

Students at odds

T-Birds evenly divided over keeping anthem



National Anthem Debate

By Thunderword Staff

Highline students are evenly split over whether the college should remove the national anthem from commencement.

The Star-Spangled Banner is traditionally sung at commencements, however, Highline Student Government has been debating on whether to remove it from commencement.

Student Government hosted a forum last week to provide information and listen to student opinion. The Student Council will vote on whether to remove the anthem from commencement on April 25 from 1:15

to 2:30 in the Mt. Skokomish room in Building 8.

The debate over the national anthem's racist background has stemmed from the third verse of *the Star-Spangled Banner*, written by Francis Scott Key.

There are four verses, but only the first one is recognized as the national anthem.

In the third verse, there is a line that states: "No refuge could save the hireling and slave from the terror of flight or the gloom of the grave."

Some people have interpreted those words as oppressive and exclusive of the Afri-

can-American community.

Several Highline students said they were unaware of the supposedly racist origins of the national anthem and therefore singing it ought to be an option.

Many students are arguing that regardless of the history of the anthem, it should be respected today and singing it publicly should be a choice.

Aaron Leifi, who is returning back to college after a business endeavor, said that this issue is a major underlying problem of racism in America.

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Tiffany Ho/THUNDERWORD

Highline programs aren't as diverse as student body

By James Jackson
Staff Reporter

Highline students say they value the college's diversity.

Highline ranks as the most diverse school in Washington state with a student body that is 75 percent people of color and 59 percent female. The college is regularly recognized for its diversity and its programming support of that diversity.

As you walk around Highline you can't help but to notice the diversity in the student population. The college is a virtual melting pot with diversity in race, age, religion, sexual orientation, gender identity and students with disabilities.

Diversity in a dictionary definition is the differences between people in a specific group said Maggie Newhouse.

"But when I was thinking about it, diversity to me at least means differences are not just present, differences are celebrated," she said

"Diversity is a celebration of differences between individuals in a community; all individuals are given the opportunity to thrive and share their backgrounds. Differences don't just exist, they are encouraged and allowed to shine," Newhouse said.

"Diversity is something that is really important to me. Not only do I accept people that are different but I also embrace their differences," Chris Romero said. "I embrace them and I accept them."

However not all Highline students feel as comfortable embracing those from outside of their groups as Romero does.

Tien Lee, a student leader and graphic designer at Highline's Center for Leadership and Service, said she does not regularly associate with people from other groups outside of work.

See Diversity, page 20

Poverty persists in state's richest county

By Kelsey Par
Staff Reporter

Highline student Demetria Doty goes to the mall, but she doesn't shop.

She sometimes has to choose between going out with friends or putting food on the table.

Like many other students, Doty is officially poor.

There's a lot of things she wants to do, but can't, she said.

"I don't go out almost ever and I have to turn down a lot of invitations. There have been many times I almost couldn't pay rent, so it can be hard at times. Sometimes I don't eat," Doty said.



A full-time student at Highline and working on campus, Doty is a psychology major and aims to get a master's degree in school counseling.

Her job in the Writing Center is all that is keeping her afloat.

Doty said she hopes that getting an education will help her to find a

Tiffany Ho/THUNDERWORD

career with a stable income.

"I don't want to stay where I am in my life. Constant financial stress makes everything harder and that's why I am trying to get such a high

See Poverty, page 20

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Crime & Punishment

Trespasser climbs high

By Will Otto
Staff Reporter

An unidentified individual attempted to gain access to the Building 6 rooftop last Sunday.

The individual was seen attempting to open the roof hatch to Building 6 on March 12 at 4:30 p.m.

When Highline Public Safety arrived, the individual fled the scene.

The person did not gain access to the roof and no damage was reported to the lock.

Individual found unconscious

A person was found unconscious on Monday on campus.

Witnesses called 911 and asked for medical services.

Medical personnel transported the person to the hospital.

The incident occurred on March 13 at 2:30 p.m.

Highline Public Safety would like to remind everyone to call 911 before Highline Public Safety if the incident appears to be life threatening.

This ensures no delay in dispatching the correct emergency service.

Banned individual comes back

An individual who has been previously banned from Highline keeps coming back to campus.

The individual has been kicked off Highline property before, and was asked to leave on March 9 at 5:45 p.m.

Des Moines Police were not contacted during the incident and the individual left campus without incident.

Suspicious males flee the Library

Two suspicious males were seen loitering in the Library last Friday.

The males were seen looking into offices on March 10 at 11:30 a.m. in the Library on the fifth floor.

The males left before Highline Public Safety could arrive.

To report suspicious activity on campus, call Public Safety's 24-hour phone line at 206-592-3218.



Kayla Dickson/THUNDERWORD

Students discuss potential job and internship opportunities at yesterday's Spring Job Fair, where more than 50 employers attended.

News Briefs

Volunteers needed for conference

Women's Programs is seeking volunteers for the 2017 Expanding your Horizon Conference on March 24.

Volunteers will welcome students, help students navigate around campus, assist in workshops, clean up after the conference, and help students get back to their busses.

To inquire about becoming a volunteer, email Maria Toloza at mtolozameza@highline.edu or Jennifer Tucker at jtucker@highline.edu with you information and availability.

You can also visit the Women's Programs on the first floor of Building 6 to sign up.



Rachel Easton

Let's talk science

Rachel Easton of Harbor WildWatch, hosts the next Science on the Sound event on April 1.

Harbor WildWatch is an organization that provides learning opportunities about the environment to the people of our communities.

Easton will discuss the big,

beautiful, and bizarre creatures of the Puget Sound. Science on the Sound events are once a month and run from noon to 12:45 p.m.

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



Debbie Faison

Celebrate the life of Debbie Faison

There will be a remembrance and celebration for long-time staff Debbie Faison on March 17.

