program spurred greater illegal immigration. It was cheaper and easier for employers to use undocumented labor and the program was allowed to expire in 1964.

Dr. Gonzalez said that undocumented immigrants continue to provide great help to the economy due to the fact that they perform the jobs that most Americans are not willing to do. He also said that they do not come when the economy is suffering.

People don’t realize undocumented immigrants come in waves,” he said. “People against undocumented immigrants rose again with the 1954 implementation of Operation Wetback. The law designed to deport 1,000 undocumented immigrants per day and was justified under the rhetoric that Mexicans were prone to crime, theft and murder, similar to the rhetoric of Trump as he campaigned for president in 2016.

The Illegal Immigration Reform and Immigrant Responsibility Act of 1996 brought attention once again to undocumented Mexican immigrants. The border was to be militarized and there was greater emphasis on deportation. This was justified by Rep Lamar Smith of Texas, who claimed that undocumented immigrants were 10 times more likely to commit crimes. Illegal immigration was then made a felony with the Sensenbrenner Bill of 2005.

And despite Trump’s confrontation, Dr. Gonzalez said that the racist attitudes toward Mexican immigrants continue to this day despite the stereotypes being proven false.

“Donald Trump repeats the rhetoric labeling Mexicans as rapists and criminals,” Gonzalez said. Dr. Gonzalez said that sanctuary cities are not the issue either. He said that most people who claim immigrants are prone to committing crime are not looking at statistics but cherry-picking specific instances.

“One shooting by an undocumented immigrant and we blame the sanctuary cities,” he said. “Police agencies have found neither a relationship or an inverse one when it comes to undocumented immigrants being criminals. Most Hispanics are arrested because of border violations.”

Dr. Gonzalez said that people who see fences and walls as the solutions justify it around the notion that they need to be protected from something.

Turning Pacific Islander students into determined scholars

By Jacqueline Robinson
Staff Reporter

The Pacific Islander Club aims to create a sense of family and welcome within the student population.

The culturally-focused club was initiated during last Spring Quarter and has been a pillar for a group of students who needs an academically supportive atmosphere, the club president said.

“A lot of PI [Pacific Islander] students come to school and just drop out,” said Fuifui Ah Kuoi, the president of the Pacific Islander Club.

Club members try to reach out and connect with its students who are not coming to school, she said.

“Some students have to take a break from school because of work or family responsibilities. They get caught up in other obligations and don’t come back,” Ah Kuoi said. “We want to stay connected to them and make sure they come back when they can.”

There are some common negative stereotypes about Pacific Islander students and the club is proving them wrong, she said. “Some stereotypes about PI students are that they are drop outs, slackers or only good at sports. Some PI students listen to that and it brings them down,” Ah Kuoi said. “But our club is about balance. It’s not just about focusing on socializing; we help each other on academic.”

The premise of this club is to learn and share, she said.

“We learn about our culture together and share our passion for our culture with the campus and the community,” Ah Kuoi said.

One of the ways the club is sharing its culture is through dance, she said.

“We perform Island dances on campus. Next quarter we are performing at the Club Involvement Fair Jan. 12,” Ah Kuoi said.

During their weekly, meetings the club is focused on a variety of things.

“We have opening prayer, announcements for student resources, ice breakers, games, [and] study hall,” she said. “Every week we have a presentation about a different island. The last 30 minutes of the meeting we dance to practice for our performances. Sometimes we have potlucks, karaoke and birthday celebrations.”

The club has big plans for the next few quarters, Ah Kuoi said.

“We are planning on having t-shirts for our club, having guest speakers come and speak to our students, crafts from our culture, fundraisers, bake sales and a talent show,” she said.

The group is also planning volunteer projects, she said.

“We want to volunteer as a group with nursing homes, food banks and possibly do performances at different places,” Ah Kuoi said.

The adviser for the club, Nestor Engeuerra, who works as the Retention Specialist for the AANAPISI program, also supports the club members, Ah Kuoi said.

“He helps us connect with resources, updates us on scholarship information, gives us ideas on how to expand the club, and advises us on how to transfer for next year’s college,” she said. “And he always hooks us up with food.”

