

Lucas Phang/THUNDERWORD

Distracted learning can break your GPA

By Kelsey Par
Staff Reporter

Texting in class may be a hard habit to break, but it may be worth stopping to avoid breaking your GPA.

Out of approximately 780 students from six different colleges and universities across the country, more than 90 percent admitted to texting during class on a regular basis, according to recent study from The Journal of Media Education.

To some professors, texting is a sign of disrespect and can disrupt the learning environment for the student and others.

"It's tricky, but not impossi-

ble to tell whether a student in class is taking notes, recording a due date on their calendar, or texting with their phone. If someone is texting they can't also be learning — at least not from the class where they are physically located," said English Professor Susan Rich. "What I don't think students understand is that they create a significant distraction not only for their professor who is trying to teach, but also to other students who are trying to learn. In reality, texting harms the entire class environment," Rich said.

Recent research from the National Communication Association states that college students who are frequently

texting during class have difficulty staying attentive to classroom lectures and constantly risk having poor learning outcomes.

Anthropology Professor Dr. Lonnie Somer said if you're expecting an important phone call or text, then you should have your phone on vibrate and leave the classroom when it occurs.

"I do not allow texting in my classes, and I'm very strict about this," Dr. Somer said.

"For me, I draw no distinction between a student texting while I'm lecturing and a student talking. I find it very rude. In addition, it is quite distract-

See Texting, page 15

Francis Scott Key was largely a man of his time

By Jessica Strand
Staff Reporter

Francis Scott Key, while racist from a 21st century point of view, was somewhat progressive for his time, experts on the man said.

"In 21st century terms, he had what we would call racist views — and for the last hundred years or so," said Marc Leepson, historian and author of a biography on Francis Scott Key titled *What So Proudly We Hailed: Francis Scott Key, A Life*. "You have to always be conscious of not looking at something that happened a couple hundred-plus years ago through 21st century eyes."

Francis Scott Key is the author of *The Star-Spangled Banner*, the United States' national anthem, and has sparked a de-



Francis Scott Key

bate at Highline as to whether it should be sung at commencement this year due to a line in its original form that contains the word "slaves," and the author's racist views on non-whites.

Key was born in 1779 to a

See Key, page 16

People of color still feel excluded by song

By Jessica Strand
Staff Reporter

The national anthem is exclusionary to people of color because at the time it was written it was talking primarily about whites, a professor on racial justice said.

"There is the line that says 'land of the free and home of the brave,'" said Dr. Robin DiAngelo, a professor who teaches Racial and Social Justice. "I can remember as a professor being at graduation and listening to the national anthem and listening to that line being sung and asking myself 'when was that



Lucas Phang/THUNDERWORD

written?"

The anthem was written in 1814 when the land of the free wasn't really the land of the free

See Anthem, page 15

IN THIS ISSUE

Campus life	2-3
Opinion	4
Puzzles	5
Food	6
Arts	7-8
Sports	9-10
News	11-16



Page 3
MaST Center volunteer reaches milestone of 5,000



Page 7
Comic Con comes to Seattle this weekend



Page 10
Andrew Ramirez places second in nation for wrestling



Ex-student creates ruckus

By Will Otto
Staff Reporter

A former student caused a disruption last Friday in Building 29.

The former student was in unauthorized areas of Building 29, and making remarks that concerned the staff on Feb. 24 at 1 p.m.

Highline Public Safety was notified, and the individual left campus without incident.

Fight follows hit and run

A physical altercation and hit and run occurred on Monday.

Highline Public Safety responded to two students who were involved in a physical altercation in the East lot on Feb. 27 at 1 p.m. At the same time a hit and run occurred, the driver was identified by Highline Public Safety and no injuries were reported. The incidents remain under investigation.

Students quarrel in the Union

Two students got into a heated argument outside of the bookstore on Tuesday.

The students were outside of the store, and were arguing for an unknown reason.

Highline Public Safety arrived and separated both parties on Feb. 28 at 12:45 p.m.

Reference to the physical altercation in the East lot on Monday was made.

Both students left without incident.

Soldier fatally shot in Burien

BURIEN (AP) — The family of a Joint Base Lewis-McChord soldier who was found shot to death in September is offering a \$10,000 reward for information that leads to an arrest in the case.

The King County Sheriff's Office says Timothy Hovey was a month from deploying when he was fatally shot in Burien, Washington.

The 27-year-old was found lying on the side of the road with multiple gunshot wounds. He later died at Harborview Medical Center in Seattle.

Crime Stoppers is offering an additional \$1,000 for information on the case.

Students, cops mingle over coffee

By Will Otto
Staff Reporter

Four different local police agencies came to talk with students over coffee on Monday.

The event, which aims to help improve public relations between the police and the community they serve, seemed much more successful in its second year, said Sgt. George Curtis of Highline Public Safety.

Officers and students stood around tables and talked in the lower floor of Building 8.

"It's a lot more open than last year, and much better advertised," said Sgt. Curtis.

The departments that attended where the Des Moines Police Department, Kent Police Department, King County Sheriff's Office, and the Washington State Patrol.

Students overall enjoyed speaking with the officers.

"I want advice with my criminal justice degree," said student Kayla T.

Keeping communications up with officers in a casual environment is also very important, she said.



Kelsey Par/THUNDERWORD
Students discuss important matters with officers at the second annual Coffee with a Cop event.

"I have community policing questions," said a student who identified himself only as Shak.

Hiring minority police officers is also something Shak wanted to ask the police officers

about.

Highline Public Safety officers also felt that the event was good for better relations.

"I want to get to know the students I serve," said Michael

Dizon of Highline Public Safety.

"Events like these are great for us because we can build a good rapport with students and get to know them," said Dizon.



For more information, contact Highline's Financial Aid office at 206-592-3358.



Chun Yu

Science on the Sound returns

Dr. Rick Keil and Miranda Stach, School of Oceanography University of Washington professors host the next Science on the Sound event on March 4.

They will discuss local and international examples of our changing oceans.

Science seminars are once a month at Highline's MaST Center, at 28203 Redondo Beach Drive, S.

The seminar runs from noon to 12:45 p.m. and is open to the public.

For more information, contact the MaST Center at 206-592-4000.

FAFSA deadlines approach

The 2017-2018 Federal Student Aid cycle began earlier than normal this year.

Students have been able to fill out FAFSA applications since Oct. 1, whereas they had to wait until Jan. 1 in the past.

Applicants are no longer required to estimate income tax information. Instead, they are able to retrieve their data directly.

Students are encouraged to submit their FAFSA applications as soon as possible as they are giving out aid until they run out.

Let's talk science

Computer Systems Professor Chun Yu hosts a U.S. Hacking Capability workshop on March 3.

"The purpose of this seminar is to share a few internet technologies used by U.S. government to monitor and disrupt foreign country's communication and the cyber weapons used to cripple Iranian's nuclear ambition," said Yu.

Yu served in the U.S. Army and was honorably discharged. He earned his AA degree from Highline and BA from Seattle University and master's degree in Computer Information Security from City University.

Yu is the founder and lead instructor for Cisco Network-

ing Academy here at Highline.

Science seminars are every Friday at 1:30-2:35 p.m. in Building 3, room 102.

How do you perceive time?

Psychology Professor Seraphine Shen-Miller hosts

an Honors Colloquy event about time perception on March 8. She will discuss the subject of time perception as well as the subjective experience of life.

The discussion runs from 12:15-1:20 p.m. in Building 3, room 102.

For more information, call 206-878-3710.

Private Security Academy

DATES AND TIMES FOR SPRING QUARTER 2017
Tuesday through Saturday
Dates: May 9–20, 2017 (2 consecutive weeks)
Times: 3–9 PM

REQUIREMENT

Must be at least 18 years old at the time of acceptance to the Academy
Must complete and pass a Washington State Patrol (WSP) Background check
Must commit to meeting the course attendance requirements
Must be level 4 ESL

INSTRUCTION INCLUDES

Report writing, defensive tactics, customer service, behavior and terrain analysis, legalities and use of force.

COSTS

\$649.00 per person*
Funding may be available, please see Workforce Education Service (WES) information.

CONTACT INFORMATION

To register for this course or to find out more information, please call Continuing Education at 206-870-3785 or visit our website at ce.highline.edu.



MaST Center provides opportunities

By Katie Cummings
Staff Reporter

Volunteers are a very big part of Highline's Marine Science and Technology Center. They are involved in a variety of projects and activities. The MaST Center provides many volunteer opportunities, such as different research teams or counselors for summer camp. Currently, the MaST Center has 143 volunteers who are involved with a number of teams, such as the Jelly Team, the Nudibranch Team, and the Marine Mammal Stranding Team. "There is some crossover so a few volunteers are included in more than one team," said Katy Kachmarik, an AmeriCorps volunteer with the MaST Center. These teams are responsible for observing marine animals and recording data, as well as going out into the Puget Sound and collecting more specimens. They are also involved in providing information about their findings to the community. People in the community can get information about marine animals through presentations, workshops, and dissections provided by the MaST Center and its volunteers. Volunteers are able to educate the community and gain their own experience by getting involved, Kachmarik said. "They love having new experiences that they otherwise might not get to have and learning new facts about Puget Sound or the animals that live there," she said. Volunteering has many benefits.

"I have had many opportunities to learn new information and skills that are not directly associated with my career path, but nonetheless are important to know and teach others," Kachmarik said. "Volunteering allows me to teach my community about the marine environment, the threats that it faces, and the choices we can make every day to protect it." By getting involved, you can learn so many things about this community and how to make a difference in it. You do not need any experience with marine science in order to volunteer. If you are interested in marine life or you like working with people and animals, then volunteering at the MaST Center is a great fit. You must be 14 or older to become a volunteer, or you must have a parent or guardian present for children from 10 to 13. All volunteers must attend an orientation that introduce participants to different stations and opportunities. After the orientation, volunteers fill out paperwork and sign into the online scheduling program. New volunteers are required to participate in at least two job shadow shifts to better understand the procedures and activities of a volunteer. Once all the steps have been completed, participants are now formal volunteers, and will be scheduled through the online program. If you are unable to spare the time to volunteer, the MaST Center is always looking for donations in order



MaST Center photo

Volunteers at the MaST Center help out the community.

to maintain the facility and provide more opportunities for students, staff, and volunteers. To get more information about volunteering or about donating to the MaST Center, go to mast.highline.edu and see how you can get involved.

Volunteer at MaST Center enjoys donating her time



MaST Center photo
Kay Vallejo has donated 5,000 hours of her life to volunteering.