Faison passed away on Feb. 15, but will always be remembered. The event runs from 9:30-10:30 a.m. in the Student Union in Building 8, room 302.

Light refreshments will be available for all. Cards, contributions and condolences will be collected at the event and passed along to Faison's family.

For more information, email Kelsey Anderson at keander-son@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 and March 18.

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. on March 17 and 10 a.m. to 3 p.m. on March 18 For more information, email Bobby Butler at Bbutler@highline.edu.

Come show off your gaming skills

Highline's Mobile Game Development class (CSCI 121) will be making their final project games available for students to play.

The games are the result of a quarter of learning about game

design, playability, user interface design, and programming, said Michael Wilde computer science instructor.

There is no programming prerequisite for the class.

The level of programming ability varies from just the basics learned in the class to those with much more extensive programming experience. "Some of the most popular mobile games are actually quite simple and well within the abilities of a first quarter student," said Wilde.

The event will be on the first floor of the Student Union in Building 8 on March 23 from 11 a.m. to 1 p.m..

For more information, contact Wilde at mwilde@highline.edu.

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.



Spring broken: Students hope to rest, work

By Thunderword staff

Many Highline students said they will be hitting the snooze button this Spring Break. But others say they will be trying new things and traveling with their time off.

The weeklong vacation, which begins March 27, has students pushing strong to complete school work before they can finally sit back and relax.

Niji Sheng, who is in her second quarter at Highline, said she will enjoy the small things during break.

"I plan to just sleep, eat Chinese food and hang out with my friends," she said.

Su Nguyen, who is thinking about transferring to the University of Washington next fall, said she is going to rest and then search for scholarships and job applications.

Solie Houston said she is completely exhausted from Winter Quarter and can't wait for it to end. It was the hardest quarter for her, and she not only needs the physical rest but the mental rest too, she said.

"I feel completely drained from this quarter, as soon as finals are over, I'm treating myself to a meal from any restaurant. Then I'm going to sleep," Houston said.

Highline students plan on traveling out of state and staying in state.

"Every spring break a few friends and I go on a road trip somewhere in the country. This year we are going to Los Angeles," Jacob Hill said.

"The only exciting thing I'm doing is visiting Carrol in the beginning of the week, but after that, I don't have any plans. All my friends are still in school. I'll probably just play video games," Clayton Thesenvits said.

"My family and I are going on a cruise throughout the Caribbean," Ryan Spiller said.

"I'm going to go visit my friend that goes to Michigan State for a few days," said student Elyjah Cruz.

Cruz went on to say it will be



Olivia Sullivan/ THUNDERWORD

Students plan on resting, traveling, and spending time with their families during spring break.

the first time has traveled to the eastern United States and he is very excited.

"My family and I will be traveling to Maui, Hawaii for seven days. In that time to plan to master surfing," Tristan McGarr said.

A couple of students have appointments with Netflix.

"I plan on binge watching Netflix earlier in the day, and then going to work," Evelyn Banauelos said.

"I am going to Disneyland with my mom and sister and then staying in Palm Springs with the rest of my family," Maddie Johnsen said.

"I didn't make plans to go anywhere because I'm in season but we don't practice till the afternoon, so I'll probably just sleep in and watch Netflix," Genaro Ramirez said, a Running Start student who is also a soccer

player for his high school.

Others have family and friends time planned out.

Kristine Howisey, a mother of three, said she looks forward to the break so that she can spend time with her kids.

"I plan on spending time with my kids, and going to local parks if the weather is nice," Howisey said.

Marcell Ford said he looks forward to spring break and the time he is going to spend with his friends.

"My friends and I are going to get guest passes to 24 Hour fitness, and spend our nights playing basketball. We plan to pull an all-nighter there," Ford said.

"I'm going to go visit my aunt in the hospital. She's got a new kid," said Piper, a Highline student.

Several said they will be seeking new employment or will be spending most of their

time working.

Iang Boih and her sister Chin Chin both said they will be working to help their parents along with watching television over break.

Biny Ayele said most of his time will be spent reuniting with his high school friends.

"I'm most likely going to spend it with friends and family, and reconnect with friends from Central Washington," he said.

Student Camille Mercado will be enjoying her break in a similar way as she said she will be spending most of her time with friends and family.

Jane, who asked that her last name not be included, said she will be going out of town to Walla Walla to visit friends and have a great time.

But others are experiencing wanderlust.

Anticipating a significant change in the weather, Adriana Reyes will be going camping with her friends though she said she does not know where they plan to go.

Another student, Arati Katwal, said she will be adventurous this break and go hiking with friends.

But amidst all the fanciful plans, at least one student faces a more daunting task.

Student Maria Acosta is facing dental surgery.

"I am going to get my wisdom teeth pulled," she said.

If that wasn't bad enough, she also said she will spend the most of her time cleaning houses with her mother.

Some student will just enjoy the simple task of being in bed.

"I will be in my bed, asleep," Russell Owen said.

Highline students organize cyber competition

By Brooks Schaefer
Staff Reporter

Highline students will help a group of computer hackers succeed later this month.

The event known as the Pacific Rim Collegiate Cyber Defense Competition, is being organized by Dr. Amelia Phillips, a faculty member of the computer information systems program at Highline. This event will be taking place on March 24-26.

The competition is an annual

event in which students from both two- and four-year colleges compete in the cyber defense field.

"Highline has been hosting the PRCCDC for the last eight years," said Dr. Phillips.

This group of hackers consist of both professionals in the IT field, and members of government agencies, including the National Guard and other military personnel. The team of Highline students will create a network with intentional security flaws to simulate a situation

in which hacking of the network is possible.

