

Anthem debate makes adversaries sing



National Anthem Debate

By Jessica Strand
Staff Reporter

Opponents of the national anthem say the song embodies the lack of rights and freedoms that so many American citizens of color have endured.

Others however say the song speaks to the sacrifices made by so many in preserving American liberties.

Highline Student Government hosted an information session followed by a forum yesterday afternoon to discuss the possible removal of the national anthem from commencement. Nearly 100 students, staff, and faculty attended the forum.

The discussion on whether the national anthem should be removed from commencement

was ignited by James Jackson, the Student Government president, due to the original words to the song, and the racist views of the author of The Star-Spangled Banner, Francis Scott Key.

In the third verse of The Star-Spangled Banner, which is not included in what is considered to be the national anthem, it contains a line that says: "No refuge could save the hireling and slave from the terror of flight or the gloom of the grave."

That line, combined with the fact that when the anthem was written it didn't include most of the African-American community, has made members of that community feel excluded,



Kayla Dickson/THUNDERWORD

See Anthem, page 16

Students, staff and faculty discuss whether the national anthem really represents the Highline community at an event yesterday.

Oceans taking a bad acid trip

By Kelsey Par
Staff Reporter

Ocean acidification means less fish and less fish to eat, said a pair of researchers from the University of Washington School of Oceanography.

During the last Science on the Sound event on March 4, Dr. Rick Keil, chemical oceanography professor, and graduate student Miranda Stach, discussed local and international examples of our changing oceans with an emphasis on ocean acidification.

Ocean acidification is the continuous decrease of pH in the ocean, which is caused by the uptake of carbon dioxide from the atmosphere.

Man-made activities such as the burning of oil, coal and gas, as well as deforestation, have caused an increase in the amount of carbon dioxide concentration in the atmosphere over the past several genera-



UW photo

University of Washington scientists test ocean water for acidification.

tions, Stach said.

In order to maintain a healthy ecosystem and a natural order of ocean life, oceans require a specific level of pH. Acidity levels rise in oceans when high levels of CO2 are being absorbed, she said.

"Ocean acidification is a very important matter and we should all be concerned about the amount of acidity in our waters," Dr. Keil said.

See Acid, page 16

Study shows that sanctuary cities aren't less safe than any other place

By Shawn Lehn
Staff Reporter

Sanctuary cities do not lead to increases in crime when compared to cities without these policies, a Highline professor said.

President Trump's many comments on how sanctuary policies lead to increases in crime prompted a professor at Highline, Dr. Ben Gonzalez, to conduct research to see if this was actually true.



Dr. Gonzalez

Sanctuary cities are cities or counties in the United States that limit their cooperation with federal immigration authorities by refusing most requests to detain, pursue or report undocumented people who have had contact with local law enforcement.

Dr. Gonzalez, along with his co-authors Loren Collingwood and Stephen El-Khatib from the University of California-Riverside, looked at crime rates in sanctuary and non-sanctuary cities both before and after the legislation to crack down on

See Sanctuary, page 16

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International Student Program is hosting a pool party



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Rave out to electronic music at this years Lucky event



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The T-Birds end their season on a win



Suspect poses as security officer

By Will Otto
Staff Reporter

A student reported a fake security guard was asking for personal information last week.

The security guard had asked the student for student ID, class times and other personal info.

The student came to the Highline Public Safety office on March 2 at 3:45 p.m. and said the incident had occurred the week before.

With the incident being reported a week after the event, Highline Public Safety have not been able to identify the suspect.

Highline Public Safety would like to remind students and faculty that if they see anyone in a security-style uniform, other than Highline Public Safety or any official police department to contact Highline Public Safety at 206-592-3218.

Driver totals student's car

An unlicensed driver hit the gate that closes off North Access road last week.

The driver had hit the gate causing extensive damage to the vehicle.

The crash had rendered the vehicle undriveable, and had to be towed on March 2 at 2 p.m.

No injuries were reported.

Prowler hunts for unlocked cars

A suspicious individual was checking vehicle door handles this week.

The individual was dressed in dark clothing, and was attempting to open car door handles.

The incident was reported on March 6 at 11:25 a.m.

On arrival, Highline Public Safety could not locate the individual.

No vehicle thefts or break-ins were reported.

New seminar series begins

The Communication Studies Department hosts a seminar about strategies for the effective emails today at 1:30-2:30 p.m.

The seminar is the first in a series of communication seminars in 2017.

It is in Mount Constance, Building 8.

College offers free police training

By Will Otto
Staff Reporter

Highline and Des Moines Police are offering a free training on Evidence-Based Policing, in mid March.

Evidence-based policing is being considered by the Des Moines Police Department.

Highline teaches it as a part of its Criminal Justice Program.

Evidence-based policing is an approach to policy making, and tactical decision making for police departments. It encourages departments to do more research in solving crimes.

The training will be open to

the public and will take place on March 14, 8 to 11 a.m. in Building 2.

To register contact Crystal Kitterman at ckitterman@highline.edu. Space will be limited.

Dr. Cynthia Lum will be presenting on evidence-based approaches to prevent crime.

Dr. Lum is a professor of

criminology and law and society at George Mason University in Fairfax, Va. and one of the founding members of the Division of Policing in the American Society of Criminology.

Dr. Lum was a patrol officer and a detective with the Baltimore Police Department.



District legislators come to Kent

State Rep. Karen Keiser, State Rep. Mia Gregerson and State Rep. Tina Orwall from the 33rd Legislative District are coming to Kent City Hall on March 18.

They will meet with constituents to discuss, report on and answer questions about the 2017 legislative session.

The event runs from 10 a.m. to noon at 220 Fourth Ave. S., Kent.

For more information, contact Rep. Mia Gregerson at 360-786-7868, Sen. Karen Keiser at 360-786-7664 and Rep. Tina Orwall at 360-786-7834.

Spring into a new job this year

The Career and Student Employment center hosts a spring job fair on March 15.

Students can communicate with employers looking to employ full-time jobs, part-time jobs, and internship opportunities.

It is in Building 8, from 11 a.m. to 2 p.m.

For more information, visit studentemployment.highline.edu.

Urban agriculture meets hugelkultur

Members from the Urban Agriculture program will demonstrate how to create a hugelkultur and fruit tree guild on March 17.

Hugelkultur are raised no-dig beds that hold moisture, build fertility, and are convenient for growing fruits, vegetables, and herbs.

The event is in Building 8 and runs from 2-5 p.m.

Let's talk science

Highline physics Professor Gregory Reinemer, hosts the next Science Seminar on lasers and their many uses on March 10.

He will discuss how lasers allow us to accurately measure, carry digital information, and how they are used as a heat source for welding.

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



Students practice performing CPR and breathing techniques on a manikin at yesterday's Health Fair event.

Kelsey Par/THUNDERWORD



Debbie Faison

Long-time staff member dies

A Highline staff member passed away on Feb. 15, according to a campus wide email sent out last week.

Debra Ann Faison was an assistant registrar at Highline and served in several positions over her time at the college, including office supervisor and program manager.

Faison began her career at Highline in 1997.

"People should know that Debbie was a kind-hearted individual who cared deeply about students and understood their struggles as they work toward achieving their academic and personal goals," said Siew Lai Lilley, the director of Transfer Programs.

"From my past conversations with Debbie, I know that she loved her family deeply and was a strong woman with a tender heart," Lilley said, who has known Faison for around 20 years.

"She was a wonderful advocate for students and a generous colleague," said Highline's Acting President Dr. Wagnitz.

Faison was known for going the extra mile for students and colleagues, said Gum-Lai Ross,

the admissions program coordinator.

"I remember her willingness to stop what she was doing to help a frantic student who needed her assistance," Ross said. "She had a heart of gold and a sense of humor that would make you laugh joyously."

Faison's children and grandchildren were her pride and joy who kept her motivated to help students, Ross said. "It was her passion empower students be successful," she said.

The reason for Faison's death has not yet been released. She

was 57 years old.

Communication tips from Bremen

Communications Professor Ellen Bremen hosts the next Honors Colloquy event about career evolution and adapting to changes on March 15.

She will discuss her personal experiences and how they relate to career evolution and adapting to changes.

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

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.



HIGHLINE
COLLEGE

Learn city-living sustainability

By Olivia Clements
Staff Reporter

A mother goat and her baby are going to overshadow the show at the South King County Urban Agriculture Food Summit at Highline.

The Urban Agriculture Food Summit is a free two-day event that will feature workshops, demonstrations, vendors, and activities for children on March 17, 2-5 p.m., and March 18, 10 a.m.-3 p.m. in Building 8.

“First day we are going to have mostly workshops and the second day is going to be workshops mixed with vendors,” said Bobby Butler, manager of the Urban Agriculture Program.

Attendees will learn about permaculture/sustainability techniques, soil science, bee keeping for increased pollination, edible landscaping and more.

There will be a workshop on hugelkultur which is a form of permaculture. Butler said hugelkultur is making compost mounds that you plant into. They hold moisture, build fertility, and maximize surface volume for growing fruit.

“It’s a good opportunity to find out about how to grow things in this local community. Especially something like tree fruit. It’s something that’s low maintenance and can provide food for your family for a long time,” said Butler.



Kayla Dickson/THUNDERWORD

Rick Schultz advises workers on how to prepare the urban agriculture garden for a raised fruit tree bed and hugelkultur.

Several organizations will be joining the Food Summit.

The Ravenna Ridge Metro Milkers will bring goats to demonstrate urban goat keeping. The Seattle Tree Fruit Society will present its 12th annual grafting show, with many fruit growing related workshops.

Grafting is combining two different varieties of fruit trees or other crops into one variety. “It’s important because almost

every apple tree and several other crops are almost never grown from seeds. They are almost always grafted or they might start as a seed and are grafted with something else,” said Butler.

The Food Summit is an opportunity to learn about growing food and farming in the city, Butler said.

“Most people in this area I don’t think have ever set foot on a farm, so this is kind of like

bringing the farm to the school so they can see what it’s like,” said Butler.