By Katie Cummings
Staff Reporter

Highline's Marine Science and Technology Center is very dependent on its volunteers. "At the MaST Center, we heavily rely on a large team of over 80 volunteers who in 2016 donated nearly 8,000 hours of service," said Rus Higley, manager and instructor for the MaST Center. One volunteer has exceeded standards and has put so much time into the MaST Center: Kay Vallejo. Alone, Vallejo has donated 5,000 hours of her time volunteering at the MaST Center, which is the same as being fully employed for 2.5 years. She is a retired educator, and has been informing the community about marine science for 14 years. "I took Rus' oceanography class in 2003," Vallejo said. "I got into para- and special ed-

ucation to help myself and my students, and I enjoyed three days a week of volunteering." "From 2003-2008, I became a student worker until it closed down. I graduated in 2008 and continued as a volunteer," she said. She was even named Student Employee of the Year in 2007. Vallejo volunteers in many areas of the MaST Center such as: Discovery Days, summer camps, the Marine Mammal Stranding Team, and supervising. "I do a summer program, teaching kids about animals and climates," said Vallejo. "I have worked with three octopuses and it's such an in-depth program where volunteers, as well as student workers, can be hands-on and implement new ideas." Vallejo doesn't have a very extensive marine science background, but that doesn't affect her involvement with the MaST Center. "I actually owned a business. I worked in pet stores, and I was

a para-educator at Truman High School for 13 years," Vallejo said. Her favorite part of being at the MaST Center is having an impact on the kids. "As a retired educator, working with the MaST Center and teaching a two-hour summer education class for kids, it's great when the parents acknowledge that kids remember," said Vallejo. Her education background helps her with the students and kids who participate in the programs at the MaST Center, she said. "If you introduce special-needs kids to science and math, they will excel," Vallejo said. Her youngest son is also a volunteer, as well as a student, she said. Her oldest son works security at Highline, and together, they have been with Highline for about 14 years. "You could say the Vallejo family has taken over," she said with a laugh.

Rate My Professors lacks accuracy

In terms of accuracy, RateMyProfessors.com receives a score of 1.0 and no chili pepper.

Rate My Professors is an online feedback site where students can offer their review of a college instructor or institution, similar to a product review section.

It seems as though only students on extreme sides of the spectrum comment on Rate My Professors.

Many students say they rely on this website when signing up for a new class schedule and picking professors.

Most times, the reviews are from two types of people – the students who loved the class and professor with every fiber of their being, or the student who failed. Hard.

With reviews of such severity, it hinders the actual analysis of a professor.

The emotions of loving (or hating) a class may arise from the subject itself, or a student’s personal performance.

A recent study conducted by Dr. Helen Burn, a Highline mathematics professor, and her two former students, Leslie Smith and Caitlin Anderson, found several flaws with Rate My Professors.

The group found that the more difficult a class was, the more likely students would evaluate the class or instructor in a harsh manner.

The website does not often address teaching styles or learning styles, and rarely covers anything other than the professor’s homework load or hotness.

A strong sense of gender-bias was also laced throughout the reviews on the website, the researchers said.

Women were negatively reviewed for being too emotional or suppressing their emotions, which then came off as mean persona.

The male instructors were expected to be authoritative and fully rehearsed in their subject field.

Rate My Professors captures the amazing and the awful, but rarely anything in between.

It is better to find out for yourself if you do, or do not, like a class, professor, or college.

It may be more beneficial in the long run when a student disregards the negative reviews and takes on the challenging class.

More than monetary

The impact of Highline is much more than just economic.

A recent study showed that the college added \$631.5 million to the King County economy in 2014 to 2015, thanks to Highline’s alumni and operations.

The economic income addition comprises wages and productivity of Highline alumni in the area, the college operations, and spending by international students.

But, each student at Highline, past or current, has been influenced by the institution in some way.

As Highline arrives at its 55th anniversary as a public education institution, the college’s historical effect on the area is also obvious.

The college now has the numbers to prove the personal testimonies heard from students about how Highline has changed lives and communities.

Students come to Highline to further their education or to develop skills for a career, and some find employment opportunities along the way.

Highline is a home to an array of students, including refugees and immigrants, Running Start students, single parents, and veterans.

The college has given students hope and second chances. It has provided career paths for thousands of students. The good it has done is now quantified.

The student population consists of people who come from down the road, the next city over, or even from a different country.

Highline is an accessible institution for all people and aims to help as many individuals as possible.

The college’s positive impact is economic, but it’s also much more.



Faculty Excellence Award - a mistake?

As a full-time faculty member at Highline for nearly 30 years I first became aware of the “Puget Sound Energy Faculty Excellence” award sometime in the early 1990s.

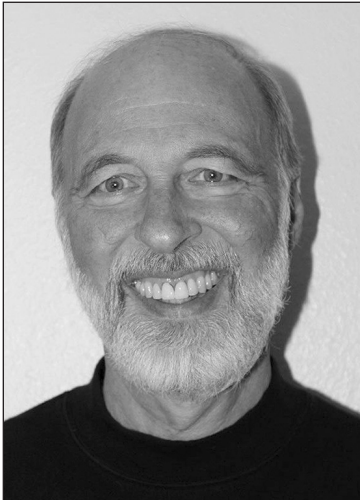
In 1999, I wrote a letter to then Dean Bob Eely expressing my concern about the entire process by which one full-time faculty member receives the yearly award.

Since then, my dissatisfaction with this award has grown. To be blunt: I believe it is a mistake for any college to select one faculty member for a yearly award.

In deciding to publicly state my opinion I do not wish to detract at all from the previous recipients (nor from the upcoming one). I know most all of them and agree they are excellent instructors and met or exceeded the criteria for the award. That said, here are my concerns:

1. With more than 100 full-time faculty, it is clear that more than three-fourths of them will never receive the award no matter how much they would have deserved it.
2. There is no proof that those who do receive the award become better teachers, increase their contribution to the community, serve on more committees, or go even more out of their way to help our students.
3. There is no proof that those who do not receive the award “try harder” the following year in hopes of landing it.
4. I think of the large group of our colleagues who get up each day and do the very things that clearly qualify them for the award only to see year after year they were passed over.

Guest Commentary



Dr. Bob Baugher

I’m sure some instructors will say that it doesn’t bother them and that they are happy for the recipients. However, I can’t help but wonder what it does to the morale of the college when only a fraction of their faculty are recognized at a public event with praise and money. As you read this, you may wonder of my own history. Is he

a recipient? If so, why is he complaining about an award he already has? Has he never gotten the award? If not, is he bitter that he’s been passed over all these years? You can see that either category has the potential to put anyone complaining about this process in a catch-22. What I would like to see is a way to eliminate this one-person process and find a way to recognize and honor several instructors each year. We have an incredible wealth of talent on this campus. Our students are fortunate to sit in classes with instructors of such high caliber. Here are a couple ideas:

1. Rather than the selection committee meeting each year to select one candidate, they could select nine candidates to be honored, one per month during the next academic year—perhaps, one full-time and one adjunct or one-year instructor.
2. Someone could create a discussion forum on Canvas for campus input on this issue. I’m sure such discussions could lead to many creative ways we can acknowledge the amazing people on this campus. The way it’s been done in the past is not in the spirit that has made Highline a great college. Dr. Bob Baugher is a psychology instructor at Highline.

the Staff

“ That’s why people become alcoholics at home. ”

” E-Mail: tword@highline.edu

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Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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1. **FOOD & DRINK:** Which plant sometimes is known as “pieplant” because its edible stalks often are used in deserts?
2. **LITERATURE:** Which of Shakespeare’s plays features a character named Viola?
3. **MOVIES:** Which movie featured the theme song *You’ve Got a Friend In Me*?
4. **U.S. PRESIDENTS:** Who served as vice president of the U.S. for 82 days before becoming president?
5. **GEOGRAPHY:** What two countries are connected by the Khyber Pass?
6. **MUSIC:** What bridge did Billie Joe jump off in Bobbie

Gentry’s song *Ode to Billie Joe*?

7. **ANATOMY:** Where would the parietal bones be found in the human body?

8. **RELIGION:** What is the second book of the Old Testament?

9. **GEOLOGY:** What kind of natural stone is known as Carrara?

10. **GENERAL KNOWLEDGE:** What is the official language of Brazil?

1. Rhubarb
2. Twelfth Night
3. Toy Story
4. Harry Truman
5. Afghanistan and Pakistan
6. The Tallahatchie bridge
7. The skull
8. Exodus
9. Marble
10. Portuguese

Answers

GO FIGURE! by Linda Thistle

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

DIFFICULTY: ★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

	x		+		15
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x		+		x	
	x		-		26
20		10		8	

1 2 3 4 5 5 6 7 8

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King Crossword

ACROSS

- 1 Do as you're told
5 A cont.
8 Old fogey
12 Geometry measure
13 Born
14 Divisible by two
15 Soared
17 Choose the best
18 Japanese pond carp
19 With resolution
21 Twelve
24 Highway division
25 Saharan
26 Demonstrated, as when on strike

- 30 Chaps
31 Chess wins
32 Consumed
33 Sank a billiard ball
35 Caspian feeder
36 Addict
37 William Tell's target
38 Formosa, today
41 Annoy
42 — Major
43 Fined for speeding, e.g.
48 Indonesian island

1	2	3	4		5	6	7		8	9	10	11
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48					49				50			
51					52				53			

- 49 High-arc shot
50 Basin accessory
51 Help in a crime
52 "Tasty!"
53 Annoyingly slow

DOWN

- 1 Rowing tool
2 Sis' counterpart
3 Common Mkt.
4 Talked on and on
5 Opposed
6 Lawyer's payment
7 Clearly

- embarrassed
8 Edict
9 Egg
10 Farmer's home?
11 Sans siblings
16 A billion years
20 Tattoo-parlor supply
21 Moist
22 Sandwich cookie
23 Brass component
24 Metric measure
26 Obviously
27 Rainout cover
28 Common Latin abbr.
29 Strike from

- the text
31 Smaller plateau
34 Persian Gulf nation
35 Maintenance
37 Noah's boat
38 Big brass instrument
39 Bedouin
40 — of Capri
41 Cold War weapon (Abbr.)
44 Debt notice
45 Pair
46 "A mouse!"
47 Parched

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ARIES (March 21 to April 19) You're correct to want to help someone who seems to need assistance. But be careful that he or she isn't pulling the wool over those gorgeous Sheep's eyes. You need more facts.

TAURUS (April 20 to May 20) Your Bovine optimism soon will dispel the gloom cast by those naysayers and pessimists who still hover close by. Also, that good news you recently received is part of a fuller message to come.

GEMINI (May 21 to June 20) Feeling jealous over a colleague's success drains the energy you need to meet your own challenges. Wish him or her well, and focus on what you need to do. Results start to show in mid-March.

CANCER (June 21 to July 22) You're likely to feel somewhat Crabby these days, so watch what you say, or you could find yourself making lots of apologies. Your mood starts to brighten by the weekend.

LEO (July 23 to August 22) Your pride might still be hurting from those unflattering remarks someone made about you. But cheer up,



you're about to prove once again why you're the Top Cat in whatever you do.

VIRGO (August 23 to September 22) A misunderstanding with a co-worker could become a real problem unless it's resolved soon. Allow a third party to come in and assess the situation without pressure or prejudice.

LIBRA (September 23 to October 22) Call a family meeting to discuss the care of a loved one at this difficult time. Be careful not to let yourself be pushed into shouldering the full burden on your own.

SCORPIO (October 23 to November 21) An upcoming decision could open the way to an exciting venture. However, there are some risks you should know about. Ask more questions before making a commitment.

SAGITTARIUS (November 22 to December 21) Personal matters need your attention during the earlier

part of the week. You can start to shift your focus to your workaday world by mid-week. Friday brings news.

CAPRICORN (December 22 to January 19) You've been going at a hectic pace for quite a while. It's time now for some much-needed rest and recreation to recharge those hardworking batteries.