Competing teams of students from the colleges will try to stop the hack, while hackers try to exploit the vulnerabilities in the network.

"Our students will learn how to install a full network with intentional vulnerabilities, make it work on the vSphere, add in firewalls, and other devices that we simply do not have time to do in the classroom," Dr. Phillips said. "They also learn about business injects and business

processes."

This event "is not really a spectator sport," she said. "But if people are in the area they can get a 10-minute tour to see how things operate."

Teams of not more than eight students from 14 different colleges and universities will be competing, ranging from Central Washington University to Seattle and Tacoma campuses of the University of Washington.

Highline has won the competition in the past. However,

last year, last-minute emergencies led to Highline students setting up the infrastructure of the competition, which they are doing again this year.

There will be approximately 20 Highline students participating in this event, and the most significant being the bachelor of applied science students.

"The students in the BAS are taking the lead. They are working nights and weekends to make this happen," said Dr. Phillips.

Patriotism can't be forced

Compulsory patriotism is not patriotism at all. The Highline community recently opened the discussion about whether the national anthem represents Highline's core value of diversity, and if the song should be played at major events of the college.

People should always have a choice and be allowed to voice their opinion in regard to controversial topics.

All people, whether they agree with the origin and meaning of the song or not, should be able to do what they want when it comes to showing pride for the United States.

If a person would like to stand for the anthem, sing along, hold a fist in the air, or stay seated during the song, it is an individual's right to make that choice.

A free country means every person has the right to choose what they do, and do not, want to do when it comes to patriotism.

When individuals are forced to have pride in this country, it takes away from the willingness of the act and turns it into obligation.

The choice of freedom does not only apply to the clothes you wear or your Starbucks order. Freedom should be exercised when it comes to complex, controversial topics.

The ones who began the national anthem discussion, and the support from Highline to continue the conversation, should receive credit.

These are the types of conversations that should be happening in our society today.

Opinions should lead people to ask more questions, rather than attempt to supply answers.

Learning how to question everything is a fundamental part of expanding your knowledge – especially the everyday acts that are masked as routine, and rarely challenged by the public opinion.

Of course, the men and women who have served in the military should be honored and thanked for their service; changing the anthem would not lessen the admiration society has for the people who have served.

And yet, a change in the anthem may be necessary.

In addition to the song's racist shortcomings, the United States is much more than the country's military history.

The Star-Spangled Banner was originally written about war, and represents the beliefs of a different century – not the present.

Rather than remove the song entirely, it could be a better solution to rewrite and reword the anthem to accurately reflect the morals and core values of the United States today.

Have something to say?

Write to us!

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

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



Farewell, Highline (finally)

Don't get me wrong, but Highline wasn't my first choice. Although over the last two and a half years at Highline, I've learned this is exactly where I was supposed to end up.

My original plan as a naïve high school graduate was to attend Western Washington University.

I sent in my acceptance deposit, selected my housing preferences, and prepared to move away from my family for the first time ever.

During the summer before moving to Bellingham, I realized I was not ready for a university.

After a change of plans and not wanting to completely stop my education, I decided to enroll at Highline.

If I had gone to any other institution, I am not sure I would've ever found my passion for journalism, or met That Man (A.K.A Tiny Miracle) and Crazy Uncle Gene.

These two men taught me everything I know about journalism.

Thank you, That Man, for being my Google search engine and answering every question I asked, but also teaching me how to find the information for myself.

Thank you, Crazy Uncle Gene, for always being the punny-est man in the room, and teaching me that the most

Liv a Little



Olivia Sullivan

important part of any story is people.

I'm thankful for each person that allowed me to learn about their life and tell their story to the world – whether the story was about a Rubik's Cube genius, a princess, Syrian refugees, therapy puppies, a Washington state initiative, or a class about love.

Each story people allowed me to tell built me into the writer I am today.

I learned that it doesn't matter how many old white men I piss off with my liberal opinions – they still read my writing.

I'm nervous, but I'm ready for the next measurement of my life.

Sometimes years are not the most accurate way to quantify our lives.

In high school, I was on the

track team and used to measure my life by 400 meter runs. How many was I doing that day? How many had I run in a season? How could I run it even faster?

Now, I measure my life in newspaper issues. I have written more than 100 articles over the span of nearly 50 newspaper issues.

I want you to think about how you would measure your life, if you didn't know that years existed.

Of course, the nerves about the next stage come from not knowing what will happen after Highline.

Everyone hits a point in their lives where it comes time to leave the place that has become too comfortable.

There is a worry when students graduate from here and move on to their careers or transfer to universities. Highline becomes a familiar place, which may make it hard to transition somewhere new – but also gives you all the more reason to leave.

I will not miss the daily parking struggle, or the stress of figuring out my schedule for next quarter, and I definitely will not miss 11:59 p.m. deadlines or tuition payments, but I will always be thankful I chose Highline.

Olivia Sullivan is the opinion editor of the Thunderword.

the Staff

“ I wish I had equal opportunity fat. ” E-Mail: tword@highline.edu

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Race is a social construct: It does not exist

The placement of human populations into racial categories has no biological validity.

In other words, the division of humans into races is a social construct.

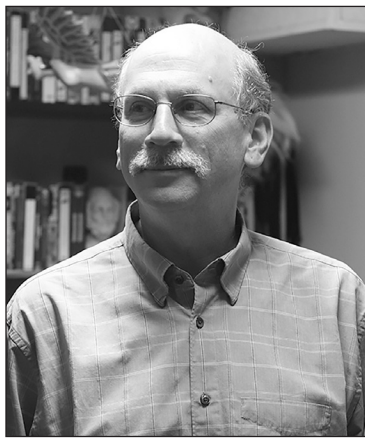
I've been explaining this to my students since 1989, when I taught my first Biological Anthropology class. The American Anthropological Association formally issued a statement in 1998 that reflects this conclusion.