The Urban Agriculture Program offers a certificate, which is 46 credits made up of about 16 different courses.

The Urban Agriculture Program has outreach events and activities frequently. They participate in activities with local elementary, junior high, and high schools.

Butler suggests everyone should go to the Food Summit event.

“It’s a good family event and even people who have some experience with agriculture can still learn something and anybody who is interested in starting their own farm or interested in making a better garden at their house. Open to anyone interested in food or agriculture,” said Butler.

International students invite you to a pool party

By Roseline Collins
Staff Reporter

Do not let the cold weather make you stay in this weekend, dive into an opportunity to make new friends and rock tropical attire with international students.

The International Student Program is hosting a free Hawaiian-themed pool party on Saturday, March 11 at Mount Rainier Pool.

The party serves as a way for students to come together and hopefully create new friendships while relishing free food and drinks in a warm place, said International Student Leadership council member Karen Kanazawa.

Mount Rainier Pool is at 22722 19th Ave. S.

If students would like to travel to the pool with the group, they can meet other students in Building 29 at 2:30 p.m. where the group will gather together and take the A-line bus to the pool.

The only expense required of attendees is enough money for bus fare, which covers riding to Mount Rainier Pool and return-



International Student Programs photo

Students play water polo at the pool party that International Student Program hosted two years ago.

ing to Highline.

Because it is a short drive, students can also drive by

themselves or with a friend and meet the group in the lobby of the pool, said Kanazawa.

The event will run from 3 p.m. to 5 p.m.

The party is free for students

as it was paid for by the budget of the program.

To sign up for this party, students should come to the International Student Program office in the library on the fifth floor.

Information required for signup includes: email, student ID number, cell phone number, and signing a waiver.

The party is limited to 60 students and applicants are chosen on a first-come first-served basis.

Additional applicants will be waitlisted as other students may decide to not attend, Kanazawa said.

Students who attend should bring a swimsuit, towel, change of clothing, and other necessary items for the pool, said Kanazawa.

She said she wants students to have fun and enjoy their time at the pool but does not want it “to be all crazy,” as pool and lobby rules should be respected and followed.

For more information, contact Kanazawa at Karen1019@students.highline.edu or visit the International Student Program office.

Higher education deserves funding

Funding for kindergarten through 12th grade education is imperative, but so is funding for higher education.

The educational years post-high school are just as important as the childhood years spent learning about primary colors or memorizing the capitals all 50 states.

The Washington state Legislature is not meeting the state constitutional order that requires ample funding of K-12 public education.

The shortfall could ultimately add up to \$4 billion in additional spending.

Washington’s \$93.7 billion budget dedicates \$35.5 billion to social health and human services, \$21.3 billion to public schools, \$14.9 billion to higher education, \$6.9 billion to transportation, \$5.9 billion to governmental operations, \$4.1 billion to natural resources, and \$5.1 billion to debt services.

The Senate Republicans plan to accumulate the necessary funds is to cut any areas of the budget possible. The Democrats do not have a plan for the funding yet.

The possibility of the state cutting every single category besides public schools is unlikely, since nearly 70 percent of the state budget is untouchable.

If the state was to proceed with the Republican plan, there would be a major impact on people’s quality of lives on a day-to-day basis.

If Washington was to ever cut those untouchable parts of the budget, the state would risk losing all of the money provided by the federal government.

As one of the seemingly inessential categories, the situation leaves higher education on the chopping block.

It is unlikely the state would empty the prisons, or completely axe all social services, therefore higher education is often one of the first categories to be reduced when it comes time for budget cuts.

Highline relies on the state’s money for more than half of the college’s \$44 million operating budget.

It is not necessary for every person to attend a university or earn a doctorate degree. But it is essential that every individual has the opportunity and resources available to pursue training or education after high school.

Sure, the state would save money in a world without higher education, but at what cost?

College classes and programs provide career skills, work experience, support networks, and countless other chances for an individual to discover their passion.

It is unrealistic to think that once a person graduates from high school, they are immediately ready to find and start a career, or will be able to make a decent living.

If colleges and post-high school education programs receive less funding, this means higher tuition for students, in a market of tuition that is already sky-high.

Higher education institutions as a whole will also suffer. Less funding would result in less support for students and less program additions.

Programs such as state need grants and worker retraining should be protected, and are of the utmost importance due to the benefits they provide for individuals.

Some people think there is a way to have lower taxes, while increasing spending on particular categories, but that idea lacks logic.

Solutions for more funding do not come from cutting taxes, cutting assistance programs, or from magically printing money (which the state cannot do).

There is no easy answer. At the moment, it is simple to rule out the illogical budget plans, but it is a complex discussion waiting to happen when it comes to determining how to amply fund various levels of education.

It is not possible to cut your way to prosperity with state budgets, especially when people’s quality of life is largely impacted by each cut.

Adoption has a dark side

What were you doing when you were 5 years old?

Were you playing on the swings at the park? Were you finger painting and learning the alphabet? Were you in school for the first time, anxious to leave your mom at the door of your new classroom?

For Saroo Brierley, he was separated from his family after he mistakenly got on a train traveling across the poverty-stricken country of India. There was no way for him to contact his family, and he had very little knowledge of the name or whereabouts of his actual home in rural India.

Almost 1,000 miles from his home, the child managed to live on the streets for weeks before he was sent to a government agency for abandoned children. Then, Saroo was transferred to an orphanage where an Australian family adopted him.

After 25 years with his Australian family, Saroo began to search for his biological family back in India, based on the limited memories he had from age 5.

Saroo was not stolen. He was not an orphan. He was simply lost; the government agencies made a small effort to trace his birth family, but ultimately the attempt did not help.

In the 1980s, India’s population was more than 700 million people. The chances of Saroo finding his birth family was borderline impossible. Thanks to his extensive research via Google Earth, Saroo was reunited with his birth family in his home village in India in Feb. of 2012.

Saroo is the author of an autobiography *A Long Way Home* and the inspiration behind the movie *Lion*.

Liv A Little



Olivia Sullivan



Saroo Brierley photo Saroo (left) and his birthmother (Kamala, right) were reunited nearly 25 years after Saroo got lost on a train at age 5.

More than 240,000 children are adopted each year from countries all over the world, according to United States Inter-county Adoption Department.

Some children, like Saroo, are lucky enough to end up in loving homes and presumably live a better life than the one they may have had before their adoption.

Other children aren’t so lucky. Hundreds of thousands of children are reported missing yearly and of that, 440,000 children are reported missing in the United States each year, according to the International Centre for Missing and Exploited Children.

Some children are illegally stolen from their families in third world countries. Others are sold into sex trafficking, and many kids are legitimately lost.

Janine Myung Ja is the co-founder of Against Child Trafficking in the USA (ACT) and was adopted from Korea with her twin sister. Janine has lived in Washington since 1972 and took classes at Highline. She has dedicated her life to telling her story of transnational adoption and her experience of searching for her Korean family as an adult, as well as helping other adoptees tell their own stories.

The ACT organization provides professional support for victims of child trafficking, conducts research studies, investigates adopted child trafficking cases, educate society on the problem, and fundraise for overseas reunions.

The challenge is that the public is so in love with adoption, they will pay the agencies large sums of money – almost at all costs – for a child, Ja said.

Society also tends to give immediate trust to adoption agencies that ignore the rights of children in their home countries, she said. Therefore, many people unknowingly sabotage the work that protect children from being trafficked for overseas adoption.

While adoption can be an amazing experience for both the parents and the child, it is important to make sure you are adopting through a reliable, creditable agency.

It is also the new family’s job to provide a safe, loving environment for the child.

Adopted children are not clean slates. They are built on their past memories and experiences, which can be troubling to integrate into their new lives.

Lost children are routinely placed into the child market for intercountry adoption rather than immediately returned to their families, which should occur instead, Ja said.

Some adoption agencies force children (who are labeled a ‘legal’ or ‘manufactured’ or ‘paper’ orphans) to wait until adulthood before being permitted to initiate a search back to their birth families, she said.

This is largely the fault of the special interest groups, made up of facilitators and paying adopters, and adoption lobbyists who have created a fierce demand for children under the guise of “charity,” Ja said.

Yes, adoption is a life-changing act. But it is up to society to make sure it is life-changing in the best way possible.

Olivia Sullivan is the opinion editor of the Thunderword.

the Staff “

I need to publish my own dictionary.

” 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. **U.S. STATES:** Which state's nickname is "Land of Enchantment"?
2. **MEASUREMENTS:** What does the Fitzpatrick scale measure?
3. **MOVIES:** Who starred as the kid in the original *Karate Kid*?
4. **GEOGRAPHY:** Which is the second-largest of the Hawaiian Islands?
5. **FOOD & DRINK:** What is a knish?
6. **THEATER:** What famous play features a character named Sally Bowles?
7. **ANATOMY:** What are alveoli?
8. **HISTORY:** What were

that last names of the 1930s crime duo known as Bonnie and Clyde?

9. **LANGUAGE:** What is the end of the famous proverb that begins, "People who live in glass houses" ... ?

10. **GENERAL KNOWLEDGE:** What does Hitler's title -- *Fuhrer* -- mean in German?