AQUARIUS (January 20 to February 18) This is a good time to upgrade your current skills or consider getting into an entirely different training program so that you can be prepared for new career opportunities.

PISCES (February 19 to March 20) Keep a low profile in order to avoid being lured away from the job at hand. Focus on what has to be done, and do it. There'll be time later to enjoy fun with family and friends.

BORN THIS WEEK: You can be a dreamer and a realist. You dream of what you would like to do, and then you face the reality of how to do it.

Puzzle answers on Page 15

Got news? Thunderword@highline.edu

Give your heart the gift of good health

One out of every three deaths among women in the U.S. is attributed to cardiovascular diseases, including heart disease and stroke, causing more fatalities than all forms of cancer combined, according to the American Heart Association.

Furthermore, nine in 10 women have at least one risk factor for developing heart disease, but only about half are even aware of it.

“What you’ve heard is true: Heart disease and stroke kill more women than men, despite the publicly held misconception that it’s a ‘man’s disease,’” said Dr. Jennifer H. Mieres, a representative for the American Heart Association’s Go Red for Women movement and professor of cardiology at Hofstra North School of Medicine.

“The good news is that even though an estimated 43 million women are affected, heart disease and stroke can be prevented with small incremental changes.”

An estimated 43 million women in the U.S. are affected by heart disease and stroke, resulting in over 400,000 deaths each year.

By knowing the risk factors and taking simple steps like not smoking, getting regular physical activity, eating a heart-healthy diet and monitoring blood pressure, women can lower their chances of heart disease.

“Heart disease and stroke



claim the life of nearly one woman in the United States every minute,” said Lisa Sherman, president and CEO of the Ad Council.

Reduce your risk factors by embracing a healthier lifestyle and eating habits. Eating heart healthy can be equally as delicious as it is good for your body. And if you could save your heart by improving your diet, wouldn’t you at least want to give it a try?

For more information, go to GoRedForWomen.org, where you can sign up to be a member, learn about heart disease and your risk for developing it, and find tools for living healthier, longer lives.

There’s a common misconception that anything described as healthy is lacking in flavor and satisfaction. To add insult to injury, there’s also an assumption that healthy foods are unaffordable. The truth is, there are plenty of creative ways to make a tasty, heart-healthy dish.

This recipe uses a lean pork tenderloin and Asian sauces to



Deposit photos

Asian-style pork tenderloin is tasty and heart-healthy.

create a flavorful and easy-to-prepare dinner dish. Use any leftover pork and salad inside of a whole-wheat tortilla to create a wrap for lunch.

Asian-style pork tenderloin
3 tablespoons light soy sauce

- 1 teaspoon Sriracha sauce
- 1/2 cup bottled light sesame-ginger dressing, divided
- 1 (1 pound) pork tenderloin
- 1 (8 to 10-ounce) package of raw carrot and cabbage coleslaw mix
- 1 large yellow bell pepper, cut into strips

3 green onions, roots removed and discarded, white and green parts thinly sliced

2 cloves garlic, minced
1 cup chopped fresh herbs: cilantro, parsley or basil
1/4 cup chopped almonds

1. Heat oven to 450 F. Whisk together soy sauce, Sriracha sauce and 1/4 cup dressing in a large shallow dish or zip-top plastic freezer bag; add pork, turning to coat. Cover or seal, and refrigerate for 10 minutes, turning once.

2. Meanwhile, combine coleslaw mix, bell pepper, onions,

garlic, herbs and the remaining 1/4 cup dressing. Cover and refrigerate until ready to serve.

3. Remove pork from marinade and discard marinade. Place pork on a lightly greased aluminum foil-lined baking sheet.

4. Bake at 450 F for 20 to 25 minutes or until done. Remove from oven, and let stand 5 minutes before slicing. The pork should be slightly pink in the center.

Toss slaw with the almonds and serve with the sliced pork tenderloin. Makes 2 to 3 servings.

Sandwiches to fill you up whenever

The muffuletta sandwich is a classic in the French Quarter of New Orleans, but with our recipe you won’t have to travel to get it. It tastes even better made a day ahead.

4 medium celery stalks, finely chopped (about 1 1/4 cups)

1 cup drained giardiniera (Italian mixed pickled vegetables), finely chopped

1 cup loosely packed fresh parsley leaves, chopped

3/4 cup pitted green olives, finely chopped

1/4 cup olive oil

1/4 teaspoon coarsely ground black pepper

1 clove garlic, minced

1 round (10-inch diameter) loaf soft French or Italian bread (1 pound), cut horizontally in half

6 ounces thinly sliced smoked ham

6 ounces thinly sliced provolone cheese

6 ounces thinly sliced Genoa salami

1. In a medium bowl, combine celery, giardiniera, parsley, olives, oil, pepper and garlic; set aside.

2. Remove a 1-inch layer of soft center of bread from both halves to

Good Housekeeping

make room for filling. On bottom half of bread, spread half of olive mixture; top with ham, cheese, salami and remaining olive mixture. Replace top half of bread; press halves together.

3. Wrap sandwich tightly in plastic wrap, then foil, and refrigerate at least 2 hours or up to 24 hours. Cut into 8 wedges to serve.

* Each serving: About 390 calories, 24g total fat (8g saturated), 19g protein, 26g carbohydrate, 24g total fat (8g saturated), 1g fiber, 44mg cholesterol, 1,515mg sodium.

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

Classic Italian Hero

If you feel the urge, build on the basic recipe by adding any of the ingredients listed below and/or whatever else you can think of.

1/4 cup vinaigrette of choice

1 large loaf (12 ounces) Italian

bread

4 ounces thinly sliced hot and/or sweet capocollo, prosciutto, soppressata and/or salami

4 ounces mozzarella cheese, preferably fresh, thinly sliced

Shredded romaine lettuce or arugula, peperoncini, basil leaves, roasted red peppers, very thinly sliced red onions, pesto, olivada and/or sliced ripe tomatoes

1. Prepare vinaigrette. Cut bread horizontally in half. Remove enough soft center from each half to make room for filling. (Reserve soft bread for another use.)

2. Brush vinaigrette evenly over cut sides of bread. Layer meats and cheese on bottom half of bread. Top with additional ingredients of your choice. Replace top half of bread. If not serving right away, wrap sandwich in foil and refrigerate up to 4 hours. Cut into 4 pieces.

* Each serving: About 430 calories, 23g total fat (7g saturated), 20g protein, 36g carbohydrate, 48mg cholesterol, 1,226mg sodium.

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

Asian beef and noodles

Too cold to go out for Chinese? Try this recipe and stay in for the evening.



by Healthy Exchanges

8 ounces extra-lean ground sirloin beef or turkey breast

1/2 cup thinly sliced green onion

1 1/2 cups water

1 (3-ounce) package Oriental flavor instant Ramen noodles

2 cups frozen Oriental stir-fry vegetable mixture, thawed

1/4 teaspoon ground ginger

1. In a large skillet sprayed with butter-flavored cooking spray, brown meat and 1/4 cup onions. Stir in water, Ramen noodles and seasoning packet. Add vegetable mixture and ginger. Mix well to combine.

2. Lower heat, cover and simmer for 10 minutes, stirring occasionally. When serving, top each with 1 tablespoon green onion. Makes 4 (1 cup) servings.

HINT: Thaw stir-fry vegetable mixture by placing in a colander and rinsing under hot water for one minute.

* Each serving equals: 183 calories, 3g fat, 17g protein, 22g carb., 527mg sodium, 65mg calcium, 3g fiber; Diabetic Exchanges: 1 1/2 Meat, 1 Starch, 1 Vegetable; Carb Choices: 1 1/2.

Arts Round up



- 5th Ave Theater will be showing award-winning and critically acclaimed musical, **The Pajama Game**. Ages 10+ are recommended, and ticket prices range from \$29 to \$53. The showings are at 1308 5th Ave., Seattle on March 3, 4, and 5. To buy tickets online and for more information, visit 5thavenue.org.

- Burien Actor's Theatre features **Sex with Strangers** by Laura Eason, a comedic play about modern love. Tickets are \$20 for general admission, \$17 for seniors, \$10 for students, and \$12 for groups with 10 or more. The performance is running this weekend on Friday and Saturday at 8 p.m., and Sunday at 2 p.m. Tickets are available at tickets@burientheatre.org, for more information visit burienactorstheatre.org.

- The Kentwood Performing Arts Center hosts the **Seattle Rock Orchestra**, a 50+ piece orchestra who perform classic rock and roll tunes. The orchestra's sections include brass, percussion, woodwinds, brass, strings, a choir, and several guest vocalists. The show will be on March 10 and starts at 7:30 p.m. at 25800 164th Ave. S.E., Covington. Tickets are \$28 for general admission, \$15 for youths (25 and younger), and \$25 for seniors (ages 60+). You can get more information and tickets at kentwa.gov.

- Auburn Ave. Theater hosts **Grieve the Astronaut** on March 4 at 8 p.m. The show will include out of this world rock music and an impressive light show. Concessions will be available to buy during the show and doors open at 7 p.m. Tickets are \$20 for general admission. For more information, call 253-230-2258.

- The Kent-Meridian Performing Arts Center features **Kahulanui**, a mix of traditional Hawaiian tunes and swing music, on March 17 at 7:30 p.m. The nine-piece band's title is named after the Hawaiian word for "the big dance." Tickets are \$25 for general admission, \$22 for seniors (ages 60+), and \$15 for youth (ages 25 and younger). You can get more information and tickets at kentwa.gov.

Comic Con takes over Seattle

Comic legend Stan Lee headlines annual fan festival

By Olivia Clements
Staff Reporter

The godfather of comics, Stan Lee, is among the headliners at this year's Comic Con.

Comic Con returns to the Washington State Convention Center in Seattle on March 2 to 5.

Stan Lee is known for writing and producing *Iron Man*, the 2002 *Spider-Man* movie, and *Iron Man 3*, and as the creator of The Hulk and others.

The Emerald City Comic Con is the premier comic book and pop culture convention in the Northwest.

"ECCC has evolved into a melting pot of pop culture from cosplayers to celebs, Stan Lee made ECCC explode in past year. As far as experience goes ECCC is a great place to meet people, join fandoms, nerd out, and experience a growing art form," said Beverly Crock, a former Highline student who has attended the event in the past.

According to the Emerald City Comic Con website, Comic Con has soared to 88,000 people in attendance over the four days and features hundreds of comic book guests and celebrities.

"This convention is super great cause it is a bunch of people getting together celebrating something they like. It's also pretty cool meeting awesome celebrities," said Jessica Ariel Lam, another Comic Con veteran and



Photo by Nick Saglimbeni

Stan Lee first created Spider-Man with his co-writer Steve Ditko in 1962.

also a current Highline student.

Other guests will include Millie Brown from *Stranger Things*; '70s glam-rock icon Alice Cooper; Clare Kramer from *Buffy the Vampire Slayer*; Sam Heughan from *Outlander*; Tom Felton from *Harry Potter*; and more will be attending to meet guests, take photos, and give autographs.

Comic Con is an event organized by ReedPOP, which also runs New York Comic Con, C2E2, Star Wars Celebration, BookCon, and the Penny Arcade Expo among many others.

Comic Con is full of people dressing up and cosplaying as

their favorite characters.