While this opinion is not shared by all American anthropologists, it does represent the majority view. So how can we make this claim?

After all, the idea of race is taught to us and reinforced from our earliest years.

This notion is supported by

Guest Commentary



Dr. Lonnie Somer

government sponsored censuses and job and college applications. And populations of humans often do look quite different from one another.

Just look at our skin colors, nose and eye shapes, hair textures, and body builds. The scientific descriptions of human races have been steeped in bigotry from the earliest publications in the 1700s through the mid-20th century.

They were, in part, based on the false assumption that one's race determined one's behavior, personality traits, and intelligence.

Scientists of European descent invariably placed their race at either the pinnacle of creation or at the top of the evolutionary tree, depending on the time period of the publication.

All of these scientists agreed that races existed, yet virtually none of them could agree on a

standardized definition of race nor where to draw the boundaries between racial groups.

I have read books that argued that as few as three races exist to as many as 150 races. For each racial category described by these scientists, there were always exceptions within and outside of these groups.

Some populations frequently possessed physical traits that did not conform to their supposed racial criteria.

In addition, the majority of physical differences among humans is clinal or gradual over distance; no boundaries exist where one trait abruptly vanishes and another appears.

Genetically, humans are more

than 99.9 percent identical.

There are genes that differ from population to population, but they are statistically insignificant.

Only a very few genes account for our physical variations.

We all belong to the same species. There never have been pure races.

Pigeonholing humans into these artificial categories serves no scientific purpose.

Doing so often results in stereotyping and discrimination.

I believe that a much healthier attitude is to judge every individual, as their lives intersect with our ours, by their own merits and not by their physical appearances.

Lonnie Somer teaches anthropology at Highline.



National Anthem Debate

Anthem speaks to who we are

Many people of color like myself, do feel included by the national anthem.

Frederick Douglass believed in embracing our origins and loved our national anthem.

New York Giants Rashad Jennings told New York Daily News, "It's nice to know that we live in a country where sitting down during the anthem won't land you in jail or worse."

He is proud to stand and supports the values in the anthem.

He points out the four verses end "the land of the free and the home of the brave" not "land of the free, home of the slave."

Francis Scott Key was not a man of his time – he was progressive, paid by slave owners, yet taking cases pro bono for slaves, Supreme Court arguments that slavery was wrong, and buying slaves to set free with the American Colonization Society; Key was surprisingly inclusive and worked to hasten change.

As to the anthem itself, the third verse was not likely to have been about escaped slaves, nor probable that it referenced the Colonial Marines; it is most likely to have been about enslavement of people by the monarchy.

The anthem is about the battle of Fort McHenry, and the Colonial Marines did not fight at all in this battle.

Rather than referencing people that were not present, our anthem taken in context is wholly a creation of its time and refers to all people under a monarchy as enslaved, including our citizens pressganged by the British – one of the reasons for this war.

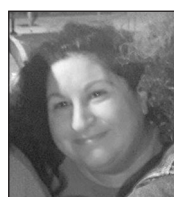
The French national anthem also written in that era referenced slaves, people being owned by a monarchy, and they were not referencing black slaves in America.

The only blacks at this battle were fighting for the U.S., liberty, and freedom.

Verse 4 refers to "freemen," and is grateful for our survival as a country with the forward thinking promise of freedom for all people.

The national anthem is not about slavery.

It celebrates the heroism of military



Guest Commentary

Vanessa Primer

heroes without regard of race.

Saying our anthem celebrates white victory over escaped slaves is at best an oversimplification of complex history and a dishonesty at worst.

I am baffled by the conflicting ideas that we have the freedom to protest and stand up for things that are wrong, but that the very anthem celebrating this freedom we enjoy is racist.

Baltimore/Fort McHenry was defended by both black and white against an invader that press-ganged people into slavery; every time we sing this song we take this anthem for us, something to live up to.

Savio Pham spoke at the forum on being a refugee, experiencing lack of liberty and freedom, and on what he feels as an American that truly represents the American ideal.

Like him, I want the anthem at my graduation.

I want to ask the question the anthem asks.

As we exit school and enter the world with our degrees in hand, are we brave? Are we free? Divisiveness is splitting our Nation, one founded on freedom – are we winning this battle for freedom?

Is the type of liberty and opportunity for which America proudly stands worth fighting for? Ideas should be defended, especially audacious ones like American liberty.

Our symbols need to live up to what we have become but we also need to live up to what our symbols deserve.

America is not a perfect nation. No nation is without flaws and failings.

However, our anthem communicates our values... those of liberty, democracy, and independence from tyrannical governments.

This is an anthem worth keeping. I want to have this song at my graduation.

Vanessa Primer is a Highline student.

Anthem excludes too many

A question was asked: Should Highline play the American national anthem at commencement?

This simple question triggered an array of responses, and ignited a long overdue conversation.

I am an American, born and raised.

I served in the U.S. Army and took the same oath that every other U.S. soldier has taken.

I swore to uphold and defend the constitution of the U.S. against foreign and domestic enemies.

The first recognized and protected right is free speech.

So, I defended the right for you to openly disagree with me, and anyone else.

You honor my service by exercising your rights.

Now, what is an anthem?

Anthem is defined by the Oxford Dictionary "a rousing or uplifting song identified with a particular group, body, or cause" and, "A solemn patriotic song officially adopted by a country as an expression of national identity."

A national anthem is the embodiment of spirit of a country and its' people, and it conveys that spiritual identity to those that receive it.

Thing is, *the Star Spangled Banner* is a war poem that was set to the tune of a popular British song.

The spirit of the poem was for the celebration of freedoms reserved exclusively to white males.