1. New Mexico
2. Skin's sensitivity to ultra-violet light
3. Ralph Macchio
4. Maui
5. A pastry filled with meat, cheese or potatoes
6. *Cabaret*
7. Air sacs in the lungs
8. Parker and Barrow
9. ... should not throw stones.
10. Leader

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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1 2 3 4 5 5 6 7 8

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King Crossword

ACROSS

- 1 Without help
- 5 \$ dispenser
- 8 MPs' quarry
- 12 Speedy steed
- 13 Meadow
- 14 Toy block name
- 15 Time rival
- 17 Dregs
- 18 Recipient
- 19 Brings forth
- 21 Feudal worker
- 24 Hooter
- 25 Isn't well
- 28 Hebrew month
- 30 Discoverer's cry
- 33 To and —
- 34 Visit habitually
- 35 Zero
- 36 Coffee break hour
- 37 Leave out
- 38 On in years
- 39 Martini ingredient
- 41 Banish to Hades
- 43 Cultural, as some cuisines
- 46 Pass along
- 50 False god
- 51 Thin, as a fracture
- 54 Soft cheese
- 55 Kind

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- 56 Tittle
- 57 Kind
- 58 Chart format
- 59 Blackbirds
- 10 Curved molding
- 11 Privation
- 16 Teeny
- 20 Electrical measure
- 22 Paper quantity
- 23 Liquid
- 25 Toward the stern
- 26 Anger
- 27 Classical music lover
- 29 "Do — others ..."
- 31 Hasten
- 32 Ancient
- 34 "— soit qui mal y pense"
- 38 Aviatrix Earhart
- 40 Bay, for one
- 42 Bobby of hockey
- 43 Recedes
- 44 Poi base
- 45 Item in a pot, maybe
- 47 MGM mascot
- 48 Con
- 49 Nays' unders
- 52 Muhammad or Laila
- 53 Eisenhower

DOWN

- 1 Beach matter
- 2 Twistable treat
- 3 Tennis venue, maybe
- 4 Preoccupy
- 5 Hearty brew
- 6 Ball prop
- 7 Create
- 8 Let
- 9 From Sunday through Saturday

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ARIES (March 21 to April 19) Keep an open mind about a suggestion you see as unworkable. Give it a chance to prove itself one way or another. The results could surprise both supporters and detractors.

TAURUS (April 20 to May 20) News about an upcoming venture causes you to make some last-minute adjustments in your plans. But the extra work will pay off, as you come to learn more about the potential benefits opening up.

GEMINI (May 21 to June 20) A more positive aspect grows out of your determination to reach your immediate goals. Continue to keep your focus sharp and on target by steering clear of petty quarrels and other pesky problems.

CANCER (June 21 to July 22) By acting as a voice of reason, you can avoid adding to an already turbulent situation. You might have to shout over the tumult, but your words ultimately will be heard and heeded.

LEO (July 23 to August 22) The possibility of a new acquisition always makes those Leonine eyes light up. But be careful that what you



see is what you want. Appearances often can be deceiving.

VIRGO (August 23 to September 22) No matter how much you might feel that you're in the right, resist saying anything that could reignite a still-unresolved situation. Let the matter drop, and move on.

LIBRA (September 23 to October 22) Help with a personal problem comes from an unexpected source. You also find workplace pressures easing. Use this period of calm to restore your spent energies.

SCORPIO (October 23 to November 21) You might have to share the credit for that project you're working on. But there'll be enough credit to go around, and your efforts will be recognized and rewarded.

SAGITTARIUS (November 22 to December 21) Details need to be dealt with before you can move on to another area. Make sure you

don't leave any loose ends that could later cause everything to unravel.

CAPRICORN (December 22 to January 19) News about a change in the workplace carries with it a challenge you could find difficult to resist. Check it out. It could be what you've been waiting for.

AQUARIUS (January 20 to February 18) Allowing your artistic nature full expression will help restore your spirits and will put you in the mood to take on that new career challenge. A Libra creates excitement.

PISCES (February 19 to March 20) Expect to happily plunge right into a hectic social whirl starting at week's end. Your aspects favor new friendships as well as the strengthening of old relationships.

BORN THIS WEEK: Like St. Patrick (who was also born this week), your spiritual strength is an inspiration to others.

Puzzle answers
on Page 13

Got news? Thunderword@highline.edu

Irish stew is both flavorful and filling

While I’ve eaten Irish potatoes all of my life, I didn’t discover the fascinating history of this beloved tuber until I became a chef.

Ireland first embraced the potato around 1780, and the crop rapidly became the primary source of food for most of the population. Potatoes are nourishing and filling, and contain most of the vitamins needed for our daily diet.

The crop also is a popular food source around the world because it will grow under almost any conditions.

An Irish potato is covered with an off-white or cream-colored skin. The flesh is a creamy white. Black flecks or marks often mottle its flesh, but have no impact on the flavor.

An Irish potato is waxy, which makes it hold its shape when boiled, a common cooking technique in Ireland.

The potatoes also are delicious when fried, roasted or broiled. The waxy texture of the Irish potato makes it gluey and dense when mashed, so select a variety like a Russet potato for this purpose.

In the mid-1800s, a deadly potato blight infested crops throughout Europe, causing a devastating famine in Ireland. This time is called the Great Famine or “Gorta Mor,” meaning “the great hunger.” Mass emigration coupled with wide-



spread death from starvation caused Ireland’s population to drop by up to 25 percent.

Many Irish families immigrated to America to escape the hardships and start a new life. By 1850, the Irish made up a quarter of the population in Baltimore, Boston, New York City and Philadelphia.

Finally, in 1883, Alexandre Millardet, a French botanist, discovered an effective fungicide to combat the potato blight. Today, potatoes are the world’s fourth largest food crop, following rice, wheat and corn.

Here’s a traditional recipe for Irish Stew. In Ireland, a stew is usually a community effort -- one person may have the lamb, another the potatoes or other vegetables, another the herbs and butter. Sharing what one has with their neighbor is an Irish tradition.

This recipe provides the perfect showcase for Irish potatoes and a warm and comforting family meal for a St. Patrick’s Day celebration ... or any day of the year.



Deposit photos

Traditional Irish stew is tasty and filling.

TRADITIONAL IRISH STEW

Make this rich and flavorful stew a day ahead; overnight refrigeration improves the flavor.

- 2 medium-sized onions, chopped
- 2 tablespoons oil
- 1 tablespoon butter, Kerry Gold, if available
- 1 sprig dried thyme
- 2 1/2 pounds lamb stew meat, cut into large pieces
- 2 teaspoons salt
- 2 teaspoons ground black pepper
- 7 carrots, chopped lengthways into 2-inch pieces
- 2 tablespoons pearl barley
- 5 cups chicken stock, as needed
- 1 bouquet garni (fresh parsley, thyme and bay leaf tied with kitchen twine for easy removal)

- 12 small to medium Irish potatoes, peeled
- 1 bunch parsley, leaves finely chopped
- 1 bunch chives
- Herb butter, for drizzling

1. In a large, heavy-bottomed, 5- to 7-quart saucepan, cook onions in the oil and butter on medium-high heat until translucent, about 2 minutes. Add the dried thyme and stir.
2. Add the lamb, 1 teaspoon of salt and 1 teaspoon of pepper, and mix it with the onions. Turn heat to high and cook until lamb starts to brown to seal in its juices.
3. Add carrots and pearl barley to thicken the juices. Pour in chicken stock so that it almost covers the meat and vegetables. Season with the remaining salt

and pepper, and add bouquet garni.

4. Cover and cook on low heat for 2 hours, stirring occasionally and being careful not to boil the stew.

5. Place the potatoes on top of the stew, cover and cook for 30 to 40 minutes until the meat and potatoes are fork-tender.

6. Serve the stew in large flat soup bowls. Drizzle the Herb Butter (recipe follows) over the potatoes, and garnish with parsley and chives. Serve with a hearty slice of Irish Soda bread or Country Bread, if desired. Makes 6 servings.

- Herb Butter:
- 1 stick butter
 - 1 small bunch parsley, finely chopped
 - 1 small bunch chives, finely chopped
 - 1 sprig thyme
 - 1/2 teaspoon salt
 - 1/2 teaspoon ground black pepper

Melt butter in a small saucepan. Add parsley, chives and thyme, salt and pepper; mix until well-combined. Serve drizzled over the potatoes in the stew.

Angela Shelf Medearis is an award-winning children’s author, culinary historian and the author of seven cookbooks. Her new cookbook is The Kitchen Diva’s Diabetic Cookbook. Her website is www.divapro.com.

Time for corn beef and cabbage

Irish Soda Bread

A rich and tender rustic Irish quick bread – the ideal dinner companion for corned beef.

- 1/4 cup sugar
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1 teaspoon baking soda
- 4 cups plus 1/2 teaspoon all-purpose flour
- 6 tablespoons cold margarine or butter
- 1 cup golden or dark seedless raisins
- 1 1/2 cups buttermilk

1. Heat oven to 350 F. Grease large cookie sheet.
2. In large bowl, combine sugar, baking powder, salt, baking soda and 4 cups flour. With pastry blender or 2 knives used scissor-fashion, cut in margarine or butter until mixture resembles coarse crumbs. With spoon, stir in raisins, then buttermilk just until evenly moistened.
3. With floured hand, gently knead dough in bowl a few times until dough forms a ball (do not overmix, or bread will be tough).

Good Housekeeping

Place dough on cookie sheet; shape into a 7-inch round loaf (dough will not be smooth).

4. Sprinkle loaf with remaining 1/2 teaspoon flour. With sharp knife, cut 4-inch-long cross, about 1/4-inch deep, on top of loaf. Bake loaf 1 hour or until toothpick inserted in center comes out clean. Cool on wire rack. Makes 12 servings.

* Each serving: About 275 calories, 6g total fat (1g saturated), 6g protein, 49g carbohydrates, 2g fiber, 1mg cholesterol, 485 mg sodium.

Corned Beef and Cabbage

- 8-inch square cheesecloth
- 12 parsley stems
- 2 garlic cloves, crushed with side of chef’s knife
- 2 bay leaves
- 1 tablespoon black peppercorns
- 1 corned beef brisket, flat (thin) cut (3 1/2 to 4 pounds)

- 1 1/2 pounds small red potatoes, unpeeled and each cut into 1 1/2-inch chunks
- 1 pound carrots, cut into 2-inch pieces
- 1 small head green cabbage (about 1 1/2 pounds), cut into 8 wedges

1. In cheesecloth, wrap parsley, garlic, bay leaves and peppercorns; tie with string and place in bottom of 5 1/2- to 6-quart slow cooker. Add corned beef; top with potatoes and carrots. Pour in enough water to cover meat. Place cabbage on top. Cover slow cooker with lid and cook on low setting 10 to 12 hours or until beef is very tender.