"For someone who's into comics I would totally recommend it. There are lots of cool art to buy, costumes to get pictures of, and panels about comics," said Kate Karlson, a Highline graduate.

You can buy your tickets now at emeraldcitycomiccon.com.

Tickets for Saturday, Sunday, and the children's passes are already sold out but you still have a chance to get tickets.

Tickets are available for Thursday for \$20 and Friday for \$40.

The *Outlander* Saturday package for \$210 includes one autograph from Sam Heughan, autograph from Caitriona Balfe, and a ticket.

Finally, VIP package goes \$125. The VIP package includes two signed *Deadpool* and *X-men* comics, one signed *Deadpool* print, one autographed ticket, free photo, VIP front of the line for autograph session, and tickets for the four days of Comic Con.

"If you can't afford tickets or didn't get them in time it's still fun just to go to the Seattle Convention Center and people watch," said Lam.

Art exhibit asks for masterpieces

By Izzy Anderson
Staff Reporter

Spring into a new season of art by entering the Kent Summer Art Exhibit.

Deadline for entries is March 22.

Artists residing in Washington have the opportunity to submit a variety of art types. They have had many artistic pieces shown in the past as well.

"The Kent Summer Art Exhibit have displayed artworks representing a variety of mediums over the years [including] photographs, prints, paintings, mixed media, encaustic wall-hanging carvings, and collages," said Kent Cultural Programs Manager Ronda Billerbeck.

The Summer Art Exhibit will remain up for display from June 7 to Aug. 24 at the Centennial Center Gallery at 400 W. Gowe St., Kent.

Entering into this exhibit also gives artists the chance for a spot in other gallery shows.

"Applying for the Summer Art Exhibit is the single annual opportunity for artists to be considered for showing in the gallery, as the other shows throughout the year are selected from the artists exhibiting in the Summer Art Exhibit," said Billerbeck.

They are especially encouraging Kent artists and first-time applicants to enter the exhibit this year, she said.

Cash prizes and awards are also up for grabs to those who

enter the exhibit.

An award panel will give out a total of \$15,000 and The City Art Purchase Award to one or more artists.

Three to five participating artists will receive the 2018 Kent Arts Commission Centennial Center Gallery Exhibit Award.

It is possible for artists to win multiple awards.

The participating artists and guests are also invited to the Summer Exhibit Reception on June 7, from 6:30 to 8 p.m., where they can see which of their pieces had been selected for the exhibit, as well as meet the other artists and admire their works too.

To apply for a spot in the exhibit, visit apply.4culture.org.

Time to tango in Federal Way

The Federal Way Symphony is having a Triumph of Tango concert this Sunday at 2 p.m. at St. Luke's Lutheran Church, 515 S. 312th St., Federal Way.

This chamber concert will feature Four Seasons Tango music by Argentinian composer Astor Piazzolla. You can expect to hear pieces by influential composers such as Beethoven and Dmitri Shostakovich.

The show is free for ages 18 and younger, otherwise tickets are \$33 for general admission, \$29 for seniors (ages 60 and up), and \$15 for students. For more information, visit federalwaysymphony.org.

Wine fest returns for the 12th year

Poverty Bay Wine Festival is bigger than ever this year

By Izzy Anderson
Staff Reporter

Local winemakers from more than 20 of Washington’s best wineries will serve tastes of their fine wines at the 2017 Poverty Bay Wine Festival this weekend.

The 12th annual festival is Friday, March 3 at 5 to 10 p.m. and Saturday, March 4 at noon to 9 p.m. The event is hosted by the Rotary Club of Des Moines and Normandy Park at the Des Moines Beach Park Auditorium at 22030 Cliff Ave. S.

“We’re one of the longest running wine festivals in the Northwest,” said Blake Messer, one of the organizers.

“We are bringing in a few wineries that have not participated in past wine festivals such as Palouse Winery, Foxy Roxy from Othello, and Vashon winery,” said the wine festival



Photo by The Waterland Blog

Wine tasting commences during one of the previous Poverty Bay Wine Festivals.

co-chairman Brian Snure.

“In addition we have long standing crowd favorites such as Page, Davenport, Antolin and Castillo De Feliciana,” said Snure.

The wine festival will feature more than just wine, however.

“We have a unique selling proposition. At the pre-funk event on Thursday night at the lighthouse lounge at 8 p.m., there will be a free unplugged live acoustic performance,” said Messer.

[“The Northwest] is known for having some of the best blues musicians in the world, and we have four highly regarded blues acts coming in,” said Messer.

The performing musicians include Danny Welsh, Eric Madis, Scott Lindermuth, and Brian Butler.

Along with the musical performances and local wines will be a raffle and prizes. Prizes from the raffle include two round-trip tickets from Alaska Airlines and two season passes to Centerstage Theater shows.

Most of the revenues from the festival will go back to the community.

“One hundred percent of net proceeds go back to causes like Highline Music for Life, the Highline School District, Des Moines Area Food Bank, the Dictionaries for Every Third Grader program, Coats for Kids, and many more,” said Messer.

“Since 2005 we have raised over \$450 thousand to fund our charitable projects and anticipate this year’s festival to push us over the half a million mark,” said Snure.

The event is 21 and older, and it is advised to leave pets at home.

Tickets are \$35 online for early bird pricing and \$40 for general admission. Raffle tickets are also available online or at the wine fest for \$5.

These one-day passes come with 10 wine-tasting tokens and the tastings range from one to three tokens per wine. More tokens are available for \$1 each.

For more information or to buy tickets, visit drinktocommerce.org.

Ferrante brings Groucho to life in tribute show

By Izzy Anderson
Staff Reporter

Spend An Evening with Groucho this weekend at the Centerstage Theatre in Federal Way.

Frank Ferrante is performing his act An Evening with Groucho, a tribute to the late comedian and film star Groucho Marx, this Friday at 8 p.m. and Saturday at 2 p.m. at 3200 S.W. Dash Point Rd.

The show consists of Groucho’s famous ad-libbing, one-liners, improv, crowd interactions, and songs like Lydia, the Tattooed Lady and Hooray For Captain Spalding.

Groucho Marx was best known for his wittiness and was considered one of the best comedians of his time.

His distinct style consisted of a cigar, glasses, and a grease-paint mustache and eyebrows.

“The show attempts to give audiences a feel of what it was like to experience [Groucho] on stage,” said Ferrante.

“He was a surprising comedian, and a master of ad lib. This performance tries to invoke all of that,” he said.

Frank Ferrante has been portraying Groucho Marx for more than 30 years now, in more than



Frank Ferrante dazzles audiences with his performance as Groucho Marx.

2,500 performances in 40 cities. Ferrante has been rewarded for his performances with the New York Theater World Award, and several Connecticut Critics Circle Awards.

His talent was first discovered in 1985 by playwright and Groucho’s son, Arthur Marx.

Ferrante’s passion for his work goes further back than when he started performing, however.

“I saw the Marx Brothers movies as a boy, I wanted to be like those characters,” said Ferrante. “I was shy, so to become someone else was like an armor, I felt invincible.”

Ferrante said he especially enjoys introducing a new, younger crowd to the character that is Groucho Marx.

Tickets are \$35 for general admission, \$30 for seniors (ages 65+) and military, \$15 for youth (ages 25 and younger), and \$50 for V.I.P. access.

Tickets are available at centerstagetheatre.com. For more information, visit eveningwithgroucho.com.

Got news?
tword@highline.edu

BSTEC 230 - Online

MS SharePoint for Office

Learn how to create basic web pages with SharePoint and how to integrate and share MS Office documents and files among the company server platform.

Spring 2017
Item# 2368

T-Birds still have a shot at playoffs

By Thanavin Chum
Staff Reporter

The Lady T-Birds still have a chance to advance to the NWAC tournament as they held on to beat the Green River Gators, 58 – 53, and lost to the Pierce Raiders, 49 – 42.

The Raiders, who hadn’t won a game all year, took advantage of 38 T-Bird turnovers and turned it into 25 points of their own.

The Raiders relied on freshmen guard Victoria Mukisa. Mukisa with 21 points on with 6 for 17 shooting from the three-point line. The second highest score for the Raiders was sophomore guard Denisha Navarro with only seven points.

The T-Bird freshman guard Aileen Kaye led her team with 12 points and five steals. Team captain Jasmine Hansgen also had a solid game finishing with nine points and 11 total rebounds.

The T-Birds scored 23 points off their second chance opportunities compare to zero points for the Raiders. Similar to last week, the T-Birds couldn’t slow down Pierce from the three-point line.

The Raiders finished the game shooting, 9 of 26 attempted for 27 points from three-



Kelsey Par/THUNDERWORD

Ariel Miller posts up against teammate Theyoung Puoy in practice last Tuesday.

point line. T-Birds only made two of their nine attempts for six points.

The T-Birds also outrebounded the Raiders, 49 to 33 total rebounds.

Three T-Birds players were in double figure on the game against the Gators, including Hansgen, Kaye and freshman guard/forward Ariel Miller. Each with 10 points.

Sophomore guard/forward Anna Cook put up an all-

around effort on both sides of the game. She scored eight points and also led the team with 12 total rebounds, six on offensive side and six on defensive side. She also had six assists and two steals.

“I would be remiss if I didn’t mention Anna Cook. She had an amazing stat line that game,” Head Coach Amber Mosley said. “Cook and Hansgen have really stepped up for us this season and are bring-

ing a lot of energy. We are also liking how well Kaye has been playing lately,” Mosley said.

The T-Birds bench put up 21 points compare to only eight points for the Gators. As well as crashing the boards as a team, 53 for the T-Birds and 40 for the Gator.

It’s all coming down to the final week of the season, two teams fighting for the fourth seed, the Grays Harbor Chokers and the T-Birds.

The scenario is if the T-Birds can beat the Tacoma Titans and the Grays Harbor Chokers lose to Centralia Trailblazers, the T-Birds with the record of 7 – 7, would play a tie-breaker game against the Chokers, also 7 – 7, winner will claim the fourth seed and move on to the NWAC tournament.

Both games were played Wednesday night and results unavailable at press time.

Who will host the tie-breaker game depends on how each team did against the top teams throughout the season.

Both the Chokers and the T-Birds lost to the Trailblazers and Lower Columbia Red Devils twice.

The Chokers are 1 - 1 against South Puget Sound Clippers but the T-Birds are 2 - 0 against the Clippers. The Chokers are also 1 – 1 against the Titans and the T-Birds are 1 – 0 against the Titans.

In this case, the T-Birds will host the game if they can beat the Titans due to the 2 – 0 record against the Clippers.

If there will be a tie-breaker game, the date and time between the T-Birds and the Chokers will be released by the NWAC after the result of Wednesday games.

Highline loses its chance at postseason play

By Chentay Warnes
Staff Reporter

The men’s basketball team beat the Green River Gators last Wednesday, making their record 6-7 (12-15 overall), but they will not be moving through to the NWAC playoffs.

Highline won 87-84 against the last place team the Gators (1-12). The leading scorers were Jamie Orme with 28 points followed by Val Wilson with 26 points. Austin Anderson had seven assists.

In the first half Highline led 46-39. In the second half the T-Birds scored 41 points and the Gators scored 45 points, making it a close game.

Highline put away 24 points from their second chances and Green River only got 11 points.