In 1814, most black people here in America were not considered people but property. Minorities couldn't vote and women could not control their own property.

Some of these freedoms that are boasted of in this poem were to the bane in the existence of others.

Francis Scott Key was considered an abolitionist and a separatist; yet he gained his wealth through the unpaid labor of his captives.

He is quoted saying that blacks in America are a distinct and inferior race of people, which all experience proves to be the greatest evil that afflicts a community. He may be a hero of a time long past, but he is not the



Guest Commentary

Naziyr Yishmael

embodiment of honor this day.

Yet, we hold on to this antiquated war poem, born of an arrogantly oppressive spirit.

We are not the same nation; most any U.S. Citizen can vote, women are liberated to vote and choose as they please, slavery has been re-defined by the 13th amendment, more Europeans are considered white now, redlining is illegal, reconstruction, a few new deals, historical presidential elections.

From 1794 – 1818 the American Flag sported 15 stripes and 15 stars, so the flag to which the song was attributed has changed more than the poem created to exalt it. The Star-Spangled Banner is an exaltation of the flag, not the nation and its people.

Many people have put their lives on the line to fight for America just to prove that we are just as American as the next man.

More blacks have more money than ever before and we aren't moving out in droves.

America has changed, and we remain here because we want opportunities to contribute; and we cry out because we want to be included.

Once we begin to understand that to build a more perfect union we must work and engage one another to solve our problems of discord; we may begin to understand that no one is demanding a reversal of rights or power, but merely inclusion.

The purpose of this respected academic institution is, in part, to teach and enhance critical thinking. Critical thinking encourages the intelligent to consider different perspectives.

We have done so for two centuries concerning this topic. Today Americans rightfully agree that basic freedoms should be the standard of life. Learn better, then do better.

Naziyr Yishmael is a Highline student.

Bake up some bodacious breakfast bars

I must admit, I love breakfast foods. Typically, I make breakfast for myself and my husband every morning. He’s always in a rush, and sometimes he says he doesn’t have time to sit down and eat. In that case, I create a “fast food” breakfast using fresh, healthy ingredients that he can eat at his desk.

Eating breakfast daily may lead to a healthier weight. A healthy, high-fiber breakfast is more conducive to weight control than one loaded with fat, sugar and calories.

“People think skipping breakfast helps lose weight; however, it actually works just the opposite,” says Lynda Johnson, a nutrition specialist. “Breakfast skippers often end up starved, then snack on high-calorie foods or overeat at lunch.”

In recent years, nutritional studies show that starting your day with breakfast benefits people of all ages, especially children. Kids who regularly eat breakfast are more likely to be successful in school. Well-nourished children are ready to learn, have a greater ability to focus on tasks, have better classroom behavior and have improved test scores. Breakfast eaters also tend to have better school attendance, less tardiness and fewer hunger-induced stomach aches. Teachers say it’s obvious when students skip breakfast.



Why are we so likely to skip breakfast? Johnson suggests solutions to these typical excuses that may be keeping you or your children from eating a healthy breakfast.

- “I’m not hungry in the morning.” In actuality, you may have conditioned your body not to be hungry. To build up your morning appetite, start by drinking a glass of milk or juice, then a week later, add a piece of toast or fruit, then a small bowl of cereal. After fasting for 12 hours or more while sleeping, your body needs nourishment to function at its best. Over time, you will recondition your body to expect breakfast.

- “I don’t have time to fix breakfast.” There are lots of portable options that you can easily pack and eat on the way to school or work that can be prepared the night before. Breakfast tacos can be made ahead of time and reheated; yogurt and fresh fruit, granola and leftover pizza also make an easy breakfast on the go. By taking time to plan the night before, you can



Deposit photos

Breakfast bars bake up nice and tasty.

prepare a nutritious breakfast and skip the expense of a fast-food meal.

- “My kids eat SO slow. I’d be late for work every day, so we skip breakfast!” Most public schools serve breakfast, which works well for many families. Cost is minimal or free for eligible families, and the convenience is great. Check with your school district and sign up your kid for the school breakfast program. Even if you don’t eat breakfast at home, you can still be a healthy role model by packing a breakfast for yourself to take to work.

On Saturdays, teach your children to become self-reliant and responsible by helping them to prepare their own breakfast using at least three food groups (grain, dairy and fruit). For ex-

ample:

- Chopped hard-boiled egg, grated cheese and salsa wrapped in tortilla
- Ham slice and cheese melted in a toasted English muffin
- Peanut butter, banana and jelly sandwich with a glass of milk

I’ve mastered the art of creating breakfast dishes that can be prepared in advance. Try my recipe below for Banana Oat Breakfast Bars. These nutritious bars are a delicious way to start your day!

BANANA OAT BREAKFAST BARS

- 2 large, very ripe bananas
- 1 tablespoon agave syrup or sugar substitute
- 1 teaspoon vanilla
- 1 teaspoon ground nutmeg

- or cinnamon
- 1/2 teaspoon salt
- 2 cups rolled oats
- 1/4 cup pitted, chopped dried dates, raisins or craisins
- 1/4 cup chopped nuts -- such as walnuts, almonds or pecans, plus 2 tablespoons for sprinkling

1. Heat oven to 350 F, and lightly grease a 9- by 9-inch-square baking dish with butter or butter-flavored cooking spray.
 2. Peel bananas and blend in a blender or food processor until liquid and no large chunks remain. You will have between 1 cup and 1 1/4 cup. Pour mixture into a medium-sized bowl.
 3. Mix in the agave syrup or sugar substitute, vanilla, nutmeg or cinnamon, and salt. Add the oats and stir until well-combined. Stir in dates, raisins or craisins, and 1/4 cup of the nuts.
 4. Pat the thick mixture evenly into prepared baking pan. Sprinkle with the remaining 2 tablespoons nuts. Bake for 30 minutes or until the edges just begin to crisp up and turn a golden brown.
 5. Place baking pan on a rack to cool. When the pan is mostly cool, cut into 9 squares.
 6. Cover and store leftover bars at room temperature. They will keep for about 5 days.
- (c) 2017 Angela Shelf Medearis and King Features Synd.