2. To serve, thinly slice corned beef across the grain; transfer to warm large platter with vegetables. Makes 8 main-dish servings.

* Each serving: 440 calories, 25g total fat (8g saturated), 27g protein, 28g carbohydrates, 6g fiber, 125 mg cholesterol, 1,480 mg sodium.

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

If this doesn’t make your Irish eyes smile, nothing will!

- 6 cups purchased coleslaw mix
- 1/4 cup Half & Half

- 1 1/2 cups diced Velveeta Light processed cheese
- 1/8 teaspoon black pepper
- 1 1/3 cups instant potato flakes
- 1 1/2 cups boiling water
- 2 tablespoons sour cream
- 1 tablespoon plus 1 teaspoon butter

1. In a large skillet sprayed with butter-flavored cooking spray, saute coleslaw mix for 6 to 8 minutes. Lower heat. Stir in half and half. Add Velveeta cheese and black pepper. Mix well to combine. Continue cooking over low heat until cheese melts, stirring often.

2. Meanwhile, in a medium bowl, combine dry potato flakes and boiling water. Mix well to combine. Stir in sour cream and butter. For each serving, place 1/2 cup potatoes on a plate and spoon about 1/2 cup cabbage mixture over top. Makes 4 servings.

HINTS: 1) 5 cups shredded cabbage and 1 cup shredded carrots may be used in place of purchased coleslaw mix; 2) For a main dish, stir 1 full cup low-fat ham into slaw mixture when adding cheese.





- The Kentwood Performing Arts Center hosts **the Seattle Rock Orchestra**, a 50+ piece orchestra who perform classic rock ‘n’ 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+). For more information and to purchase tickets, visit kentwa.gov.
- Auburn Avenue Theater features their monthly **Comedy at the Ave.** on March 10 at 7:30 p.m. This comedy night will have Tone Baker headlining the event. Baker is best known for appearing on Comedy Central’s Gabriel Iglesias Presents Stand-Up Revolution and a winner of L.A.’s Funniest Comic. The show is at 10 Auburn Ave. Tickets are \$18 for general admission and \$15 for students and seniors. For more information or tickets, visit auburnwa.gov.
- The ShoWare Center features **SPB50** on his grand world tour. S. P. Balasubramanian is an Indian film playback singer who is known for winning the Guinness World record for recording the highest number of songs, a grand total of over 40 thousand songs in various languages recorded. He is currently on his 50th anniversary world tour. He is performing on March 11 at 6 p.m. at 625 W. James St., Kent. Tickets range from \$29 to \$249 depending on your seats. For tickets or more information, visit showare-center.com.
- Auburn Avenue Theater hosts **Suburban Showgirl**, a one-woman show written by and starring Palmer Davis, on March 11 at 7:30 p.m. Davis plays 20 different characters who dance and act across the stage in this story. Tickets are \$20 for general admission, and \$18 for students and seniors. For tickets or more information, visit auburnwa.gov.
- The ShoWare Cen-

- ter features the **Rock and Worship Roadshow**, a musical tour featuring well-known Christian artists on March 17. The main line-up includes Steven Curtis Chapman, Rend Collective, and Francesca Battistelli. The show will start at 7 p.m. and end at 10:30 p.m., but doors will open at 5:45 p.m. at 625 W. James St., Kent. While the show is completely free, \$10 will be accepted at the door if you feel obliged to donate. You can also buy \$20 fast passes online, which will ensure you a seat at the show and reserve you a spot in line, as tickets are first come first serve. For more information or to buy a fast pass, visit showare-center.com.
- The Kent-Meridian Performing Arts Center hosts **Rani Arbo and daisy mayhem**, with a special guest performance by the Rainier Youth Choir. Rani Arbo and daisy mayhem have been creating and performing American folk music for 16 years. Their concert American Spiritual is on April 1 at 7:30 p.m. at 10020 S.W.E. 256th St., Kent. Tickets are \$25 for seniors (ages 60 and older), \$15 for youth (ages 25 and younger), and \$22 for general admission. For tickets or more information, visit kentwa.gov.
 - The Foster Performing Arts Center features the **Rainier Symphony** on April 1 at 7:30 p.m. and April 2 at 3 p.m. The concert, Musical Titans, will have works by Wolfgang Amadues Mozart and Gustav Mahler. Guest soloist Dr. Gina Gillie will make an appearance as well. Tickets are \$17 for general admission, \$12 for students and seniors (ages 62 and older), and everyone ages 12 and younger go in for free. You can get more information and tickets at rainiersymphony.org.
 - St. Luke’s Lutheran Church hosts the **Federal Way Symphony** on April 2 for their concert, Season Finale. Performing is Cellist Haeyoon Shin, who is playing pieces by Khachaturian, Smetana, Verdi and Dvorak’s Cello Concerto. The concert is at 2 p.m. at 515 S. 312th St., Federal Way. Tickets are \$36 for adults (\$33 for pre-sale), \$32 for seniors (ages 60 and older and \$29 for pre-sale), \$15 for students (ages 19 and older), and anyone 18 or younger is free. For more information or tickets, visit federalwaysymphony.org.

Alumnus plans serenade

By Izzy Anderson
Staff Reporter

Alumnus Aaron Torres is returning to Highline to give a performance to showcase his skills as a classical guitarist on April 6.

The performance is in Building 7 at 12:15 p.m. It is completely free and open to the public.

Torres studied in the Music Department at Highline and was mentored by music professor Dr. Ben Thomas.

“He was in my music theory class and we’ve stayed in touch ever since, while he was living abroad and traveling around and such,” said Dr. Thomas.

After Highline, Torres continued his education in music at the University of Washington, and later Western Washington University.

“In a way this is a culminating moment, because [Highline] is where I was first inspired to start learning music theory,” said Torres.

“He was very enthusiastic and passionate. He loves music and was excited to learn as much as possible. I’ve seen that continue since he’s left Highline,” said Dr. Thomas.

This is Torres’ first performance at Highline since transferring in 2009.

“Being at Highline and working with Ben Thomas was a pretty inspirational time for me, High-



Aaron Torres photo
Aaron Torres will perform at Highline for the first time since 2009.

line encouraged me to continue studying music,” said Torres.

Torres is currently pursuing his master’s degree in classical guitar performance in Idaho.

His interest in the guitar started before college, however.

“My mom made me and my brother learn the guitar as kids. As a teenager, I got into rock music, and eventually I transitioned to classical guitar,” said Torres.

His performance is an opportunity for students to see the result of pursuing a passion in music and sticking to it, said Torres. Even if you don’t want

to formally study music, taking music classes and attending performances can show you a lot about music you would not have known about otherwise.

“The concert will be an exceptional mix of classical guitar music from Spain and other parts of the world,” said Torres.

The concert will include pieces and arrangements originally done by composers Issac Albéniz, Toru Takemitsu, and Fernando Sor.

For more information about Aaron Torres and his music, visit aarontrorguitarist.com.

Hawaiian band swings into Kent

By Izzy Anderson
Staff Reporter

Swing into Hawaiian music on March 17 by seeing Kahulanui at the Kent-Meridian Performing Arts Center.

Kahulanui is a band that mixes together Big Band Swing and Hawaiian music into one unique blend. The band includes a four-piece horn section, bass, guitar, ukulele, drums, lead vocals, and harmonies.

The concert will be at 7:30 p.m. at 10020 S.E. 256th St.

The music was originally inspired by lead singer Lolena Naipo Jr.’s grandfather, Robert Kahulanui, who was a member of the Royal Hawaiian Band during a time when Hawaiian music was on the rise in the 1920s and 1930s.

In Hawaiian, kahulanui means “the big dance,” which fits this band’s diverse style well.

“They want to spread the gospel of Hawaiian Swing music here. They have taken traditional Hawaiian songs and have



Kahulanui photo
Kahulanui mixes Hawaiian and swing to create a unique sound.

given them new life,” said Herschel Freeman, the band manager.

Kahulanui have been nominated three times for the Hoku Hano Hano Awards, and once for a Grammy nomination.

The band is originally from Hawaii. Lolena Naipo Jr. helps bring those Hawaiian roots into the songs’ lyrics as well.

“Some of the things [Naipo Jr.] is singing is in Hawaiian, so

even though you might not understand the words, you can feel it,” said Freeman.

“It really draws people to a style they can feel emotionally. People really respond to it,” he said.

Tickets are \$25 for general admission, \$22 for seniors (60 and older), and \$15 for youth (25 and younger).

For tickets, visit kentwa.gov. For more information, visit kahulanui.com.

ONE FAT RAVE

Annual Lucky event brings electronic jams to the T-dome

By Kayla Dickson
Staff Reporter

Bass-heads, kandi-kids, and shufflers unite for a night full of electronic music at Lucky 2017 this Saturday.

Over 20 electronic music artists will be featured at the USC Events festival this year at the Tacoma Dome on March 11.

Established in 1996, USC Events, which stands for United States of Consciousness, has been throwing popular club events and nationally acclaimed annual festivals such as Freak-night, Resolution and Paradiso.

“Lucky, for us, is about the celebration of spring,” said Gabriel Ossa, marketing manager and director of guest services at USC Events. “It’s a good way to kick off the festival season.”

Although the festival season is just starting, this festival is one of the best chances to check out a diverse range of electronic music genres.

“We have a great lineup,” Ossa said. “I’m a huge bass-head, but we have some great trance artists performing.”

Headlining the festival this year is Knife Party, an Aus-

tralian electro-house duo, and Nicky Romero, a progressive-house DJ.

Other artists performing at Lucky 2017 include Liquid Stranger, Audien, Datsik, Borgeous, and much more.

“It’s nice to be back in the Tacoma Dome,” Ossa said. “Between Conscious Crew and medics, we should have over 100 people working that night. It will be a good one.”

Similar to other USC events, safety is a huge focus at the festival. Conscious Crew, medical staffing and security will be roaming the event, and multiple free water stations will be available for public use.