The T-Birds made 41 percent of their three-pointers and 57 percent of their free throws while the Gators made 37 percent of their three-pointers and 75 percent on free throws.

Green River got 31 points off the bench and Highline only got three. The top scorer for the

Gators was Kaelin Crane with 26 points.

Pierce College beat Highline 97-64 on Saturday, Feb. 25. The leading scorer for Pierce with 21 points was Michael Hannan.

The top scorers for the T-Birds were Orme with 20 points and with 12 points each were Neil Green and Wilson.

In the first half the Raiders led 47-30 against the T-Birds. In the second half Pierce scored 50 points and Highline scored 34.

Highline made 28 percent of their field goals 32 percent of their three-pointers and 78 percent of their free throws. The Raiders made 50 percent of their field goals 44 percent of their three-pointers and 72 percent of their free throws.

The T-Birds scored 10 points off the bench and Pierce scored 45 points.

Highline had 13 turnovers which the Raiders converted into 17 points. Pierce had 10 turnovers and the T-Birds got 10 points from it.

“We have not played well defensively the last two games.



Izzy Anderson/THUNDERWORD

Neil Green attempts to block a teammates layup in practice last Tuesday.

Teams are scoring an inordinate amount of points, which is a function of effort and discipline,” said Head Coach Che Dawson.

“The season didn’t go as

planned but I think as a team we grew together and stayed together. With how things went this year a lot of teams would’ve separated and would’ve completely fallen apart. That never happened with us,” said Wilson.

“I wish myself and the team would’ve been more consistent. We had a lot of games where we looked like the best team in the NWACs and then we had games where we didn’t even look like we wanted to play. I think consistency was our biggest problem,” said Wilson.

Even though Highline had a rough season this year, next year Coach Dawson said, he is excited to put a group of guys together that will excel.

“They’ll have a lot of returning players next year so the only advice I can really give them is learn from our mistakes. Take the good things we did this year and get rid of all the bad,” said Wilson.

The results from Wednesday’s games against Tacoma (fourth place team at 8-5) were unavailable at press time.

38

35

45

14

Scoreboard

NWAC Women's Basketball

Team	League	Season
Lower Columbia	12-1	25-3
Centralia	11-2	18-9
Tacoma	8-5	19-7
Grays Harbor	7-6	12-13
Highline	6-7	9-18
S Puget Sound	4-9	10-16
Green River	3-10	6-21
Pierce	1-12	1-24

EAST

Team	League	Season
Walla Walla	13-2	20-4
Spokane	12-2	21-4
Columbia Basin	11-5	19-8
Treasure Valley	8-7	16-10
Yakima Valley	7-7	16-10
North Idaho	6-9	13-13
Big Bend	4-10	12-15

NORTH

Team	League	Season
Skagit Valley	11-2	21-6
Peninsula	10-3	18-8
Bellevue	9-4	16-9
Everett	9-4	13-12
Shoreline	6-7	9-14
Olympic	3-10	9-14

SOUTH

Team	League	Season
Umpqua	15-0	24-2
Lane	12-2	24-4
Clackamas	8-6	16-10
Linn-Benton	8-6	15-11
Portland	5-9	7-18
Clark	4-10	7-19
Chemeketa	4-10	7-18

NWAC Men's Basketball

Team	League	Season
S. Puget Sound	13-0	22-4
Pierce	10-3	22-6
Lower Columbia	9-4	20-8
Tacoma	8-5	15-12
Highline	6-7	12-15
Grays Harbor	3-10	7-21
Centralia	2-11	5-22
Green River	1-12	4-23

EAST

Team	League	Season
North Idaho	13-2	25-3
Spokane	11-3	22-5
Walla Walla	11-4	20-7
Big Bend	9-5	17-10
Treasure Valley	9-6	16-10
Wenatchee Valley	5-9	9-17
Yakima Valley	3-11	9-17

NORTH

Team	League	Season
Shoreline	10-3	17-7
Peninsula	9-4	18-7
Bellevue	8-5	18-10
Whatcom	7-6	15-9
Everett	7-6	14-11
Skagit Valley	6-7	13-11
Edmonds	2-11	5-21

SOUTH

Team	League	Season
Umpqua	10-5	18-8
Clark	8-6	15-9
Clackamas	8-6	15-11
Portland	8-6	11-15
Mt. Hood	7-7	13-11
Linn-Benton	7-7	13-12
Chemeketa	7-7	12-14
SW Oregon	6-9	15-13
Lane	3-11	11-15

T-Bird Ramirez pins down second place at nationals

By Konner Hancock
Staff Reporter

Highline wrestler Andrew Ramirez was crowned the second best in the nation at the 141-pound weight classification, last week.

Overall, he led the T-Birds to an 18th place finish this past weekend when the team traveled to Council Bluffs, Iowa to compete against 36 other wrestling squads in the National Junior Collegiate Athletics Association's two-day national tournament.

"I really enjoyed my season. I chose to not to cut to a lower weight this year. I didn't have to stress as much and was able to just focus on my wrestling," Ramirez said.

Unfortunately, in the first round of wrestling Ramirez sprained his right ankle, but decided to continue.

"I feel great that I placed second, but also frustrated that I sprained my ankle in the first round. There's nothing I could have done, but I feel like I didn't get to do what I've been training all year for," he said.

Ramirez went on after the first match to defeat three more competitors before his 10-4 decision loss in the final match against Nick Casella of Nassau College.

"I am proud that [Ramirez] wrestled, but I think that Andrew, if he would not have injured his ankle, he would have won the whole thing," said Assistant Head Coach Bradley Luvaas.

Miguel Morales ended at eighth place in the heavyweight class.

Morales won his first two matches before falling to Lisi-



Alena Ramirez photo

Highline's Andrew Ramirez stands on the second place spot on the NJCAA podium.

ate Anau of Northwest college by decision, 10-4. Then Morales went on to compete for the seventh-place spot against Tom Halecki, of Camden County College. Morales lost by decision, 6-4, keeping him in eighth place.

"I feel that all of them failed to reach their full potential we should have left with five all-Americans and one national champion," Luvaas said.

As a team and individuals, the coaching staff feel they could have performed much better at the end of the year when it really counted, Luvaas said.

Nevertheless, Ramirez said he thought the team rallied for nationals.

"I am proud of my team-

mates. They didn't hold anything back," Ramirez said.

Wrestlers Jesus Torres, 125, Claudeus Laude, 133, Antonio Nieves, 149, Cole Morrison, 157, Bobby Jackson, 165, Jacob Zocco, 174, Mario Luevano, 184 and Joshua Wessels, 197, all either lost their first or second matches of the national tournament, keeping them out of the top eight ranking in their weight.

"We haven't had the most talented group and we've had a lot of ups and downs this year, but through it all we've got good kids and model citizens on our team. Every kid who finished the year has my utmost respect. We run tough practices and most kids can't handle it. The wrestlers we have left in our room can," said Head Coach Scott Norton.

"Bottom line all the credit goes to them for showing up [to the tournament] and competing."

Iowa Central topped out at first place, Clackamas finished in second and in third was

Northeastern Oklahoma A&M.

This is Iowa Central's sixth national victory in the NJCAA since 2006.

It ended with four national champions in Todd Small, 125, Dayton Racer, 157 and Preston Lauterbach, 184, heavy weight Thomas Petersen won by pin. Iowa Central also had several second- and third-place wrestlers in several other weight classes.

Highline has already started focusing on next year's team, Luvaas said.

The T-Birds had several freshmen this season, one of the most in the NJCAA, which could translate to more experienced sophomore wrestlers next season.

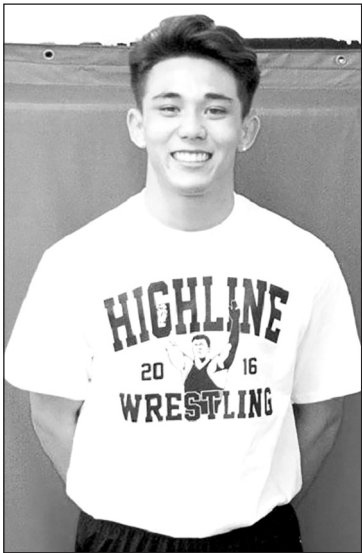
But Coach Luvaas is cautious about predicting success based on numbers.

"Every season is different and at the junior college level there is a ton of turnover every year. Having a young team this year does not ensure an experienced team next year," Luvaas said.

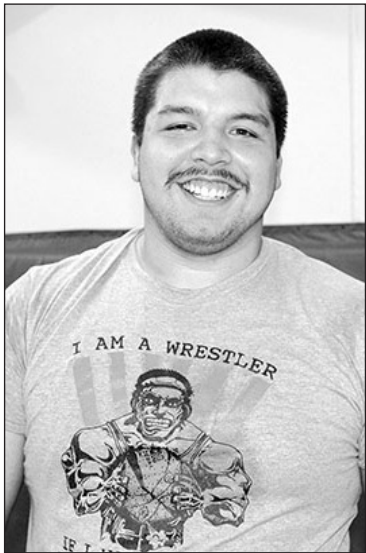


Alena Ramirez photo

Andrew Ramirez taking down Nick Casella in the national championship match.



Andrew Ramirez



Miguel Morales

Mycorrhizae can save plants, help the planet

By Samuel Robbins
Staff Reporter

Fungi protects plants and may help alleviate the adversity of climate change, a Highline professor said last week.

Urban Agriculture Program Manager Bobby Butler spoke at last week’s Science Seminar.

Science Seminar is held every Friday and attendance is open to any staff or student. Presentations are led by faculty on research topics and subjects of general scientific interest.

Fungi are spore-producing organisms feeding on organic matter, including molds, yeast, mushrooms, and toadstools.

“Mycorrhizae protects plants from climate change damage,”

Butler said.

Mycorrhizae are symbiotic relationships that form between fungi and plants.

The fungi colonize the root system of a host plant, providing increased water and nutrient absorption capabilities while the plant provides the fungus with carbohydrates.

“Mycorrhizae played a large role in the evolution of plants, and now climate change is changing how plants grow,” Butler said.

Butler listed the ways that mycorrhizae protect plants from the dangers of climate change:

Heat protection: When a mycorrhizae relationship was formed with flowers they survived higher temperatures, he said.



Kayla Dickson/ THUNDERWORD

Bobby Butler talks about mycorrhizae at last week’s Science Seminar.

Drought protection: Research concluded that corn survived water loss in higher temperatures with mycorrhizae, he said.

“Some other benefits of mycorrhizae are: soil salinity tolerance, soil acidity tolerance and disease resistance,” Butler said.

Mycorrhizae is not likely to make a large difference in climate change, but it could help

Butler said.

Next Science Seminar, will be Friday, March 3, in Building 3, room 102 with Chun Yu discussing computer information systems.

Learn the power of positive psychology at First Fridays seminar

By Brooks Schaefer
Staff reporter

Learn how to use the power of positive psychology to improve your life at this week’s First Friday Leadership Institute

Dr. Michele Ribeiro, a psychologist and counselor at Oregon State University will present the workshop at 2 p.m. on March 3 in the Mt. Olympus room of Building 8.

The name of this workshop is “Transforming leaders through positive psychology,” and will teach students the key theories of positive psychology and how to apply them in leadership opportunities.