The club currently has about 20 members and a number of students who come, but are not consistent members.

Ah Kuoi encourages everybody to join, not just Pacific Islander students.

“Everyone is welcome no matter what color skin you are. The club meetings are over for the quarter, but the Pacific Islander Club will start back up next quarter,” she said.

The club is in the process of booking its future club location, Ah Kuoi said.

The club will meet next quarter on Tuesdays from 11 a.m. to 1 p.m., she said.

“The building and room may change once we get a [Center for Leadership and Service] for updates,” Ah Kuoi said.
Highline gives credit for prior learning

By Joey Gomez
Staff Reporter

Getting a degree from Highline can take a lot less time for people who can leverage their work experience against academic requirements. Students with work experience in a subject matter taught at Highline can possibly earn credit based on what they already know about that topic.

Different from the placement testing done on campus, the colleges Prior Learning Assessment procedure awards credit to those who demonstrate evidence that they already have the competencies taught in the course.

"This could be done by taking a challenge test for the course, or producing a portfolio of experience or work," said Jennifer Johnston, the Prior Learning Assessment Coordinator.

The procedure is for any student and any program, however it is more commonly utilized in the job-training programs. "If a person already knows how to do certain skills, or has an industry certificate in that field, they can show that to the instructor of that class and get the credit," Johnston said.

The English Department has a portfolio outline that students could use to get prior learning credit for English 101.

However, with traditional college classes such as biology, chemistry, psychology, or engineering, it can be harder to demonstrate that you already have the knowledge of all the material taught at the college level.

"That's not to say it can't be done," Johnston said. "I just haven't seen it happen in the three years I've been coordinating PLA at Highline."

Highline also offers pre-assessed certificates, which allows an automatic number of credits for people that have certain certificates from their work experience. Examples are the Child Development Associate Certificate or Basic Law Enforcement Academy.

Education, Criminal Justice, Computer Science, Business and Hospitality and Tourism students are more likely to have success in receiving credit for their respective experience.

Highline's effort to give class credit to students who have the experience, or charging students at a discounted rate per credit, has become flexible.

"Highline has established a system for speakers of certain languages to take a STAMP test in that language at the Testing Center, and if they score at a certain level they can get credit for classes of that language," Johnston said.

According to The Council for Adult and Experiential Learning, the use of prior learning assessment results in faster time to completion and a greater likelihood of completing a degree or certificate.

Students who wish to show their competency in a subject matter should meet with an instructor or PLA coordinator, Johnston (johnston@highline.edu). A prior learning contract will be established and signed, and then the process will be completed with the schoolcatalog.

Classes available near White Center

By Joey Gomez
Staff Reporter

Classes in Early Childhood Development, Healthcare and Business pathways are available to Highline students in the White Center area at the YWCA's Greenbridge facility.

"People want access to education 10 minutes from home," said Tanya Powers, director of Worksource and Baccalaureate Degrees.

Highline has been working with community members and partner organizations to better serve various ethnic groups within the service area.

Organizations such as King County Library Association, YWCA Greenbridge, and the King County Housing Authority try to bring higher education courses to economically depressed areas.

For a majority of those taking the classes, the initiative is often their first experience of college-level education. Some courses are taught in Somali, and the college is considering offering classes in other languages as well.

The White Center community is also home to a large number of Latino, Vietnamese, and African families, as well as other immigrants and refugees.

"Fifty-two percent of adults in Seattle obtain a bachelor's degree, while there are only 26 percent of adults with a bachelor's degree in South King County," Powers said.

Classes offered through

Researchers unsure of pot's long-term effects on older users

By Kristen Wyatt
Associated Press

DENVER — Surveys show a small but growing number of older adults are using marijuana — a trend that worries researchers who say not enough information exists about how pot affects older users.

Abundant research has been done on how the drug impacts developing brains, but little is known about the potential consequences on older users — even as recreational pot has been legalized in a number of states.

Researchers at New York University say pot could pose health challenges to older users ranging from memory loss to risk of falling.

The researchers reviewed data from the National Survey on Drug Use and Health and found a big increase in adults over 50 reporting they had used pot in the past year.