The show starts at 6 p.m., and features non-stop music on three different stages until 2 a.m.

“This is going to be the best Lucky we’ve ever had,” Ossa said. “Tickets are almost 90 percent sold out.”

Tickets are \$91 for general admission, and \$132 for VIP tickets, and will be available online and at the door until they run out. For more information, or to buy tickets online, visit LuckyFestival.com



Turk Photos

Festive go-go performers dress up as leprechauns to dance on stage for last year’s musical performances at Lucky 2016. These performers have been regulars at the festival for years.



Lucas Phung graphic



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T-Birds finish the season with a win

By Chentay Warnes
Staff Reporter

The T-Bird men’s basketball team ended their season with a win, with record at 7-7 (13-15 overall), in the NWAC West Division.

On their sophomore night, Highline beat the fourth-place Tacoma 63-48. The top scorers were Jamie Orme with 28 points and Austin Anderson and Jared Murphy with 8 a piece.

In the first half Highline led 34-32. In the second half, the T-Birds scored 29 points and Tacoma scored 16. Tacoma’s top scorer was Kahliel Wyatt with 12 points.

The T-Birds led in rebounds 47-41. The top rebounders were Orme with 15 grabs and Jeremi Hanks with 7. Tacoma’s top rebounder with 11 grabs was Ravion Bell

Highline made 29 points for their second chances. Tacoma only made 16 points.

The T-Birds made 35 percent of their shots, 67 percent free throws and 30 percent three-point shots. Tacoma made 28 percent of their shots, 75 percent in free throws and 25 percent in three-pointers.

The men’s team is saying goodbye to Jamie Orme, Val Wilson, Jared Murphy, Cass Matheis, Trey Edwards, Aus-



Jeremi Hanks goes up for a lay-up against Tacoma last weekend.

Jack Harton photo

tin Anderson and Markese Jackson.

“We have received four verbal commitments and are re-

cruiting hard for next year,” said Coach Dawson.

“We recruit locally and in other states. Over the years

we have had players from Oregon, California, Nevada, Idaho and Alaska,” said Coach Dawson.

During the season Highline was the best defensive team in the NWAC but the worst team on offense, allowing 66.5 points per game but scoring only 66.6.

“We have a great group of guys who represent the program well. But we have to get a lot better on the court. The season was unacceptable,” said Head Coach Che Dawson.

This season the top scorer for the T-Birds was Orme, who was 15th in the NWAC, averaging 19.09 points per game. He was also the second best rebounder and the fifth best blocker in the NWAC averaging 10.77 rebounds per game and 1.59 blocks per game.

Anderson was 13th in the NWAC for assists, averaging 4.15 assists per game.

Val Wilson was 18th in three-pointers for the NWAC making 41.8 percent of his shots.

The top rebounders for Highline were Orme with 237 grabs, Wilson with 129 and Desmond Hudson with 102.

Orme led in blocks with 35 and had 37 steals. Hudson had 15 blocks, Anderson had 36 steals and closely behind with 32 was Wilson.

“I’m excited about the opportunity to continue my athletic career,” said Val Wilson, who hopes to move on.

Highline falls in the last game of the season

By Thanavin Chum
Staff Reporter

The T-Birds are heading to their offseason after they lost to the Tacoma Titans, 74 – 53, last Wednesday.

“The season did not end as we had hoped. We will go back to the drawing board so we can increase our performance next season,” said Head Coach Amber Mosley.

The loss put them in fifth place in the final standings. It would not have mattered even if the T-Birds beat the Titans, since the Grays Harbor Chokers (8 – 6) unexpectedly came out with a victory against the second-place Centralia Trailblazers (11 – 3).

Tacoma employed a similar game plan to their last meeting, relying on its top two players, sophomore guard Bobbi Westendorf, who racked up 18 points, 12 rebounds, three steals and four assists and sophomore guard Jordyn Vega, who



Aileen Kaye puts up a mid-range floater against Tacoma last weekend.

Jack Harton photo

also scored 15 points along with pulling down seven rebounds.

Westendorf and Vega com-

bined for 38 points and 15 assists when they played the

T-Birds in February.

The Titans outrebounded the T-Birds, 39 to 25. They also made 11 of 25 for 33 points from the three-point line. The T-Birds on the other side only made 3 of 10 for nine points.

Three players for the T-Birds were in double figures. Team captain Jasmine Hansgen scored 12 points while sophomore guard Alicia Westbrook and freshman guard Aileen Kaye both scored 11 points.

The T-Birds finished the season with a regional record of 6 – 8 and 9 – 19 overall.

There are four sophomores and eight freshmen on the current roster and who will return for the next season is still uncertain.

“I do not know who will or will not return as of this time. We will meet individually with each player in the coming weeks,” Mosley said.

Freshman guard Anna Cook and team captain Jasmine Hansgen are certain of their decisions.

“I am actually planning on staying at Highline,” Cook said.

“I have another year of eligibility here, so I decided it would optimize my opportunities to continue playing the following year.”

Cook averaged seven points and five rebounds per game this season and made 81 of 213 shots for 38 percent.

“I definitely need to improve on my strength and range of shot,” Cook said.

Hansgen on the other hand will move on to play elsewhere.

“I do plan on moving on next year to play basketball,” Hansgen said.

After talking to a few coaches, Hansgen’s choices came down to Evergreen State in Olympia, North Carolina Wesleyan or Brooklyn College in New York City.

“I am leaning towards Brooklyn College because they have a really good program, and I would like to experience living in New York,” Hansgen said.

Hansgen averaged nine points and seven rebounds per game this season.

3835
4514
Scoreboard

NWAC Women's Basketball

WEST

Team	League	Season
Lower Columbia	13-1	26-3
Centralia	11-3	18-10
Tacoma	9-5	20-7
Grays Harbor	8-6	13-13
Highline	6-8	9-19
S Puget Sound	4-10	10-17
Green River	4-10	7-21
Pierce	1-13	1-25

EAST

Team	League	Season
Spokane	14-2	23-4
Walla Walla	14-2	21-4
Columbia Basin	11-5	19-8
Treasure Valley	8-8	16-11
Yakima Valley	8-8	17-12
North Idaho	6-10	13-14
Big Bend	4-12	12-17

NORTH

Team	League	Season
Skagit Valley	12-2	22-6
Peninsula	10-4	18-9
Bellevue	10-4	17-9
Everett	10-4	14-12
Shoreline	6-8	9-15
Olympic	3-11	9-15

SOUTH

Team	League	Season
Umpqua	16-0	27-2
Lane	14-2	26-4
Clackamas	9-7	17-11
Linn-Benton	9-7	16-12
Portland	6-10	8-18
Clark	4-12	7-20
Chemeketa	4-12	7-21

NWAC Men's Basketball

WEST

Team	League	Season
S. Puget Sound	13-1	22-5
Pierce	11-3	23-6
Lower Columbia	10-4	21-8
Tacoma	8-6	15-13
Highline	7-7	13-15
Grays Harbor	3-11	7-22
Centralia	2-11	6-22
Green River	1-13	4-24

EAST

Team	League	Season
North Idaho	13-3	25-4
Spokane	12-4	23-6
Walla Walla	11-5	20-8
Big Bend	11-5	19-11
Treasure Valley	10-6	17-10
Wenatchee Valley	7-9	11-17
Yakima Valley	3-13	9-19

NORTH

Team	League	Season
Shoreline	10-4	17-8
Peninsula	9-5	18-8
Bellevue	8-6	18-11
Whatcom	8-6	17-9
Everett	8-6	16-11
Skagit Valley	7-7	14-11
Edmonds	2-12	5-22

SOUTH

Team	League	Season
Clark	10-6	17-9
Umpqua	10-6	18-9
Portland	9-7	12-14
Mt. Hood	9-7	15-11
Clackamas	8-8	15-13
Linn-Benton	8-8	14-13
Chemeketa	8-8	13-15
SW Oregon	6-10	15-15
Lane	4-12	15-16

Women's tennis team gears up for the first time in almost 25 years

By Thanavin Chum
Staff Reporter

Highline's tennis team will take to the court once more after an almost 25 -ear absence. The team competes in the Northwest Athletic Conference. The Lady T-Birds first lost the team due to a lack of funding but private donations and community sponsorships have regenerated the program. Head Coach Laura Rosa said she is thrilled for the opportunity to coach the team.

Rosa has been involved in the tennis community for more than 20 years as a player, coach, teaching professional and tournament director.

"I couldn't be more honored or excited to be coaching the women's Thunderbird tennis team," Rosa said.

One of the tougher opponents the T-Birds will face this season are the Bellevue Bulldogs. The Bulldogs finished last season with a regional record of 6 – 0 and 8 – 4 overall as they went on to win the another NWAC championship.

Under Head Coach Jason Chapman, the Bulldogs won the NWAC championship 11 of the last 12 seasons.

Another team that was neck-to-neck with the Bulldogs last



Jack Harton photo

Megan Hagerty readies up before a match during a jamboree last November.

season and ended as the runner up was the Skagit Valley Cardinals. The Cardinals finished last season with a regional record of 4 – 2 and 6 – 4 overall.

The group that will represent the T-Birds include freshman Megan Hagerty from Graham-Kapowsin High School, where she helped her team win three league championships.

Freshman Samantha McElwain, a determined competitor, was a two-year captain at Fife High School where she went

12 – 0 league play in her senior year.

Freshman McKenzie Hawkins comes from Central Kitsap High School and is ranked 34th in the Pacific Northwest open division.

Freshman Sierra Silva was a four-year standout at Auburn Mountainview High School and was the South Puget Sound League 3A double league champion in 2016.

Coach Rosa said she is proud of her group but what surprised

her even more is how well her group has been doing academically.

"Thus far my most proud moment was when they combined to earn a team cumulative 3.8 GPA last fall," said Rosa.

The 'T-Birds' first game of the regular season will be against the 2016 champion Bulldogs.

The game will be at Robinswood Tennis Court in Bellevue on March 11, at 2 p.m.