The goal is to teach students to implement ideas such as “examining purpose, capitalizing on strengths, and understanding the importance of a growth mindset in grit and perseverance,” the event’s organizers say.

This will be accomplished via interactive exercises involving bringing these theories to practice.

Every workshop is extremely interactive, said Iesha Valencia, director of the Center for Leadership and Service.

“You’re not just sitting in a chair listening to someone talk for two hours,” she said.

The First Friday Leadership Institute, as the name implies, takes place once a month on the first Friday of that month.

It is “... a series of work-



Iesha Valencia

shops where students can either come to one... or come to all of them but every time they leave the workshop they are leaving having learned... practical leadership skills that can be implemented in different areas of their life,” Valencia said.

Valencia said First Fridays is “... a pretty popular program. We get anywhere from 70 to 90 students to attend each workshop.”

Valencia encouraged students to attend this upcoming workshop.

“It’s a pretty friendly program, so it’s very common for people to make friends through attending this program,” she said.

In addition, it is possible to get a certificate for this extra-curricular involvement to put on your resume from attending five or more of these workshops.

Special resources for women vets

Women veterans, mark your calendars for April 21-22, when the 2017 National Women Veterans Summit is held in Dallas.

Women make up 10 percent of all veterans, and that number is expected to rise to 15 percent.

The summit will focus on what women veterans need and will offer information, training and guidance in exploring resources both in the Department of Veterans Affairs and out in the community.

It will bring together those in public-sector agencies, private government, nonprofits, corporations, researchers ... and of course, women veterans. There will be panels, open forums, lectures and more.

Read about the event at www.va.gov/women-vet. Keep an eye on the site, as the exact location has not been confirmed as of this writing. Registration will be posted on the site.

While you’re on the website, The Center for Women Veterans has a full list of resources and programs. Check out the Veteran Artist Program, which includes collaboration and mentorships in visual art, performing arts, film and video, and interactive media. Look at MusiCorp, a conservatory-level music rehab program, and Operation Encore, showcasing the singer-songwriter talents of veterans and military members. If there’s nothing near you, click on Americans for the Arts for a state-by-state directory of art opportunities.

Did you know there’s a call center just for women veterans? See www.womenshealth.va.gov. The WVCC staff is specially trained to help women veterans. You can either call them Monday through Friday 8 a.m. to 10 p.m. ET, and on Saturdays from 8 a.m. to 6:30 p.m. ET, or click the Chat button on the right side of the screen. The trained staff members are women as well, and so far, they’ve helped 33,000 veterans.

Rest in peace? Not at these Cemeteries

The Department of Veterans Affairs National Cemetery Administration earned high marks in a recent survey of customer satisfaction, but on the state level, it’s another story.



by Freddy Groves

The VA cemetery in Exeter, Rhode Island, under the control of the Department of Human Services, incorrectly laid out a row of graves in 2010, and since then seven veterans were interred in the wrong place. Even when the permanent grave markers were installed, the problem wasn’t noticed and markers were put in the wrong place on 21 graves. The mistake wasn’t found until recently, when cemetery workers tried to make space for a veteran’s wife, and there was no room in the grave.

Can you imagine? You visit the burial site of your loved one and later learn you were in the wrong place, year after year?

There apparently were no procedures in place to prevent this kind of mistake, but there will be now. A second person will need to verify that the remains are in the correct place.

It wasn’t the first mistake of this kind at the Rhode Island cemetery. One woman inquired about why the ground at her mother’s grave wasn’t freshly turned. It was discovered that the woman, the wife of a former state senator, had been buried a few rows down and a few spaces over, instead of with her husband. Explanation: human error. This is the same cemetery where piles of U.S. flags were discovered last year dumped like so much garbage, found and photographed by a son who came to pay his respects at his father’s grave.

It’s hard to pick out which veterans cemetery is the worst, but this one is right up there: In Texas, a veteran’s grave marker left off his middle name. The replacement marker had the word “united” misspelled, as in United States of America.

Bottom line

Highline adds \$631.5 million to the King County economy

By James Jackson
Staff Reporter

A new study shows that Highline adds more than a half of a million dollars to the local economy.

The economic impact analysis shows Highline promoting economic growth in a number of ways. The college contributed to the local economy with the added income of \$55.4 million from 977 jobs, including day-to-day operations, payroll and benefits.

Another \$25.4 million came from international students, who account for 9 percent of Highline student population. Highline alumni have contributed \$550.7 million with 7,347 jobs in the region, according to the Analysis of the Return on Investment and Economic Impact of Education Study.

“EMSI has been doing these economic impact studies primarily for colleges and universities both domestically and internationally,” said Dr. Lisa Skari vice, president of Institutional Advancement.

The study was conducted by Economic Modeling Specialist International (EMSI), an independent research company that specializes in economic impact studies for leaders in higher education. The research focused on two areas, an economic impact and investment analysis for the fiscal year of 2014-15.

The research was originally commissioned by the State



Tiffany Ho/THUNDERWORD

Board of Community and Technical colleges, said Dr. Skari.

“The State Board commissioned the study and Highline was then able to piggy back at a reduced rate of about \$40,000,” said Dr. Skari.

They have done about 1,200 of these studies and have built a model using indicators and local data from census and bureau of labor management. The college then provides a spread sheet of data such as enrollment and other data points that are fed into the matrix, she said.

“This model has been used enough so that there is some reliability,” Dr. Skari said. “This is actually the second time we’ve done it. We did the study back in 2010.”

This study’s results are more focused on policy makers and funders. When the school is

asking for money and support, whether it be student scholarships, capital projects or federal grants, we can use this data as a persuasive point to the different groups,” said Dr. Skari

“We find this very useful specifically when talking to legislators,” said Dr. Skari. “So when you got a legislator that’s looking at where they’re going to spend their money and you can tell them for every \$1 you spend were going to give you \$4.30 back, it’s far more compelling then saying we have amazing students who are doing amazing things.”

The legislators love the student stories, but when the school can tell them that it benefits the state with a return on its investment, that data is what actually resonates with legislators, said Dr. Skari.

The benefits to Washington of Highline as an educational institution are felt in two major ways.

One is the increase to the state economic base from higher earnings. Two is increased business activity.

There is a return on investment in education for the students. For every \$1 spent on their education there is a \$2.30 return on investment in the form of higher wages. In King County the difference between having a high school diploma and having an associate’s degree is \$11,800 in salary earnings a year, Dr. Skari said.

“The local businesses benefit from Highline. For every student buying food, coffee and other services in the area, the local municipalities are collecting sales tax,” Dr. Skari said. “Because of the college being here more money is spent in the community.”

The economic impact of Highline plays out in social savings as well. With the higher quality of life that education provides, students and alumni are less likely to suffer from health and wellness issues, commit crimes, or be unemployed.

“The study takes into account the tax implications. The more education you get you tend to see healthier lifestyles, less crime, the less need for social services the less tax money spent on social services,” said Dr. Skari

“Society benefits by having healthier employees. It’s weird how they carve it apart and the same thing with criminal justice. Lower instance of crime lower insurance rates,” said Dr. Skari.

“It’s a multiplier effect by the Highline being here there is more money drawn here and more money spent here,” Dr. Skari said. “Eighty percent of students that graduate here are staying here.”

The return for state and local taxpayers was significantly strong, with Highline returning more to the state than is costs to operate. For every \$1 of public money invested, state taxpayers receive \$4.70 over the student’s working lives for an average yearly return of 15.6 percent.

For every dollar invested in education at Highline by students, taxpayers or the college itself, an average of \$9.80 in benefits will accrue to society in Washington.

In total during the 2014-15 fiscal year, Highline created \$631.5 million in economic value for King County. For more about this study please go to www.highline.edu/economic-impact/

Got news?
tword@highline.edu

New food safety ratings give consumers more information

By Klara Woodruff
Staff Reporter

King County’s new food safety rating system lets consumer’s know, at a glance, the level of the restaurant’s food safety practices.

On Jan. 17, a new food safety rating system was put into place so consumers could better understand the condition of the establishment they dine in.

Restaurant inspectors conduct the inspections the same way they always did. The only thing that has changed is the way information is given to the public, said Carly Thompson of the King County Public Health Department.

A restaurant’s rating is based on the average of red critical violation points from a restaurant’s last four routine inspections.

A red critical violation is given to eating establishments when food is not handled properly.

For example, when hands are

not washed or food is not properly stored at the right temperature.

“Restaurants that are doing well welcome the new food rating system,” said Sherrill Miller an employee at Classic Eats in Burien.

The new rating system shows how a restaurant does over time instead of on a single inspection.

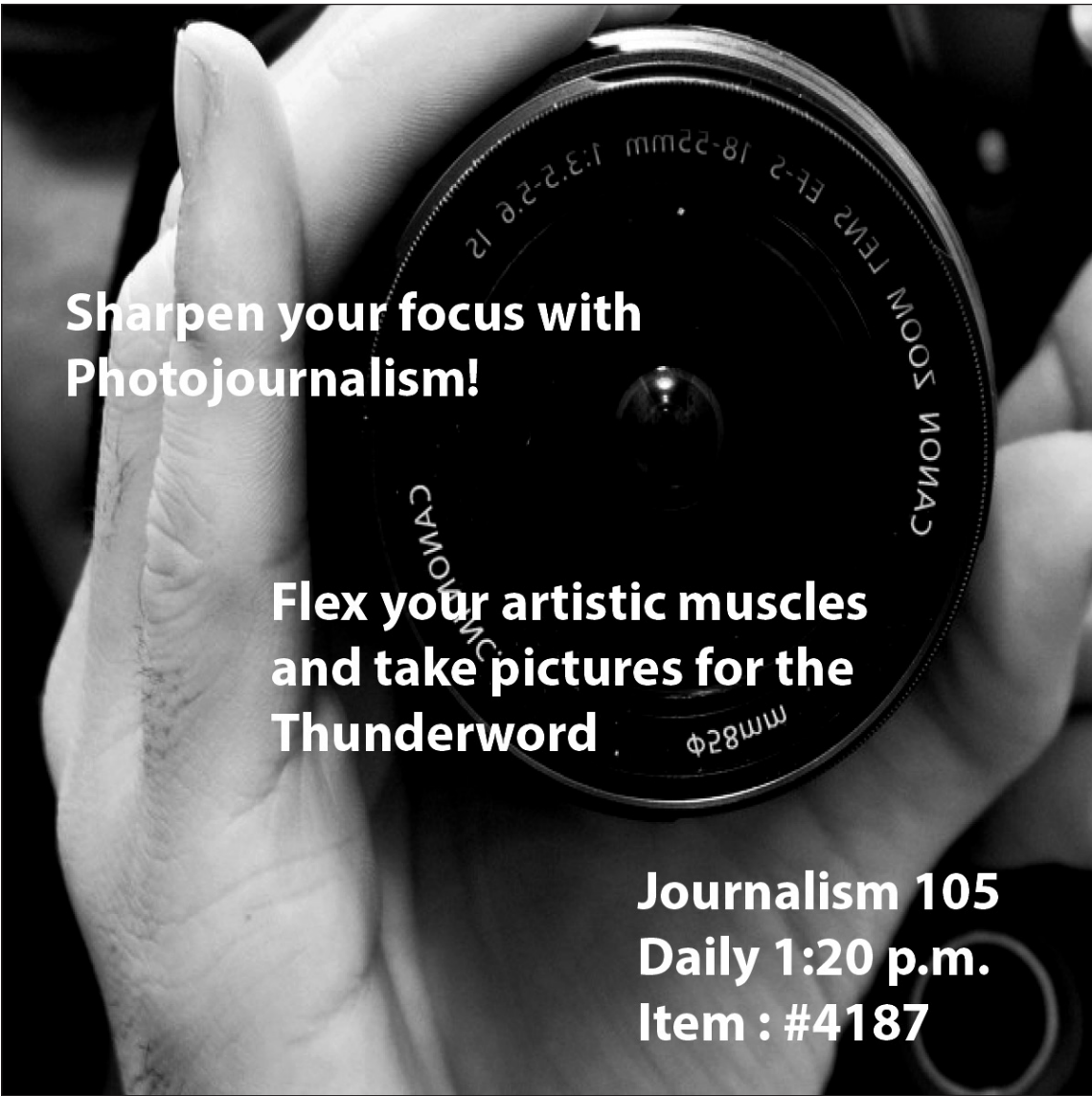
If a restaurant has 90 or more red critical violations on a routine inspection, they will be immediately shut down.