Potato crust completes fish dish

Seafood Bake with Crispy Topping

Succulent fish and seafood become a decadent dinner when mixed into a creamy sauce topped with a crispy, shredded potato crust.

- 1 cup lowfat sour cream
- 1 tablespoon cornstarch
- 1 tablespoon Dijon mustard
- 2 teaspoons lemon zest
- Kosher salt
- Pepper
- 1 1/2 pounds mixed seafood (such as salmon and shrimp)
- 1 package frozen leaf spinach
- 2 cups frozen shredded hash browns

1. Heat oven to 425 F. In a large bowl, whisk together sour cream, cornstarch, mustard, lemon zest and 1/2 teaspoon each salt and pepper.
2. Add seafood to the sour cream mixture and toss to coat. Squeeze spinach of excess moisture, roughly chop, then fold into the seafood mixture. Divide among 4 shallow 1-cup baking dishes and place on a rimmed baking sheet.
3. Sprinkle hash browns over the

Good Housekeeping

top and lightly brush with olive oil or coat with cooking spray. Bake until bubbling, 20 to 25 minutes. (For an extra golden-brown top, broil for 1 to 2 minutes.)

4. Serve with a green salad. Makes 4 servings

TIP: Use leftover potatoes to make crispy potato fritters: In a medium bowl, combine 4 eggs (beaten), 2 cups frozen shredded hash browns (thawed), 3 scallions (thinly sliced) and 2 ounces ham (sliced into thin strips). Heat 2 tablespoons olive oil in a large skillet and cook spoonfuls of the mixture until golden brown, 3 minutes per side.

Asparagus with Lemon Cream

Serve as part of a brunch spread or as a side.

- Salt
- Pepper
- 2 pounds asparagus

- 1 lemon
- 1/2 cup sour cream
- 2 tablespoons heavy cream
- 1 tablespoon snipped fresh chives

1. Heat large covered saucepot of water to boiling on high. Fill large bowl with ice and water.
2. Add 1 teaspoon salt, then asparagus, to boiling water. Cook, uncovered, 4 minutes or until bright green and a knife pierces easily through stalks. With tongs, transfer directly to bowl of ice water. When asparagus is cool, drain well; roll between paper towels to dry completely. Asparagus can be refrigerated in airtight container or resealable plastic bag up to overnight.
3. From lemon, grate 1 teaspoon peel and squeeze 2 tablespoons juice into small bowl. Whisk in sour cream, heavy cream and 1/4 teaspoon each salt and freshly ground black pepper. Sauce can be refrigerated in airtight container up to 3 days.
4. Spoon sauce over asparagus and garnish with chives. Makes 6 servings.

Sweet potato fries are yammy

If you love sweet potatoes like I do, try these fries. You’re in for a real treat.



by Healthy Exchanges

- 2 tablespoons thawed orange juice concentrate
- 1 teaspoon onion powder
- 1/2 teaspoon table salt
- 1/8 teaspoon cayenne pepper
- 1 pound sweet potatoes, peeled and cut into 1/2-inch sticks

1. Heat oven to 375 F. Spray a large baking pan with butter-flavored cooking spray. In a large bowl, combine orange juice concentrate, onion powder, salt and cayenne pepper. Add potato sticks. Mix well to coat.
2. Arrange coated potato sticks on prepared baking pan. Bake for 10 minutes; turn carefully and continue baking for 10 minutes more or until tender. Divide into 4 servings.

* Each serving equals: 80 calories, 0g fat, 1g protein, 19g carbs, 322mg sodium, 36mg calcium, 3g fiber; Diabetic Exchanges: 1 Starch; Carb Choices: 1.

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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. **ANIMAL KINGDOM:** What is the world's slowest mammal?
2. **HISTORY:** Which was the only Confederate state capital east of the Mississippi that did not fall to the Union Army during the Civil War?
3. **LITERATURE:** Who wrote the novel *Catch-22*?
4. **MOVIES:** What famous movie had the tagline, "In space no one can hear you scream"?
5. **GENERAL KNOWLEDGE:** Who does the Swiss Guard protect?
6. **MEDICINE:** What is an otolaryngologist more commonly known as?

7. **MUSIC:** Which 1980s song featured the lyrics, "Ris-
in' up, straight to the top, had the guts, got the glory"?
8. **FOOD & DRINK:** What is sauerkraut made from?
9. **AD SLOGANS:** What product featured the slogan, "When it rains, it pours"?
10. **FAMOUS QUOTES:** Which U.S. president once said, "Tact is the ability to describe others as they see themselves"?
- Answers
1. The three-toed sloth
2. Tallahassee, Florida
3. Joseph Heller
4. Allen (1979)
5. The pope
6. Ear, nose and throat doctor
7. *Eye of the Tiger*
8. Cabbage
9. Morton Salt
10. Abraham Lincoln

GO FIGURE! by Linda Thistle

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

DIFFICULTY: ★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

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2 3 4 4 5 6 7 8 9

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King Crossword

ACROSS

- 1 Smooth-talking
- 5 Water barrier
- 8 Urban pall
- 12 Places
- 13 "Where did — wrong?"
- 14 Ocean motion
- 15 Enthusiastic, plus
- 16 — de deux
- 17 One
- 18 Cognitive
- 20 Dry cleaner's challenges
- 22 Acapulco gold
- 23 Branch
- 24 Freeway access
- 27 Small details
- 32 Peyton's brother
- 33 Alias (Abbr.)
- 34 Sharp turn
- 35 Church VIP
- 38 Titanic foe
- 39 Ostrich's cousin
- 40 "Flying Down to —"
- 42 High-ranking angel
- 45 Historic write-up
- 49 Rocky peak
- 50 Suitable