Golf team in full swing next month

By Barinder Sandhu
Staff Reporter

Bad weather has hampered preparation for this year's women's golf season and the Highline team will need to get its act together quickly in advance of hosting its invitational tournament next month.

The T-Birds will host Columbia Basin, Spokane, Grays Harbor and Southwest Oregon April 2-3 at Twin Lakes Golf and Country Club in Federal Way.

"We haven't had a whole lot of time to practice because of the snow and weather in general," said Head Coach Steve Turcotte.

Weather notwithstanding, Turcotte expects his team to play better than last year.

Highline finished with six points in league to first place Bellevue's 43 points last year.

"We expect to be fairly better than last year, now that most of the girls have a season under their belt," Turcotte said.

Highline is coming off a second-place team finish last fall at the Grays Harbor Invitational Tournament at DuPont's The Home Course Golf Course. Freshmen Aimee Chomngarm



Jack Harton photo

The Highline women's golf team from left to right: Ruby Lampkey, Hailey Johnson, Jasmine Hansgen, Megan Martin, Aimee Chomngarm, and Mikayla Kato.

finished second overall in the individual competition at that tournament that included competitors from Bellevue, Grays Harbor, Green River and Southwest Oregon.

The women's golf team competes in the Northwest Athletic Conference, consisting of 12 schools with golf teams, Tur-

cotte said.

Teams are awarded one point for each head-to-head win over an NWAC opponent at league matches.

Individual performances are used for scoring the total team score in golf.

"We have six girls on the team and the top three girls scores are

used for the computation of the team score," Turcotte said.

For the upcoming season, matches start toward the end of March followed by the Highline Invitational the first weekend in April, Turcotte said.

"We're going to find out in two weeks how good we are," Turcotte said.

Those body fat spot-reduction schemes and routines don't work

By Haley Holmquist
Special to the Thunderword

Summer is just around the corner, and the prospect of being seen in a swimsuit has many people heading to the gym to begin new exercise routines and programs. So-called spot reduction is the foundation of many exercise programs, products and services in the fitness industry marketed to many of those aspiring new fitness enthusiasts.

Spot reduction refers to the myth that training a certain area of the body with specific exercises for that area might selectively reduce fat stored there. This concept is commonly used to promote belly fat burning workouts, or those with the goal of creating slimmer thighs. However, one cannot lose fat in any one specific area through isolated training.

Hundreds of crunches will not result in a diminished belly fat. Countless lunges will not lead to smaller thighs. The muscle may turn out stronger, but the fat will remain because localized fat loss is impossible to attain through exercise. Companies that use these claims to market themselves are prioritizing aesthetic appeal over education.

Here the facts involved in fat loss and how to lose fat both effectively and healthfully: The body has two types of fat, essential and stored. Essential fat is found in our organs and is necessary for them to function properly. Stored fat is located around our organs to protect from trauma. It is also stored under our skin as subcutaneous fat for energy reserves. Genetics and one's sex determine where most of an individual's subcutaneous fat is stored. Fat loss occurs through regular exercise and diet. Diet here doesn't mean restricting any foods, rather it refers to how you fuel yourself daily with food. You don't need to track cal-

ories. Instead, focus on eating more nutritionally-dense foods. Replace snacks such as chips or crackers with fruits and vegetables. Replace grains that are white (e.g. bread, rice) with whole grain items. Additionally, drinking water frequently throughout your day can assist with weight loss. Exercise is also key. When the body is involved in exercise, subcutaneous fat is used as fuel to keep moving. During exercise, blood flow is increased to and from the muscles. This allows the body to better metabolize fat into energy. Walking, jogging, swimming, or biking are all examples of exercise that may be effective in reducing body fat, especially when combined with a complete

resistance training program. Resistance training helps build more lean muscle and increased muscle mass increases one's basal metabolic rate, which determines how many calories the body burns at rest. Although you can't target fat loss in specific body areas with exercise, you can work on improving your diet. You can also add more cardiovascular and resistance training exercise to reduce body fat stores throughout your whole body. While reducing body fat may be a worthy fitness goal, remember to keep a focus on just becoming more active and healthy the rest of the year. *Haley Holmquist is a student in Highline's Personal Fitness Trainer program.*

Where'd they all go?

Many a New Year's fitness resolutioners retreated as the calendar advanced

By Jaelyn King
Special to the Thunderword

You walked into the gym last Jan. 3 thinking of what a great way it was to start off the new year. You were finally going to make a change and improve yourself. This was to be the year you were going to be focused and actually succeed, unlike last year. The gym was fully packed with people. They were all imagining how their lives and their bodies will be in 12 months. Now you're back to the gym two months later. You notice the small crowd, and you realize that you're beginning to lack motivation. Why?

"New study finds that 73 percent of people who set fitness goals as New Year's resolutions give them up," according to BodyBuilding.com. Most people make a plan and start an exercise program, but quit before reaching their desired results. They stop before reaping the benefits. So how do you stay committed to an exercise program instead of jumping ship like so many others? First of all, you must never lose sight of your goal. At first things seem easy, but after a while it can get more and more difficult. People like to make plans for themselves, but as soon as things get tough they abandon their plans for the sake of con-

venience. Make your goals a priority. If you're on a path to success and you run into a wall, you don't turn around and leave. Break through and keep moving forward. When things get difficult just remember why you're doing this. Ask yourself: "Is it worth the pain and the struggle?" If so, then keep going, don't give up on yourself. If you are really driven to do something, you don't need to wait for the New Year. New Year's Resolutions are just a tradition, a way to celebrate the holiday. If you really want to make a change it doesn't matter what day it is: Make a plan. Take action.



Kelsey Par/THUNDERWORD
Jaelyn King is finding her trips to the gym more lonely after 75 percent of New Year's resolvers abandon their pledges.

Make the commitment to yourself that you will do whatever you need to do in order to reach your goals and aspirations. It helps to find a program you like. For example, if you want to do cardio, but hate running, try dance or kickboxing. Find what works for you so you can stick to it long term. It doesn't hurt to try new things as long as you don't stop trying. It also helps to have a gym buddy or a professional personal trainer to help and motivate

you, but the effort still has to come from you. People can help you, but they can't force you to do anything. Take control and steer yourself in the right direction. Be truly passionate about your goals or find a type of workout you'll enjoy and simply keep pushing. No more excuses. If you really want it you will always find a way. Become the person you've always wanted to be. *Jaelyn King is a student in Highline's Personal Fitness Trainer program.*

To Your Good Health Doctors are not out to zap your wallet

Dear Dr. Roach: I am 73 years old and lived on a boat in my 40s. Now, whenever I go to the dermatologist (two to three times each year), he zaps me about 20 times and burns off cancer cells or maybe potential cancer cells. Some of them have been cancer and were healed. While I am grateful for the care he gives me, I also sometimes feel that he zaps because each zap means more money. Can you please clarify this for me? — G.B.
Answer: I often get questions like this, where a patient has a concern that their doctor is performing unnecessary medical care for the purpose of enriching himself or herself. I always have trouble believing it, since I can't really imagine it, but I recently read about an oncologist pleading guilty to treating with chemotherapy people who didn't really have cancer, which shakes my faith in my profession (and colleagues). Still, I truly believe that, in your case and probably more than 99 percent of the time, the doctor is being extra cautious to treat you for the sole purpose of reducing your likelihood of developing an invasive skin cancer later on. *Dr. Roach regrets that he is unable to answer individual letters. Readers may email questions to ToYourGoodHealth@med.cornell.edu.*

Spring job fair returns to Highline

By Katie Cummings
Staff Reporter

Find a job for spring or summer at the Spring Job Fair next week.

Career and Student Employment is hosting the fair on Wednesday, March 15.

The Spring Job Fair gives job seekers an opportunity to meet with more than 50 employers from a variety of businesses and industries.

Some of the employers who will be attending include Comcast, Franciscan Health System, IKEA, Airport Jobs, Sears and the Seattle Police Department. Many community homes and insurance agencies will also be at the job fair.

“Employers are looking for some sharp candidates, ones



Highline College photo

The spring Job Fair will welcome more than 50 employers next week on March 15, in Building 8.

who are prepared,” said Chantal Carrancho, the program

manager for Career Services at Highline.

Businesses will not only be looking for full-time workers, but also people to fill part-time jobs and internship positions.

Some skills you would need to know are networking skills, how to present yourself to employers, what to wear, and what type of things are needed, such as what questions you want to know about the company, what jobs they have available, and some job search skills in general, said Carrancho.

“All those skills will be combined into one class to help [job seekers] be successful at a job fair,” Carrancho said.

You can attend a workshop to practice those skills and to help you to better understand how to interview for a job.

At 1 p.m. on Thursday,

March 9, CASE will host a Job Fair Preparation Workshop. A Resume Essentials Workshop will be Tuesday, March 14 at 1 p.m.

Registration for workshops can be done at studentemployment.highline.edu.

“Here at the CASE Center, we offer mock interviews; we can provide some questions that are most commonly asked in the interview process, and we can help to maximize and make your answers more in-detail,” Carrancho said.

“So when you do answer these questions, you’ll be impressing the employer and also showcasing all the skills that you already have.”

Some tips for people with interview anxiety are to be confident and identify some of your weaknesses so you know what to work on, said Carran-

cho.

“During job interviews, students may feel like ‘I’m not qualified’ or that ‘I don’t have the skills to apply for this job,’” Carrancho said. “Attending workshops will help you gain confidence and to understand more about what [employers] are looking for.”

“When I was younger, I was afraid to approach people. I didn’t talk as much; I didn’t like talking in front of big groups of people. But I learned that that was one of my weaknesses. So, I’ve learned from that and now I can speak in front of 5,000 people,” Carrancho said.

You can prepare for the job fair by constructing your cover letter and resume, and by attending a workshop.

The fair will be in Building 8 from 11 a.m. to 2 p.m.

South Seattle hopes to increase tourism

By Barinder Sandhu
Staff Reporter

Seattle Southside has joined force with the Southwest Chamber of Commerce to help promote tourism, local business, and the economy.