If a restaurant receives 120 points of red or blue violations they will shut down immediately. Blue violations consist of poor sanitation and maintenance.

“I just think the rating system should be more standardized because it is currently rated on a curve,” said Miller.

The food rating system consists of four ratings: needs to improve, OK, good or excellent.

The public can find full inspection histories online at kingcounty.gov.



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Journalism 105
Daily 1:20 p.m.
Item : #4187

Volley-soccer on the lawn



Kayla Dickson/THUNDERWORD

Students take advantage of a rare sunny day with a combination of volleyball and soccer on the grass in front of Building 3.

Health Information Fair offers to check your stats

Learn something about your body at the annual Health Information Fair this Wednesday.

The Health Information Fair runs from 9 a.m. until 1 p.m. on March 8, and features booths and exhibits from students taking courses in nutrition, global health, nursing, biology, respiratory care, personal fitness, and medical assisting.

Information on health-related subjects such as chronic diseases, nutrition, fitness, infectious diseases, hygiene, general health care, and eating disorders will be discussed.

There also will be screening assessments available to test blood pressures and fitness levels, as well as a functional movement screening.

Highline students and faculty from Allied Health, Personal Fitness Training and other programs as well as representatives from college departments, such as Counseling Services and Women's Programs will also be available to talk.

The event is free and open to the public, and will take place in Building 8.

Event makes student dreams a reality

By Roseline Collins
Staff Reporter

Highline will focus next week on helping students build their academic dreams.

The Highline Foundation, the Alumni Association, and several programs on campus have joined together to raise funds that will be used to grant scholarships to students in need to achieve their dreams.

This week-long project is a newly-generated event titled Build a Dream Week.

LaTonya Brisbane, a Highline alumnus and an intern with Alumni Relations, said the week is dedicated to supporting programs across Highline and granting scholarships to students, as well as bringing attention to the Alumni Association.

Fifty percent of the funds raised will fund scholarships for the programs and the other half will go to the Alumni Association.

This event serves as a way for the school to support current students and alumni, Brisbane said.

It will run from March 6 to March 10.

Each day of the week a program on campus will be highlighted so that students and staff can make donations to support the program.

Highline pursued programs across campus that wanted to put this event into action. Five programs were then chosen to be recipients for each day of the week, Brisbane said.

First, on Monday, is the Natasha Burrows Equity and Inclusion Scholarship coordinated through the Center for Leadership and Service. It serves students who identify with one or more of the following categories: Undocumented;



Laura Rosa

Black/Latino males; Single parents; Low income; Transgender; or Formerly incarcerated.

On Tuesday, the Steven Underwood Memorial Scholarship will be the fundraising beneficiary to aid students studying in the Criminal Justice Program and planning for careers in law enforcement. Underwood was a Des Moines Police officer slain in the line of duty.

On Wednesday, the Honors Program Scholarship Fund seeks to raise money for students in the Honors Program who seek to engage in rigorous coursework and research.

On Thursday is the Umoja Black Scholars Emergency Fund to support students in the Umoja Program who participate in educational program activities.

Lastly, on Friday, the MaST Center will be featured to promote operating funds for aquarium, school and summer programs.

Each program has constructed its unique method of reaching out to people to support its program, Brisbane said.

Students can make donations right from their cellphones via text messaging with the Text-to-Give platform by texting Highline to 80077.

The platform allows for donors to make an automatic \$10 donation, which will be accept-

ed over to the individual's cell phone carrier and show up on their bill, Brisbane said.

"The process is more accessible," she said.

It does not go through the donor's bank nor requires any special setting up because it transfers directly on the phone bill of the giver, she said.

For 24 hours, all donations will go to the featured recipient of that day.

However, if you would like to donate to a different group or deposit a lesser or greater amount than \$10 limited by the Text-to-Give platform, you may

visit alumni.highline.edu/donate where you will be provided a link to choose any amount of donation to the program(s) you desire your donation(s) to go towards.

Brisbane said she believes this first-ever event is already geared toward success because these programs have chosen to join and though there is not a specific fundraising target, they hope to get as much money as possible.

For more information, please contact Alumni Relations Coordinator Laura Rosa at lrosa@highline.edu or visit alumni.highline.edu

the THUNDERWORD

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- Two sections: 4176 - Daily 10 a.m.
4177 - Daily 1:20 p.m.

Schierbeck takes a stand against DAPL

By Klara Woodruff
Staff Reporter

Mother Earth doesn't need us, we need her, said Kyle Schierbeck at a presentation about Standing Rock Reservation on Feb. 21.

Standing Rock is a reservation that straddles the line between North and South Dakota, and is home to the Sioux Tribe.

Schierbeck, a member of the Standing Rock tribe and a chairmember on the board for the Native Family Advisory Council, talked about the severity of the Dakota Access Pipeline (DAPL) plan.

This pipeline would carry oil underneath Lake Oahe, which is the reservation's primary source of drinking water.

Imagine that you and all your people are doing what you believe in on your land, then police come in and arrest you



Jessica Strand/THUNDERWORD
Kyle Schierbeck, left, and his son, Hunter, showed examples of how the protesters have been treated at Standing Rock during a presentation on Feb. 21 about the Dakota Access Pipeline.

for doing what you believe in, Schierbeck said.

"How angry would you be?" he asked.

Schierbeck started his own non-profit organization, Unkitawa (pronounced un-GEE-ta-wa), to help protect and heal the earth for the benefit of all people.

The organization's name is a Lakota word that embodies the concept that what belongs to each of us individually, equally belongs to all living things, according to the organization's Facebook page.

"First off, let's stop using the word protesters and let's start saying water protectors," said Schierbeck during the presentation.

Conditions at Standing Rock were cruel; the water protectors were sprayed with water in freezing temperatures until they disbanded, said Schierbeck.

At the start of the presentation, Schierbeck collect-

ed phones from the audience members.

"All of the phones are mine now. How do you feel about that?" Schierbeck asked the concerned crowd.

That is how the Sioux Tribe feels about their land, he said. The phones, like the reservation land, holds precious memories for the people who are there.

U.S. Army Corps gave water protectors until Feb. 22 to vacate the reservation land.

Schierbeck and members of the Unkitawa organization recently delivered wood and food to the Standing Rock site.

The last water protectors set fire to the final wooden structures at Standing Rock on Feb. 22. This was a symbolic part in a ceremony of leaving for the tribe members.

To donate, get involved, or for more information, visit www.unkitawa.org.

Wait to register for graduation until you make the grades

By Barinder Sandhu
Staff Reporter

Highline is asking students to wait longer before applying for graduation.

With 90 credits required for graduation, many students were applying halfway through. School officials now ask that those requests be delayed until closer to the quarter when students actually graduate.

The change was announced as academic advisers recently went over Highline's academic policies and procedures and how they could impact students and their transcripts.

Sponsored by the Highline Registration Office and Transfer Center, Wuhye Chun and Siew Lai Lilley gave a presentation on Highline's academic policies and procedures on Feb. 23.

"There's no more of applying at 45 credits, we ask that you apply closer to the time of your graduation," Lilley said.

Many students leave here not knowing they had to apply to get their degree, Chun said.

"You can repeat a class up to two times, and need to fill out the repeat form to have it shown on your transcript that you repeated a class," Lilley said.

Students can register for a class they have already repeated twice, but the repeated grade will not be calculated into your GPA. Each grade received will remain on your transcript, but only the grade awarded is used in the computation of your GPA. However, when transferring to other colleges repeats may not be recognized, Chun said.

"For example, say you took Math 81 and got a 1.9 the first time you took it, 1.8 and 1.9 the second and third time you took the class. You will be allowed to retake the class to get a 2.0 and meet the prerequisite for the next math class but this grade will not be allowed to be used as your repeated grade," Chun said.

The grade forgiveness policy can only be applied once, and to one quarter only and it erases your grades for the quarter you select, and everything prior to that, Lilley said.

"You can't pick and choose

the quarter you want to get rid of. You can only apply it [grade forgiveness policy] once and everything prior to the quarter you choose will be impacted by the grade forgiveness policy," Lilley said.

This policy is a case-by-case basis, and you should ask an adviser what's the best option for you before using this policy, said the academic advisers.

"For example, say you used this policy and when you're transferring and you need a math class as a prerequisite that you already took at Highline, but was impacted by the grade

forgiveness policy, you will not be able to use the class as a prerequisite," Chun said.

The maximum number of credits a student can enroll in is 23 credits per quarter.

"Many students want to enroll in 18 or more credits," Lilley said.

To take more than 18 credits you have to meet the criteria of having completed 15 credits that were classes level 100 or above with an accumulative of at least a 3.0 GPA said Chun.

To add a class and take more than 18 credits, fill out the add/drop form and submit it to the

registration office.

"If you don't meet the criteria you can see your faculty adviser and they'll determine whether or not you can take more than 18 credits and sign off on your form if you can," Chun said.

Winter Quarter is coming to an end and the last day to withdraw from a class with a W on your transcript is March 10.

Academic advisers are available in Building 6 on the upper floor by appointment but they also have drop-in hours.

"The earlier you know of these policies the better your record will be," Lilley said.

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Anthem

continued from page 1

because the south was filled with plantations full of enslaved African-Americans, Dr. DiAngelo said.

“While it’s not intentional, it is a slap in the face to people who were enslaved,” she said. “For us to be singing this as representing our country when it really only represented those who were categorized as white.”

Recognizing that the anthem isn’t inclusive to everyone isn’t to malign America, but it recognize that there is a deep history that many Americans have ignored, Dr. DiAngelo said.

“We have denied that and there has been consequences of that denial,” she said.

“At college graduations do we need to sing a song that has lyrics that exclude a population of people?” Dr. DiAngelo said. “I’m not saying throw out the Declaration of Independence but we should have an honest discussion of those questions and issues.”

A multicultural approach to dealing with inequalities in society would be to teach a story from different angels, she said.

“When we study Columbus let’s take, for example, four different perspectives on who he was,” Dr. DiAngelo said. “Let’s grapple with those, rather than be given one that is actually not even true.”