About 2.8 percent of those surveyed said they had used pot a decade ago. Six years later in 2013, the rate was about 4.8 percent — a 71 percent jump.

"Historically older people haven't had high rates of substance use, but this is changing," said Dr. Benjamin Han, a geriatrician at NYU who led the study published this week in the journal Addiction. "As baby boomers age, we're going to see more and more of this."

Older adults are still much less likely than younger people to use pot. In the 2013 survey, about 19 percent of people 18 to 25 reported using marijuana in the previous month.

Doctors have little to go on when treating older people who use pot, Han said.

"When it comes to, for instance, alcohol, there have been a lot of studies about effects on older populations, guidelines on how much older people should be consuming," Han said. "But when it comes to marijuana, we have nothing."

The study drew no conclusions about whether older pot users are using the drug as medicine or for fun.

U.S. Surgeon General Dr. Vivek Murthy said last year that marijuana can be helpful for treating certain ailments, but he added that medical marijuana research is preliminary and he called for more research.

Federal drug law considers marijuana a drug with no medical use.

Marijuana legalization debates center on the drug's consequences for kids, for limiting adults to think there's no downside to using it.

"Before the liberalization of marijuana policy, lots of young people used marijuana and then as they got jobs and kids and mortgages, they stopped," said Jonathan Caulkins, a professor of public policy at Carnegie-Mellon University who was not involved in the NYU study.

"It seems that as the social stigmatization has decreased, more users are continuing into adulthood."
Higher ed budgets face uncertain times

By Mike Simpson
and Olivia Sullivan
Staff Reporters

Six members of the Washing-
ton State Legislature gave their
solutions on how to fully fund
public education at Highline
last week.

“The fate of Highline along
with public higher education
rests in uncertainty as lawmakers
in a divided state House and
Senate disagree on how to pay
a looming $3.5 billion bill.

This may cut funds to High-
line, which relies on state mon-
ey for roughly half its operating
budget.

Highline President Dr. Jack
Bermingham said in a meeting
before the event that he wants
college board members and
students to be ‘advocates’ and
to get to know their legislators
personally in order to maintain
state capital funding levels.

The McCleary decision is a
2014 Washington Supreme
Court order that obligates the
state to meet its constitutional
requirement to fully fund pub-
lc K-12 education by 2018.

This includes school opera-
tional costs, teachers’ salaries, and
supplies.

It is estimated that this will
cost the state an additional $3.5
billion every two years.

If revenue cannot be gener-
ated by taxes, higher education
may be one of the next pro-
grams on the chopping block
even before cuts are made.

It may lead to a shortage of
funds destined for higher edu-
cation, legislators say.

From the 33rd District, State
Tina Orwall, and State Sen.
Karen Kaiser, all Democrats, visited.

State Sen. Mark Miloscia,
R-30th District, state Sen. Sharon
Nelson, D-34th District and state
Rep. Bob Hasegawa, D-34th Dis-
trict, also talked with students.

Rep. Gregerson has served in
the state House of Representa-
tives since 2013.

Previously, she was the may-
or of SeaTac.

She ran her campaigns on
promises of improving public
education and updates for pub-
lc school facilities.

At Highline, she said she
would fight regressive taxes,
such as the sales tax, as a means
of funding public education, as
opposed to Republican legis-
lators who have supported in-
creased sales tax such as inter-
state sales tax.

Washington needs to ful-
lly fund public education, but
not by cutting funds for public
higher education, Rep. Gre-
gerson said.

Rep. Orwell, Speaker Pro
Tempore, has served in the state
House of Representatives since
2009 and has served on educa-
tion committees.

“Our strategy needs to be
how to invest in all education,”
she said.

Tax loopholes need to be
closed and capital gains taxes
should be increased, she said.

State Sen. Katrina Kohl
Kaiser has served in both chambers of the state
Legislature since 2001. In
2015, she was on the Ways
and Means committee which is the
Senate’s budget writing commit-
tee.

She has campaigned on goals
of educational opportunities
from preschool through college.