Prior to last year, the Seattle Southside Regional Tourism Authority focused on promoting tourism while the Southwest King County Chamber of Commerce focused on promoting business.

“We are a non-profit service organization that focuses on the business community and provides opportunities for the communities,” said Seattle Southside Chamber of Commerce CEO Andrea Reay.

“We help the economy and local businesses. We are a voice of leadership for the communities’ businesses,” Reay said.

The combined group serves the communities of Burien, Des Moines, Normandy Park, SeaTac and Tukwila.

“We are more of an alliance, working together to boost a destination for tourism,” Reay said.

As tourism activity rises, so does the economic development in these communities. Conversely as economic development advances so does tourism appeal Reay said.

“We are networking with the city of Des Moines are partnered with Destination Des Moines,” Reay said.

Destination Des Moines is a non-profit 501(c)6 organization focused on the promotion and marketing of the City of Des Moines.

“Destination Des Moines provides community projects



Andrea Reay

and community engagement events, which helps economic development,” Reay said.

The Des Moines Waterfront Farmers Market, Community BBQ, Fireworks Over Des Moines, Waterland Festival, Trick or Treat Path, Waterland Wine and Art Walk, and Holiday Tree Lighting are sponsored events promoted by Destination Des Moines.

The nuts and bolts the Chamber of Commerce angle provides is to help businesses and organizations write business plans, or lease agreements, things of that nature, Reay said.

“The Seattle Southside Chamber of Commerce has committee and member meetings later this month and a Lunch and Learn on how to reduce operation costs by reducing utility costs this Friday,” Reay said.

Lunch and Learn will take place at the Chamber office, 14220 Interurban Ave S #134 Tukwila, from noon to 1 p.m. and costs \$15.

the THUNDERWORD

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

Be ready for a cyber attack, prof says

By Samuel Robbins
Staff Reporter

You should have at least two-weeks’ worth of supplies and funds stockpiled at home in case of cyberwarfare attack, a Highline professor said last week.

Highline computer science professor Chun Yu 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.

Cyberwarfare are actions by a nation-state to penetrate another nation’s computers or networks for the purposes of causing damage or disruption, Yu said.

“Every country has a hacking force; any country can start development on cyber-weapons,” Yu said.



Chun Yu, a computer science professor at Highline, warned students about cybersecurity attacks and computer hackers at last week’s Science Seminar.

Computer hackers break into computer systems in order to steal, change or destroy information, often by installing dangerous malware without the owners’ knowledge or

consent.
“If the U.S internet was shut down, our ecosystem would shut down with it,” Yu said.

“There would be no money because people wouldn’t be able access their bank accounts, you wouldn’t be able to buy groceries because registers wouldn’t work,” he said.

Yu spoke about the recent, and unproven, Russian computer hack of the 2016 presidential election, which Yu believes did occur:

There will never be a smoking gun, no signs of an electronic hack, he said.

“It was a hack carried out by people, it wasn’t a hack of a computer system, it was a phone call,” Yu said.

The next Science Seminar will be held tomorrow, March 10. Gregory Reinemer discusses laser-focused research.

The Science Seminar runs from 1:30 to 2:35 p.m. in Building 3, room 102.



Ted S. Warren/Associated Press
Bard Luippold of Tacoma holds a sign in support of Daniel Ramirez Medina, Wednesday, March 8, outside the federal courthouse in Seattle.

Lawyers for Des Moines ‘dreamer’ again seek his release

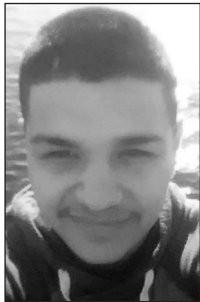
By Gene Johnson
Associated Press

SEATTLE – A federal magistrate says he expects to rule early next week on whether to release a Mexican man who was arrested in Des Moines despite his participation in a program to protect those brought to the U.S. illegally as children.

Daniel Ramirez Medina is asking a Seattle court to find that his arrest Feb. 10 violated his constitutional rights.

U.S. Magistrate Judge James P. Donohue said at a hearing Wednesday he wouldn’t immediately rule because the Justice Department improperly made a new argument in a brief filed Tuesday, leaving Ramirez Medina’s attorneys little chance to respond.

Lawyers for Ramirez Medina again asked for his release at the hearing.



Ramirez Medina

Donohue has already once declined to release him, and the Justice Department says his case belongs in immigration court, not

U.S. District Court.

Ramirez Medina was arrested Feb. 10 by immigration agents who initially arrived to detain his father. He has no criminal history and twice passed background checks to participate in the Deferred Action for Childhood Arrivals program.

Agents said he admitted being involved with gangs. His lawyers say that’s false, and they want the federal court to rule that his detention violates his constitutional rights.

Go Figure!
answers

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King Crossword
Answers
Solution time: 25 mins.

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Weekly SUDOKU
Answer

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

The hard times in the Peace Corps taught life lessons to professors

By Samuel Robbins

Staff Reporter

The Peace Corps takes you to faraway places but what you learn is inside of yourself, Highline teachers said last week.

Anthropology professor Dr. Lonnie Somer, geography professor Dr. Jennifer Jones, creative writing and film studies professor Susan Rich, and political science professor Jennifer Ritchey spoke at Honors Colloquy last week.

Honors Colloquy is a series of weekly lectures open to all of the Highline community. It happens every Wednesday from 12:15 p.m. to 1:20 p.m. in Building 7. Topics relate to annual themes relevant to student learning.

The Peace Corps is a volunteer program run by the United States government.

The stated mission of the Peace Corps includes providing technical assistance, helping people outside the United States to understand American culture, and helping Americans to understand the cultures of other countries.

The work is generally related to social and economic development.

Each program participant, a Peace Corps volunteer, is an American citizen, typically with a college degree, who works abroad for a period of two years after three months of training.

Dr. Somer was a peace corps volunteer in Guatemala from 1983-1984.

"There was a seven-week training and then they told me where my town was and said goodbye," he said.

Dr. Somer was in the agricultural branch of the Peace Corps, but he said much of what he did was about building good relations with the community.

"There's not many new farming techniques you can teach a town that has been farming for hundreds of years before you got there," he said.

He helped where he could, when he could, he said.

"I lived in a converted tobacco factory, I slept on a bed that was donated after someone died on it," Dr. Somer said.

Guatemala was very dangerous at the time as it was embroiled in a civil war, he said.

Dr. Somer was hit, smashed against walls, and interrogated during his time volunteering.

"I had friends who were kidnapped, and knew one volunteer who was killed," he said.

Dr. Somer was told to prepare an escape plan in case of



Olivia Sullivan/THUNDERWORD

Highline professors and former Peace Corps members tell their stories about their time in Peace Corps, from planting to parasites, and the hard and the soft experiences they went through.

emergency, he decided that he would flee over the El Salvador border if disaster struck.

El Salvador was also in a civil war during that time.

"I was sick and extremely thin, 40 pounds lighter than I am now and had parasites eating me from the inside," Dr. Somer said.

Dr. Somer said he fell into the rhythm of helping others and that's what got him through the experience.

"The Peace Corps made me more self-sufficient and it gave me a center," Dr. Somer said.

Dr. Jones was a Peace Corps volunteer in Congo-Zaire from 1988-1989 and in the Dominican Republic from 1990-1992.

In Congo-Zaire, Dr. Jones worked in agriculture.

"Our role was to introduce new crops but much of what we did was learn their culture and their languages," she said.

In the Dominican Republic, she worked in the medical branch of the Peace Corps.

"I aided in maternity, I taught medical lessons in local high schools, and helped in many other ways," she said.

In the Dominican Republic, much of what the population had learned about America was

from movies and television, she said.

"I once got into an argument with a young girl because she refused to believe that Michael Jackson was a boy, not a girl," Dr. Jones said.

Many people were surprised to see someone who looks like her, she said.

"There is not many representations of race in the media. People were surprised to see that I could be an American," she said.

Dr. Jones said she grew up in segregation, when she came to Congo-Zaire everyone was of African descent.

"Everyone from doctors to store clerks were black, seeing an entire society be run by black women and men was something I never thought I would see," she said.

In Congo-Zaire, if you are of lighter skin you could be considered white, where as here you would be considered black, she said.

"It taught me that race is a flexible construct. In Congo, I was white," she said.

"I saved people's lives and while I was doing it I learned how to save my own," she said.

Rich was a Peace Corps vol-

unteer in Niger from 1984-1986.

She worked as a teacher, teaching students not much younger than her.

"I was a college drop-out, I only went back to college because I wanted to volunteer in the Peace Corps," she said. "I would not be a teacher today if it weren't for the Peace Corps."

Rich said that she learned to be humble during her time in Niger.

Ritchey was a Peace Corps volunteer in Swaziland from 2008-2010.

She worked in public health. "Swaziland has the highest rate of AID/HIV in the world, I knew families that were attending funerals every weekend," she said.

At the same time, she said, Swaziland was a beautiful country with a vibrant culture.

Ritchey said she helped in everything from a volleyball program to high school education about HIV.

Ritchey defined two Peace Corps slang: hardcore and softcore.

These terms describe the level of difficulty your Peace Corps volunteering was, hardcore being brutal, and softcore being

easier.

"Peace Corps got more sophisticated as the years of it being around went on," she said.

Ritchey said that she could check out books from a library set up by Peace Corps volunteers.

"I brought my laptop, there was electricity nearby and we watched movies on the weekends," she said.

She entered the Peace Corps and wanted to live hardcore, but by the end she had an internet accessible phone and could call home.

She compared that to the other panel speakers:

When Somer served cell phones hadn't been invented.

Dr. Jones could call home on the weekends.

Rich had one emergency phone call in her two years serving.

"Peace Corps made me feel alive; I laughed and cried more than I ever have," Ritchey said.

At next week's Honors Colloquy, communication instructor and author of *Say This, NOT That to Your Professor* Ellen Bremen will talk about adapting to changes and challenges in life.