While there may not be a fundamental change to every document that was originally written in an exclusionary manner toward people of color, recognizing that exclusion is Important, she said.

“To teach a true history about the contradictions of those who profess freedom and equality but held people in bondage, we need to grapple with those questions rather than pretend they’re not there,” Dr. DiAngelo said.

“I’m proud of the student body president for having the courage in the face of I’m sure some extreme reaction and some hate mail,” Dr. DiAngelo said. “It takes a lot of courage to take an ethical stand and to raise difficult questions.”

Dr. Ben Gonzalez, a politi-

cal science professor at Highline echoed some of the same thoughts.

“I think even if it’s not something where you actually wind up getting rid of the anthem at commencement, a big part of it is just having that conversation,” Dr. Gonzalez said. “We’ve seen a large number of African-American athletes take a knee during the national anthem, it’s not necessarily to say this should not be played before sporting events, but to say that this celebration is ignoring what non-white people — not only African-Americans, but non-white people more generally in the United States — it’s ignoring their experiences.”

The national anthem celebrates a inclusiveness that is convenient for whites, but has never actually been a reality for non-whites, Dr. Gonzalez said.

“Rather than saying you’re not patriotic because you take a knee, if we believe that protest is something that is inherently American and inherently patriotic then that is patriotic because it’s saying

we do need to talk about these things,” he said.

An important question to ask is what purpose singing the national anthem at commencement serves for a college like Highline, Dr. Gonzalez said.

“This is something that is traditionally played during sporting events and commencements and things like that, but outside of just routine, what purpose does it serve at something like our commencement,” he said.

Another question to ask is if the anthem is unifying us, Dr. Gonzalez said.

“Does this resonate today in the same way that it did decades ago,” he said. “And if it doesn’t then is it serving its purpose of creating a sense of unity?”

Go Figure!

answers

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King Crossword

Answers

Solution time: 21 mins.

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Texting

continued from page 1

ing for me to see a student texting while I lecture. I do not use notes and seeing a student texting has a magical effect of causing me to lose my train of thought.”

While some professors find texting in class to be impolite, there are other instructors who aren’t offended or bothered by it.

“I probably differ from other professors when it comes to this, but I actually don’t take off points for students who text in class. In fact, if it is not distracting, I usually won’t even say anything unless it becomes so out of hand that other students notice and I start even losing my own train of thought,” said Dr. Victor Evans a communications professor.

“I follow the belief that if students are spending their money for these classes and they’d rather sit in the back and text, then that’s their decision as an adult to throw their money away by texting with others, rather than focusing on the knowledge I’m trying to share with them,” he said.

History Professor Tim McMannon takes a more comical approach when it comes to texting in class.

Sometimes I make fun of people, or joke about it with them, McMannon said.

“My philosophy is that if they’re not going to pay attention, they’re going to get what’s coming to them,” he said.

However, students distracting themselves from their learning environment isn’t the only problem.

McMannon said he has noticed that a large number of Running Start students text in his class and just because they aren’t paying for these classes out of pocket, doesn’t mean they should slack off.

“They aren’t paying for these classes. We, the U.S. taxpayers, are” he said.

Psychology Professor Dr. Bob Baugher recently offered his students extra credit if they successfully went 24 hours without their phones and social media, and then wrote about their experience.

“About 35 out of 40 students said they’d attempt it and out of those 40 students, only six did it,” Dr. Baugher said.

Dr. Baugher said he hates it when students text in his class and he even takes points off in certain situations.

Students, on the other hand, have a different opinion than most professors.

Student Jenn Tran said texting in class isn’t disrespectful unless you make it obvious and obnoxious.

“I do text in class. I think it takes away from the learning, but

I make sure it’s brief and I go back to the lecture. I think social media apps are worse when it comes to taking away from learning. It’s an automatic habit to scroll through media,” Tran said.

Student Hailey Tran said it really depends on the teacher and the situation.

“I text in class sometimes, but I always make sure to pay attention to the teacher and what’s going on,” she said.

Student Nadia Pilipchuk has a different perspective than most students.

“I don’t text in class at all. Honestly, I think it’s disrespectful. You come into a teacher’s class to learn and hear the lecture but if you’re going to be on your phone, there’s no point in being in the class,” she said.


“If you’re talking to someone else you can’t also be learning. There’s no such thing as multitasking, we’re always doing one thing more than the other,” Pilipchuk said.

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Weekly SUDOKU

Answer

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

Key

continued from page 1

slave-owning family, in the state of Maryland -- which was a state where slavery was legal, Leepson said. He was a religious man, who spoke out against slave-trafficking, and earned a reputation for defending free blacks as well as slaves in court in Washington, D.C.

On the other hand, he also bought and sold slaves his entire life, and defended slave catchers in court, Leepson said.

"They [slave catchers] would capture runaway slaves and it wouldn't be quite legal -- there would be a court action, either criminal or civil, and he defended them," Leepson said. "So it's just another contradiction. But, if you're a lawyer I guess that's what you do, you defend people -- your clients -- to the best of your ability."

"On the other hand, he did defend free blacks and slaves without charging them. So there is this dichotomy of him being a religious man who thought that slavery was a moral evil, and yet he owned slaves. He bought and sold individuals for his whole life. So it's a fact, and you can't run away from it," Leepson said.

In 1816, Key became a founding member of a controversial organization called the American Colonization Society which was dedicated to ending slavery, but in a different way than abolitionist groups.

"The idea was that free blacks, not slaves, they really emphasized it would only be free people, would be sent to a colony on the West Coast of Africa. This happened, and it became a colony, and then the country of Liberia," Leepson said.

Many prominent politicians from the south were strong supporters of the colonization society, or personally involved with the society, Leepson said.

Abolitionists were strongly against colonization because they said it was a way to get blacks out of America.

"It's not like they were going back to Africa, they'd never been to Africa. They were born in this country," Leepson said.

Key was an anti-abolitionist because in his eyes the abolitionists were too radical, Leepson said.

"The abolitionists wanted it [slavery] to end tomorrow. He thought that was too radical of a concept, that it couldn't work, it would be chaotic if that happened. The main way that he thought slavery eventually could be ended was through colonization," Leepson said.

Key saw abolition as a threat

to the US economy, said Dr. Mark Clague, associate professor of musicology at the University of Michigan, and author of an upcoming book on the Star-Spangled Banner that will be titled *Oh Say Can You Hear: A Colorful History of the Star-Spangled Banner*.

"The organization [the American Colonization Society] certainly felt that slavery was wrong and it needed to be ended, but it needed to be ended in a way that didn't upset the status quo," Dr. Clague said. "So you didn't liberate the slaves and leave all these white plantation owners destitute because all of their wealth is locked up in slaves."

"If you're a plantation owner, and at the time slavery is legal so you have a huge amount of wealth locked up, the idea that somehow all these people would be free would be really threatening to you because it would be like the stock market crashing today," he said.

As a lawyer, Francis Scott Key found himself on a September evening in 1812 being detained on a British-guarded ship in the Baltimore Harbor.

"Key witnessed the battle from an American ship -- a truce ship -- that was under guard by the British," Dr. Clague said. "Because he had negotiated the release of a prisoner and while doing that had observed certain secrets about the enemy, like how many ships they had and might have overheard some things about their plans ... he was detained and told that he had to hang out until the battle was over, but the British thought it would only take a few hours anyway."

The line in the third verse of the original text that has sparked debate at Highline says: "No refuge could save the hireling and slave from the terror of flight or the gloom of the grave."

The third verse has not been used since around 1914, but the verse likely did refer to escaped slaves that joined the British forces, Dr. Clague said.

"It's likely that Francis Scott Key is referring to what were known as the Colonial Marines and they were escaped black slaves ... who were enticed by the British with the promise of freedom if they would fight for the British during the war of 1812 against the Americans," he said.

The British offered slaves their freedom for fighting for them as a terror tactic against southern Americans. For someone who believed that slavery should be done away with in a way that didn't disrupt the economy, Key was angered by this tactic. Offering some African-American's freedom, but not all, brought up the possibility of race riots, Dr. Clague said.

"For him, that threat was part of the fear that the British military was trying to create among the white American populace,

particularly in the South," he said. "He's really angry about that tactic so he's mocking the hirelings who are the British soldiers who are paid, and then slaves is probably reference to these Colonial Marines."

There were references to the American revolutionaries not wanting to be enslaved by England due to taxation, but in the case of The Star-Spangled Banner it is likely that Key was talking about the Colonial Marines, Dr. Clague said.

The Star-Spangled Banner was originally titled *The Defense of Fort McHenry* and was written in 1814, two years after Key witnessed the battle take place. The lyrics were written to a certain tune that many people already knew, Dr. Clague said.

"One of the myths of *the Star-Spangled Banner* is that Francis Scott Key wrote a poem that someone else later set to music, and that's incorrect," he said. "Francis Scott Key imagined a new set of lyrics to a melody that he already knew."

At a time before radios and audio recordings, if people wanted to hear music they would have to sing it themselves. People had many melodies memorized, and lyrics would be written to go with a melody people already knew, Dr. Clague said.

"Broadside ballads is what they're called, because the newspaper was called the broadside and a broadside ballot would be like a newspaper lyric," he said. "Even though it looks like a poem, because when you pub-

lish a newspaper it doesn't have music notes, ... it's a song."

Before video recordings, putting lyrics to a song that would make the individual feel a certain way was a way to help that person really feel like they were there, Dr. Clague said.

"The emotional impact of the music helped communicate the emotional impact of the news," Dr. Clague said.

Key initially had a thousand copies of the broadside printed to give to the thousand soldiers who defended the fort. There were white and black soldiers fighting to protect the fort, he said.

"The song in many ways is in praise of the Americans who defended Baltimore, and that included whites and blacks," Dr. Clague said. "Although the word 'slaves' is a big problem for a lot of people -- and it is for me as well -- the song itself is not inherently racist because

it's praising whites and blacks as it's also criticizing whites and blacks."

There are well over 100 sets of lyrics that have been written



Dr. Clague

to the tune The Star-Spangled Banner uses, he said. The lyrics used as the national anthem is only a response in a long-running dialog, Dr. Clague said.

"When Francis Scott Key wrote his lyrics he was actually joining a conversation that had already happened," he said.

"There were dozens and dozens of lyrics that predated Francis Scott Key's *Star-Spangled Banner*, and then there were even more lyrics that have happened since then."

Another set of lyrics in the long-running dialog is a rewrite of the Star-Spangled Banner titled *Oh Say Do You Hear*, which was an abolitionist lyric.

"It is basically saying that -- its last images is the Star-Spangled Banner is at half-mast and you can't fly it at the top of the flagpole until slavery is ended," Dr. Clague said.

The Star-Spangled Banner represents a changing story, he said.

"I hope that people today can see it representing a country that has the possibility [to change] and that can change more rather than it being stained by the attitude of the time in which it was created," Dr. Clague said.

However, there is nothing saying the national anthem must be sung at ceremonies, and if individuals feel it is unrepresentative of them, it should be addressed, Dr. Clague said.

"There are lots of other patriotic songs that would honor the nation in the same way," Dr. Clague said. "Creating the possibility of change also creates the possibility that there could be a new national anthem at some point."

"That's really the function of the song," he said. "But if it's not working that way for certain people than it's worth having a serious conversation about what that means."

5

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