On meeting McCleary, she
said it would be tough to get the
divided Legislature to agree.

“We have been chewing on
this issue for three years,” Sen.
Kai-
said.

Sen. Kaiser holds tight to her
beliefs about the budget.

“I am adamant on the fact I
Don’t support any budget item that
takes away from higher education
or human services,” she said.

Most likely a levy swap will
occur, she said.

This is a Republican sup-
ported equalization of local
property taxes across the state of
Washington. The McCleary
decision states that the public
school budget has over-relied on
local levies. Seattle would pay
more because it has a stronger
tax base than rural or impover-
ished areas, which currently pay
more.

Critics say a levy swap would
do not generate additional mon-
ey to make up the funding gap
that currently exists.

“I think it’s a zero-sum

To create revenue, other sorts
of taxes may need to be imple-
mented.

“We may need to be creative
on our taxes, such as a transac-
tion tax on marijuana,” she said.

With all the financial talk,
Sen. Kaiser said the focus is not
in the right area when it comes
to students.

“My frustration is that they’re
talking about money, and not focusing on student
achievement,” she said.

“We need to close the achievement
gap. To have equal opportunity,
you have to have equal access to
resources.”

Closing tax loopholes and in-
creasing capital gains taxes may
even be considered because a di-
vided Legislature, she said.

State Sen. Mark Milos-
cia served in the 39th district
House of Representatives for
eight terms as a Democrat be-
fore switching to the Republi-
can party in 2014.

In 2015, he served on the
Committee for Higher Edu-
cation.

“We need to strive for an ef-
efficient, effective, egalitarian
method,” Sen. Miloscia said.

He said there needs to be a
change in how salaries are ne-
egotiated in order to bridge bud-
gut gaps, he said.

When it comes to the McC-
cleary decision, Sen. Miloscia
says there needs to be a clearer
understanding.

“We need to define it. What
is basic education? Who decides
the salaries of teachers?” he
asked.

“Money is not the issue;
the issue is who is going to pay
for it? Where is the money go-
ing to come from?”

Sen. Miloscia said he is fine
with the current plan of who
should pick up the bill.

“The state is primarily respon-
sible. I’m OK with that,” he said.

State Sen. Sharon Nelson has
served in the Senate since 2011
and was appointed to the 34th
District seat of Representa-
tives in 2007.

“Two year institutions are
the backbone of our education
system,” Nelson said.

She says she believes the
Running Start program needs to
be protected.

“There’s a big difference in
what people go to the college
for,” Nelson said. “It’s a hub for
everyone.”

Sales taxes should not be in-
creased, but capital gains taxes
on the wealthiest Washington-
nians should be increased to
meet McCleary, she said.

“They’re not paying their fair
share,” she said.

Sen. Bob Hasegawa has
served in the Legislature since
2013. In 2015, he was on the
Ways and Means committee,
and sponsored bills supporting
homeless students and students
with disabilities.

He said he is in favor of a
progressive tax structure and
cutting tax loopholes, as op-
posed to Republicans who want
to borrow funds destined for
other state programs out of the
existing budget.

“We have to raise revenue,” he
said. “There’s no way we can meet McCleary and raise revenue.”

The division between house
and senate puts a halt to any
progress, Hasegawa said.

“Both sides have distinct-
ly different views,” he said.

“There’s nothing we can do to
move forward with it. It’s essen-
tially a recipe for gridlock.”

A total transformation of the
state’s revenue system is a possi-
bility, he said.

“We need a comprehensive progressive tax reform,” Sen.
Hasegawa said. “We need to re-
view corporate tax breaks and
also make sure the rich are pay-
ing more.”

Seattle Public Schools predicts $74 million budget shortfall

SEATTLE (AP) — Seattle Public Schools is preparing for the worst-case scenario as it predicts a $74 million budget shortfall for the 2017-18 school year.

Superintendent Larry Nyland said in a message to teachers on Wednesday that unless the Leg-
islature looks to 2018, starting in 2018 school districts won’t be able to collect as much money as voters have approved through local lev-
ies, costing Seattle schools $30 million. The Seattle Times re-
ported.