Adaptive sports for disabled veterans

Disabled veterans will get a chance again this year to compete in adaptive sports across the country. The Department of Veterans Affairs is taking applications for \$8 million grants that will support programs for disabled veterans and members of the Armed Forces.

Last year, grants helped fund 90 different programs, including coaching and technical assistance, recreation therapists, equipment, supplies and programs on the local level, as well



by Freddy Groves

as advanced adaptive sports and Paralympic programs at the regional and national levels. Grant applicants are expected to be colleges, parks and rec departments, Paralympic sports clubs and organizations, non-profits, Veterans Service Organizations and more.

For disabled athletes who want to train and compete, this is a huge program. See www.va.gov/adaptivesports for more information. Click on Paralympic Sport Club Finder to locate ones in your area, or go to www.teamusa.org for full listings. Depending on where you live, you can join adaptive skiing, para-athlete triathlons, sports for visually impaired, snow-shoeing, cycling, wheelchair basketball, archery, fly fishing, kayaking, disc golf, biathlon, tennis and many more.

Specific adaptive events during the year include:

- Valor Games -- open to veterans with a VA disability rating for PTSD, amputation, traumatic brain injury and more.
- Golden Age games -- open to veterans age 55 or older who get health care at the VA.
- Summer Sports Clinic, Sept. 17-22 in San Diego -- take part in surfing, track and field, sailing, hand and tandem cycling. For those who were recently injured, daily therapy is part of the program.
- TEE Tournament, Sept. 11-15 in Iowa City, Iowa -- develop skills in adaptive golf and bowling.

If you're disabled and think you won't get anything out of the sports programs, go online to www.va.gov/adaptivesports. Check out some of the videos of veterans in the programs. You might change your mind.

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House bans phone use while driving

OLYMPIA (AP) – A measure to ban holding a phone while driving passed in the House a day after a similar measure passed in the Senate.

House Bill 1371 received a 52-45 vote in the Democratic-controlled House Tuesday.

Democratic Rep. Jessyn Farrell, the sponsor of the bill, said the measure is about safety and updating the current law “so that police officers can enforce this.”

Currently people are guilty of an infraction if they hold a phone to their ear while driving, or are caught text messaging.

Under the bill, drivers would be banned from holding any hand-held devices while driving including phones, tablets and other electronic devices, even while stopped in traffic. It would also double the fine, which is currently \$136 if caught texting or holding a phone to the ear while driving for second and subsequent offenses within five years.

“We have an epidemic of using smartphones in our cars,” Farrell said. “We love our phones and can’t put them down while driving... You can still use that phone, but just don’t hold it in your hand.”

The new measure would allow the use of a finger to activate or deactivate a function of a device, such as using Siri on the iPhone, and the use of a built-in touch screen control panel within a vehicle to control basic functions like the radio or air conditioning.

Republican Rep. Morgan Irwin spoke in opposition to the bill because he said



AP photo
Using a cellphone while driving would be illegal under a bill just passed by the Washington state House of Representatives.

it creates a “class issue.” Irwin said he was concerned that some people, such as him, might not have a car with a built-in touch screen and would be unfairly affected by this bill.

“We can have a car with a computer in its dash and use it all you want to, but if you can’t afford that car or you just have normal car then the only way to get directions to where you are going is to use that cellphone,” Irwin said.

Republican Rep. Dave Hayes also opposed the bill. He said he prefers to broaden the measure to include other dangerous distractions such as eating while driving,

petting a dog in the back seat or putting on makeup. He said his main concern was that the bill only focuses on cellphones.

Exceptions to this new measure would include contacting emergency services, operating amateur radio stations and two-way or citizens band radio services and while operating tow trucks and other emergency vehicles.

According to the National Conference of State Legislatures, 14 states currently ban any hand-held cellphone use while driving in a car; however, 37 states and D.C. ban all cellphone use by beginner

or teen drivers, including Washington. Forty-six states prohibit texting messaging for all drivers.

Republican Rep. Paul Harris said he wasn’t planning on voting yes on the legislation until he was distracted by his phone while driving last week.

He said he grabbed his phone to play a song and hit a cooler in the middle of the freeway.

“The cooler exploded all over the place,” he said. “I consider myself very lucky because it wasn’t a car, it wasn’t a deer, it wasn’t a kid, it was a Styrofoam cooler that had fallen out of someone’s car.”

Washington unemployment rate steady at 5.1 percent

OLYMPIA (AP) – Washington state’s unemployment rate held steady last month at 5.1 percent even as the state lost about 7,200 jobs.

The unemployment rate in December was revised to 5.1 percent, down from the 5.2 percent originally reported by the Employment Security Department.

According to the latest numbers released Wednesday by Employment Security, private-sector and government employment each decreased by 3,600 jobs in January.

The national unemployment rate was 4.8 percent last month. The unemployment rate in the Seattle-Bellevue-Everett area was 3.7 percent.

Job gains and losses are estimates based on a survey by the U.S. Bureau of Labor Statistics. The unemployment rate counts the percentage of people who are unemployed and actively looking for work, and doesn’t include those who have stopped looking for work.

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✱ For more information email Steve Lettic at sletic@highline.edu



Kayla Dickson/THUNDERWORD

An open discussion at Wednesday's forum allowed students, faculty, staff, and program directors to voice their opinions.

Anthem continued from page 1

attendees at the forum said.

Student Government and club leaders will be voting on whether the anthem is removed from commencement during the council meeting on April 25 from 1:15 to 2:30 p.m. in the Mt. Skokomish room in Building 8.

Anyone who wants to attend the meeting is welcome said Byron Patten, speaker of the caucus for Student Government and one of the presenters at the event.

The line in the third verse can be interpreted in different ways, Patten said.

One interpretation is that the line refers to the blacks who joined the British military because of the promise of freedom after the war.

"When the war began, the British saw a good war strategy in going with Americas enemies and that would have been their slaves, the indentured servants," Patten said. "Thousands of black slaves fought for the British and became free men."

Another interpretation is that "slave" was referring to members of a country who were ruled by a monarch.

"Americans commonly referred to their British counterparts as slaves under the crown. They weren't actually free," he said.

Or possibly Key was referring to the American soldiers who were captured by the British and made "slaves."

"What that slavery meant is that they would be fighting for the British -- they would be recommissioned by the British army," Patten said.

An attendee who said he joined the Army almost 30 years ago said that the freedoms that white Americans have always had are natural laws, however, African-Americans had to be granted their freedom. He doesn't stand for the anthem, and he has a problem with the spirit of the song, he said.

"I have a problem with the whole thing because of the spirit it was written in," he said.

Another attendee said that he couldn't find a whole lot to be patriotic about in the United States, and that removing the Star-Spangled Banner won't do anything to improve the divide.

"I believe that removing The Star-Spangled Banner isn't going to do anything. ... Starting at The Star-Spangled Banner is the least of our worries," he said. "I feel a lot of the constitution needs to be changed."

One attendee argued that the what is sung today does not include the third verse so it shouldn't matter.

"If that part of the anthem we're not using, I don't see too much of a problem, but I'm not opposed to it changing either," he said.

Another attendee argued that the first verse -- which is the only verse that is used for the national anthem -- ends on a question and asks whether the flag is still waving?

"Every time we sing [the anthem] it asks a question that we should be asking ourselves," Vanessa Primer said. "We're at a dawning and we're asking ourselves what we have just been though. ... This is a dawning of a new life for us. Are we brave, are we free, is our home where it needs to be? ... Isn't that a perfect thing to have at graduation?"

Another attendee argued that when citizens of a country don't take pride in their country, then the country is destined to fail.

"Other countries that don't take pride in their country, the country goes away," he said.

A faculty member, who is a refugee, said he would not attend commencement if the anthem was removed.

"My national anthem is the USA [anthem]. ... If that is not there [at commencement], I won't attend because that is not there," Savio Pham said.

Another attendee said the anthem should stay in, but if it is going to be removed, a new song should take its place.

"If you're going to repeal it you've got to replace it," Luke Field said.

Sanctuary continued from page 1

immigrants was passed.

They looked at crime rates between 2000 and 2014 and found no evidence that the passage of a sanctuary policy increased the crime rate in a given city when

compared to non-sanctuaries.

"Trump's crack down on immigration will do nothing to solve the problem of undocumented immigration," Dr. Gonzalez said. "We need to look for a solution that includes a guest worker permit to meet labor demands, a path to citizenship for those who are here, penalties for

employers who exploit undocumented workers, and border control."

Dr. Gonzalez also said, "Having people live in the shadows, scared of the police and easy targets for exploitation and victimization is not acceptable and we should strive for a commonsense solution."

Acid continued from page 1

The effects of ocean acidification are detrimental to the health of sea life, Dr. Keil said.

For example, oysters, clams, sea urchins, plankton and coral are unable to calcify when acidity levels are too high and the shells of sea life disintegrate after 45 days of being in toxic water.

Also, the food web is interrupted due to the fish and sea life that become tainted and are unable to be consumed by other sea life.

However, sea life are not the only ones affected by ocean

acidification, Dr. Keil said.

Fish and sea life that are exposed to acidic waters become too toxic for human consumption.

This causes a disruption to the local economy because of the lack of ability to fish.

Many causes have been linked to ocean acidification, such as high concentrations of carbon dioxide; burning of fossil fuels; cement manufacturing; increased levels of carbon dioxide in the ocean and atmosphere; and loss of biodiversity, said Dr. Keil.

The many things people can do to prevent ocean acidification, include being mindful of

the pollution they cause; walking, biking, and using public transportation; eating less meat and fish; using less water; composting wasted food; buying and eating locally; relying less on coal and fossil fuels, Stach said.

Ocean acidification has increased greatly over the past several years. In order to reverse it, people as individuals and a community must work together to take these steps, Dr. Keil said.

"I believe we can fix many of the climates crisis' currently going on, but it would take hundreds of years to fix ocean acidity," Dr. Keil said.

Got news? Have something to say? Let us know!

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