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| 32 | | | | | 33 | | | | | 34 | | |
| 35 | | | 36 | 37 | | | | | 38 | | | |
| | | 39 | | | | | 40 | 41 | | | | |
| 42 | 43 | | | | 44 | | 45 | | | 46 | 47 | 48 |
| 49 | | | | | 50 | 51 | | | 52 | | | |
| 53 | | | | | 54 | | | | 55 | | | |
| 56 | | | | | 57 | | | | 58 | | | |

- 52 Castle protection
- 53 Leering look
- 54 Zodiac cat
- 55 Former
- 56 Pitch
- 57 Listener
- 58 Abound
- 7 Peat source
- 8 Washington's portraitist
- 9 Play down
- 10 Valhalla VIP
- 11 Understands
- 19 It's between kue and ess
- 21 Greek consonant
- 24 Sleep phenomenon, for short
- 25 "The Greatest"
- 26 Ores
- 28 Prez after
- 29 Storyteller
- 30 Melody
- 31 Early bird?
- 36 Pictorializations
- 37 Dine
- 38 Witticism
- 41 Fashionable
- 42 Highlander
- 43 Therefore
- 44 — and hearty
- 46 Top-rated
- 47 Chantilly, e.g.
- 48 Goblet feature
- 51 Shooter ammo

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ARIES (March 21 to April 19) This is a good time to reassess important relationships, both personal and professional, to see where problems might exist and how they can be overcome. Keep communication lines open.

TAURUS (April 20 to May 20) It's not easy to bring order to a chaotic situation, whether it's in the workplace or at home. But if anyone can do it, you can. A pleasant surprise awaits you by week's end.

GEMINI (May 21 to June 20) Be careful that you don't make an upcoming decision solely on the word of those who might have their own reasons for wanting you to act as they suggest. Check things out for yourself.

CANCER (June 21 to July 22) A personal relationship that seems to be going nowhere could be restarted once you know why it stalled. An honest discussion could result in some surprising revelations.

LEO (July 23 to August 22) That unexpected attack of self-doubt could be a way of warning yourself to go slow before making a career-changing decision.



Take more time to do a closer study of the facts.

VIRGO (August 23 to September 22) A workplace problem needs your attention, now, before it deteriorates to a point beyond repair. A trusted third party could be helpful in closing the gaps that have opened.

LIBRA (September 23 to October 22) A recent family situation could give rise to a new problem. Keep an open mind and avoid making judgments about anyone's motives until all the facts are in.

SCORPIO (October 23 to November 21) Rely on your always-sharp intuition to alert you to potential problems with someone's attempt to explain away the circumstances behind a puzzling incident.

SAGITTARIUS (November 22 to December 21) Although you still need to do some snipping of those lingering loose ends from a past project, you can be-

gin moving on to something else.

CAPRICORN (December 22 to January 19) With your self-confidence levels rising, you should feel quite comfortable with agreeing to take on a possibly troublesome, but potentially well-rewarded, situation.

AQUARIUS (January 20 to February 18) Travel is favored, both for business and for fun. The end of the week brings news about an upcoming project that could lead toward that promised career change.

PISCES (February 19 to March 20) You might feel suddenly overwhelmed by a flood of responsibilities. But if you deal with each one in its turn, you'll soon be able to hold your head above water and move on.

BORN THIS WEEK: You have a wonderful way of offering comfort as well as guidance. You would do well in the healing arts.

Puzzle answers on Page 19



1. *Logan* (R) Hugh Jackman, Patrick Stewart
2. *Get Out* (R) Daniel Kaluuya, Allison Williams
3. *The Shack* (PG-13) Sam Worthington, Octavia Spencer
4. *The LEGO Batman Movie* (PG) animated
5. *Before I Fall* (PG-13) Zoey Deutch, Halston Sage
6. *John Wick: Chapter 2* (R) Keanu Reeves, Riccardo Scamarcio
7. *Hidden Figures* (PG) Taraji P. Henson, Octavia Spencer
8. *The Great Wall* (PG-13) Matt Damon, Tian Jing
9. *Fifty Shades Darker* (R) Dakota Johnson, Jamie Dornan
10. *La La Land* (PG-13) Ryan Gosling, Emma Stone

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Top 10 Movies On Demand

1. *Hacksaw Ridge* (R) Andrew Garfield
2. *Manchester by the Sea* (R) Casey Affleck
3. *Arrival* (PG-13) Amy Adams
4. *Trolls* (PG) animated
5. *Moonlight* (R) Mahershala Ali
6. *Nocturnal Animals* (R) Amy Adams
7. *Jack Reacher: Never Go Back* (PG-13) Tom Cruise
8. *The Accountant* (R) Ben Affleck
9. *The Edge of Seventeen* (R) Hailee Steinfeld
10. *Bad Santa 2* (R) Billy Bob Thornton

Top 10 DVD, Blu-ray Sales

1. *Hacksaw Ridge* (R) Lionsgate
 2. *Trolls* (PG) FOX
 3. *Arrival* (PG-13) Paramount
 4. *Manchester by the Sea* (R) Roadside Attractions
 5. *Bad Santa 2* (R) Broad Green Pictures
 6. *Boo! A Madea Halloween* (PG-13) Lionsgate
 7. *The Secret Life of Pets* (PG) Universal
 8. *Nocturnal Animals* (R) Universal
 9. *Jack Reacher: Never Go Back* (PG-13) Paramount
 10. *Pinocchio* (G) Disney
- Source: ComScore
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Jewel shines in Hallmark mysteries

Q: Last year I saw a movie on cable that starred Jewel, the singer, and she solved a murder mystery. It was based on a book series, so I was wondering if they were planning to make the movies into a series. -- Lyla F., via email

A: You are talking about Hallmark Movies and Mysteries' *Fixer Upper Mysteries*, which are based on best-selling author Kate Carlisle's book series. I am happy to report that because of record-breaking viewing numbers, there will be more installments



by cindy elavsky

coming your way. The second movie is *Concrete Evidence: A Fixer Upper Mystery*, and it premieres Sunday, April 2, at 9 p.m. ET/PT. I spoke with Jewel recently about the series, and she is thrilled to return to the role of Shannon Hughes.