School officials say if the so-
called “levy cliff” has not been
resolved by next year they may
have to lay off teachers and cut
programs.

“Right now there are many
unknowns,” Nyland wrote.

“These unknowns will cause
challenges and disruptions to
the good work that our schools,
educators and central office
staff are doing, and for that I am
truly sorry.”

The district also blamed
the shortfall on the fact that the
Legislature hasn’t fully
funded salaries for school em-
ployees despite the district’s
labor costs increasing by $25
million.

The levy cliff isn’t limited to
Seattle. According to the Wash-
ington Association of School
Administrators, if the Legis-
lature doesn’t remove the cliff,
districts won’t be able to use
nearly $500 million of their ap-
proved local levies.

Although the new legisla-
tive session starts next month,
lawmakers likely won’t com-
plete the state budget for 2017-
19 until spring or later. Dis-
trict must start planning for
the 2017-18 school year earlier
than that.

WASA Executive Director
Bill Keim said districts are hav-
ing to create two budgets: one
with money they could use if
the Legislature addresses the
issue and one without those
funds.

“It’s causing a lot of concern
and instability that probably
doesn’t need to happen,” Keim
said.

Seattle School District’s
Nyland wrote that budgeting
issues for individual schools are
sent in February and March
and, as of now, will represent
the worst-case bud-
get scenario.
Concerned students shed light on racial profiling

By Cris Romero
Staff Reporter

Raising awareness of racial profiling was the goal of students speaking at last Thursday’s forum sponsored by the Inter Cultural Center.

The initial presentation started with a YouTube video of keynote speaker Dalia Mogahed discussing her fears following the attacks of 9/11. She felt scrutinized because of her Muslim heritage. "I don’t mind questions, it’s the assumptions that are tough," said Mogahed.

Elderly Ebeausilien, facilitator of the event, has plans to make the forum an ongoing event. Ebeausilien initiated a series of prompts to begin a discussion on the topic of racial profiling.

As students began sharing their experiences and situations where they encountered some form of racial profiling, some became frustrated.

"There are good people and there are bad people," one student blurted out of frustration over the criticism of police pulling over people of color.

Aby Colmenares said that racial profiling is "prevalent, still around and still uncomfortable." She said she believes that some police are good but that some are also bad.

"We should identify some one by who they really are," said Colmenares.

Highline student Shanesa Prescott-Jennings, who is majoring in psychology, is worried on the potential outcome of racial profiling.

"It’s happening, it’s real. It’s taught me that those that haven’t gone through it, don’t truly know [racial profiling]," said Prescott-Jennings. The results of the recent elections have caused her to be more active.

She’s so far attended five post-election forums.

"It’s time to stand up for what is right," said Prescott-Jennings.

Even as time progresses, many still face racial profiling. Vanessa Primer experienced this when a student who had helped together in order to help build simple, decent, and affordable houses in lower-income areas.

"We put in drainage pipes, removed trees and we put shovels after shovel of gravel around the house," she said.

The sense of joy and purpose from helping those in need was all the payment the members needed. "It’s weird. The amount you get back is so much more than what you gave," Bradbury said.

Their altruism doesn’t end there. The members plan finding ways to minimize waste and helping financially struggling students at Highline by building a food compost and food bank; a few of the many steps the members intend to take in order to succeed in their mission of leaving Highline a better place.

"For me as a non-traditional student, my life experience influences my priorities and how I view the world around me," Bradbury said. "The time I have here on this earth is finite and I want to make the most out of it. To me, leaving a place or person in better circumstances than I found it is a way to give back to this world. Highline has given so much to me and others like me. Every time I render the much I appreciate this place to help Highline continue to improve for the next generation of students," she said.

Meetings will start again at Winter Quarter. For more information, contact Bradbury at jbradbur@highline.edu and Primer on vanessa@highline.edu.

Non-Traditional Students leader aims to leave Highline a better place

By Dylan You
Staff Reporter

Returning to school after a long career can be an arduous task, but for one student the experience has not only been liberating, it’s been downright inspirational.

"I decided to come to Highline to finish getting my degree after working in the ware- house industry for 26 years," 47-year-old Julie Bradbury said. "I enjoyed the physical nature of the work, however I realized that I could not continue to do this type of work for much longer."

The decision to return to school was not an easy one. Because she was financially independent over the age of 40, and hadn’t been a student in 26 years, she doubted that she would fit in and keep up academically with the students who came straight from high school.

Despite her concerns, Bradbury found lots of help. Not only did she receive aid from resources such as the Access Services, TRiO and the Center for Leadership and Services, she noticed the open-minded environment stimulates personal growth.

"The acceptance I experienced here has allowed me to be myself and to establish connections. I like people. I otherwise may have never met," she said. "It has given me the self confidence to be a successful student. Highline has provided me with opportunities to grow as a person and gain leadership skills. It has also opened doors to new career paths and provided networking opportunities that are useful both now and after I graduate."

Despite her busy life as a student, Bradbury wanted to give back to the Highline community. That’s when she became the president of the Non-Traditional Students Club. The club finds ways to support students who are financially independent, have children or are older than the age of 30.

"I was hesitant at first, because I thought clubs were in the way," she said. "People think clubs are a distraction, but it’s a way to stay in school, socialize, get together and help each other out."

During meetings, members give each other advice such as how one should raise their children properly, how one can succeed academically, which classes one should choose to take and how one can ace a job interview.

They also discuss an array of topics such as upcoming events the club has planned, world stories and updates on their personal lives.

"Any topic goes," Vice President Vanessa Primer said. "Whether it’s club stuff, school stuff or politics."

Another way members help each other is by sharing resources and connections that provide support in their academic or personal lives.

For example, one member told the other members how they could sign up for the TRiO Student Support Service program. The program helps low-income, first-generation students and people with disabilities succeed in college.

"As non-traditional students, we know there’s more in the world than college," Bradbury said. "We build connections to help you when you leave here, we can get new connections to help Highline as well."

Although its members tend to be older, the club is seldom stale or sedentary. The members engage in a variety of activities.

The club organized a self-defense workshop, arranged a Halloween party and members attended The Vagina Monologues. Members have also found ways to volunteer for events that assist the underprivileged.

"We’ve volunteered for Habitat for Humanity," Bradbury said. "It was the first habitat built by a group of Highline students."

Habitat for Humanity is a non-profit organization that specializes in bringing families, volunteers and resources together in order to help build simple, decent, and affordable houses in low-income areas.

"We put in drainage pipes, removed trees and we put shovels after shovel of gravel around the house," she said.

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Summer holiday began and after I graduate."

Julie Bradbury fulfilling her mission of giving back to the community through Habitat for Humanity.
Landowner Jong Park plans to replace the mobile home park with a hotel next year. Approximately 60 households will need to relocate.

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Firs
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Continued from page 1

recently helped manufactured home owners in Washington purchase parks.

Park bought the property in 2007 for $4,999,500 and it was recently reappraised at $4,140,000.

He hired a relocation specialist, Kerri Lynch, and offered all owners $2,000 for the move.

Lynch did not respond to interview requests.

Average sales prices for mobile homes are more than $250,000.

Many Firs residents are also eligible to receive up to $7,500 relocation assistance from the state after their move is completed.

The relocation money helps with rental of moving equipment, down payment on new home, some repairs and light construction related to the move, or demolition of the unit.

"We'll help them get help from the state...to help them get moved," Park said.

Cruz Medina, Firs resident and president of the Firs Homeowners Association, said he and the residents were left at first, but have now decided to fight to stay.

The relocation assistance would only cover the demolition of their home and a partial deposit of a new apartment, Medina said.

"Everyone here is like a family," he said.

Firs has a small town feel and the residents look out for one another. Everyone works, or goes to school, close by and take care of their home as if it were a traditional house, he said.

Medina works in the car business and lives in a manufactured home with his wife and two daughters.

"We're ready to fight for our land," Medina said. "We won't accept $2,000."

Medina and a committee of homeowners are currently working with the Tenants Union of Washington state, an advocacy group that counsels tenants about their rights and helps them organize legal action.

"It's a tough battle," Medina said about becoming a millionaire without a thought toward the consequences for the serious, disabled and undocumented residents who rely on this land, Medina said.

In response to Park’s statement that he would sell, Medina said the homeowners would buy the land, but only at fair market price.

"If the homeowners could buy the land, they would hire a company to put in tradition
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Holidays continued from page 1

businesses are open on Christmas Day. Many people like to go out to eat on Christmas but the meals are very expensive. I set up my Christmas tree and decorations two weeks before Christmas, have my kids write Christmas cards and go to church to celebrate the birth of Jesus," Lee said.

Student Jenny Cortez celebrates Hispanic traditions.

"I'm an El Salvadoran that also has some Mexican traditions," she said.

"Our tradition is to open Christmas presents at Midnight on Christmas Eve," Cortez said. "A lot of Hispanic cultures do that.

"My family is Brazilian and we always go to church on Christmas Eve for midnight mass," said Student Lauren Gomez.

Tristan Hernandez celebrates with food and fireworks.

"It is always a big celebration at my house with traditional Colombian food, drinking and enjoying our family," he said. "Me and my cousins usually light fireworks on Christmas and a few days after.

David, an Ethiopian student, said he celebrates Christmas on Jan. 7, because the Ethiopian Church uses the Julian calendar instead of the Gregorian Church uses the Julian calendar instead of the Gregorian calendar, he said. "Me and my cousins usually light fireworks on Christmas and a few days after.

"We celebrate Christmas on Jan. 7, because the Ethiopian Church uses the Julian calendar instead of the Gregorian calendar," he said. "Moderne Ethiopian families celebrate Christmas as western culture does, with a tree, by sharing meals, giving presents and going to church.

Iraqi student Zainab doesn't celebrate Christmas in a traditional way due to her Islamic beliefs, but still finds ways to make it a special occasion.

"My son asks me why we don't put up a Christmas tree," she said. "We don't like to do that because it's not in our religion, but some Muslims do celebrate Christmas.

"Sometimes we'll get together, and we'll give each other gifts because we want to. It's nothing we feel we have to do but we want to," she said.

An international student from Japan plans to celebrate with her boyfriend instead of her family this year.

"In Japan, we don't celebrate Christmas with our family," she said. "If you have a boyfriend or girlfriend, you spend Christmas with them and if you don't, you just celebrate with your friends," she said.

Student Lien-Chi Huynh celebrates many other Americans by going to church with her family, setting up a Christmas tree and playing the traditional white elephant game.

"We all bring Vietnamese dishes like pho, eggrolls and chè," Huynh said.

He and his family also spend Christmas with their ancestors. "We go to grandparent's grave and bring incense candles then we bow and start praying," he said.

Highline student Dianell Salinas plans to have a lengthy dinner with her family this Christmas. It has been their tradition to host long Christmas parties lasting several hours past midnight for years.

Kelsey Prit, Cris Romero, Jackie Robinson and Dylan You contributed to this story.

Groups sue feds to force Washington to protect Puget Sound

SEATTLE (AP) - An environmental group is suing the federal government to force Washington state to do more to protect Puget Sound from polluted runoff from roads, farms, logging and boats.

The lawsuit, filed Wednesday, seeks to force the Environmental Protection Agency and the National Oceanic and Atmospheric Administration to cut funding to the state for failing to protect coastal water quality.

A similar lawsuit by the same group - Portland, Oregon-based Northwest Environmental Advocates – resulted in the agencies cutting $1.2 million in grant funding to Oregon this year.

ENG& 101 is being offered though the AANAPISI program Winter Quarter!

If you need to take English 101 and are interested in Asian American & Pacific Islander experiences, consider taking ENG& 101 through the AANAPISI Program, M-Th from 12:15-1:20

AANAPISI is designed for AA&PI students, but is open to all students interested in AA&PI history & culture

Learn more about the AANAPISI Program at aanapisi.highline.edu or call 206-592-3866

Weekly SUDOKU

Answer

Go Figure!

5 x 4 + 6 = 26
+ -
9 + 1 = 4 + 13
x x
2 + 7 x 3 = 27
28 21 27