"Shannon is a woman who once didn't trust her intuition, and it cost her very dearly with her mother, and she made a promise to herself to never ignore her intuition again. And her fight is really every woman's fight, every human's right, which is to speak up for your inner 'knowing' and what you know is right and act on that. It was so synergistic with the



Ryan Pummer photo

Jewel stars in Hallmark's *Fixer Upper Mysteries*.

platform that I'm building (with jewelneverbroken.com), and getting to act a character who's actually trying to live the same thing was a real fun opportunity."

Jewel also sees parallels between acting and being a singer/songwriter/poet:

"While there are definitely different aspects of the craft, the way I find my way into it is

pretty similar. I wasn't formally taught music; I taught myself guitar, and you teach yourself songwriting – same thing with poetry. I've always had an intuitive sense of looking inward, which came from my mindfulness practice and meditating from such a young age, and being curious and reading a lot. I was able to look inward to find my own authentic way.

If you're willing to sit in the silence, be uncomfortable and look inward, you're going to find originality. I use my same skill set for looking inward and trusting my instincts."

Q: Do you know when *Game of Thrones* will be back? Usually it's around April or May, but I haven't heard anything. -- George A. in Rhode Island

A: HBO has pushed back the premiere a few months. While there is not an exact date as of this writing, word has it that season seven will premiere in July. Don't forget, season seven will have only seven episodes, with the eighth and final season rumored to have just six.

Q: A few months back, I heard about a new Bill Nye science show. Can you give me any more information on that? -- Kelli T., via email

A: *Bill Nye Saves the World* drops April 21 on Netflix. Each episode will tackle a topic from a scientific point of view, dispelling myths and refuting anti-scientific claims that may be espoused by politicians, religious leaders or titans of industry.

Write to Cindy at King Features Weekly Service, 628 Virginia Drive, Orlando, FL 32803; or e-mail her at letters@cindyelavsky.com.

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'Fantastic Beasts' escapes to DVD

Fantastic Beasts and Where to Find Them (PG-13) -- Long before Harry Potter got his first acceptance letter to Hogwarts, an adorably awkward floppy-haired Brit comes through 1920s Ellis Island, but chooses not to declare the menagerie of magic monsters in his suitcase. That fella is named Newt Scamander (Eddie Redmayne), a wizard researcher of mystic critters visiting the U.S. for the first time. (Super)naturally, some of the beasts escape into Prohibition-era New York, just as tensions flare between the American wizard community and their non-magical counterparts.

J.K. Rowling's whimsical vision expands to a new setting, with new players and backgrounds and simmering subplots. It's exciting to open up a new place and time, but the act of "world-building" gets in the way: You can feel the pressure of five planned sequels weighing down on this adventure.

Silence (R) – Two Jesuit priests (Andrew Garfield and Adam Driver) smuggle

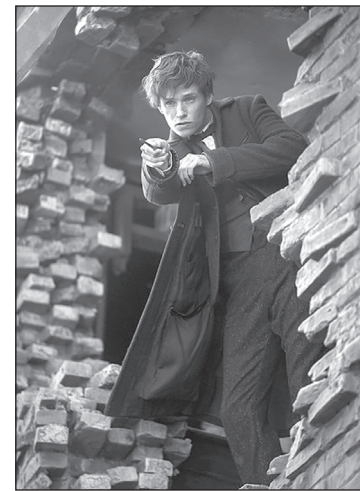


themselves into feudal Japan – where Christianity is outlawed – in search of their missing mentor (Liam Neeson). While Japanese inquisitors punish and execute the faithful of a small town, Father Rodriguez (Garfield) suffers with the silence he gets in response to his prayers, with guilt from people dying to protect him, and with literal physical torture. Father Rodriguez refuses to believe that his mentor turned from God while under torture, but can he justify keeping the faith when innocent people are killed each time he doesn't denounce?

Martin Scorsese has had this project in his sights since *The Last Temptation of Christ*. It's a long movie, and one full of spiritual doubt and bodily pain, but never without a point. Even the anti-Christian

inquisitors are shown as men protecting their homes from dangerous foreign beliefs. It's not a cheerful validation of faith, but an unafraid examination of it. The sky doesn't crack open and reveal the truth of the Lord, but the devout carry on.

Patriot's Day (R) – Mark Wahlberg stars as a fictional Boston cop acting fast in the aftermath of the real 2013 bombing of the Boston Marathon. The film is mindful of the many complicated issues swirling around the events, but still has a very procedural feel. While Wahlberg's everyman protagonist interacts with characters pulled from real life (played by Kevin Bacon, John Goodman, J.K. Simmons), timestamps appear on screen and the alphabet soup of agencies get involved. There's still room to argue about the ethics or wisdom of dramatizing such recent tragedies -- intentional or not, it casts a narrative in bronze -- but director Peter Berg shows restraint and consideration.



Eddie Redmayne

Why Him? (R) – Bryan Cranston plays a sputtering fuddy-duddy pitted against a wild-and-crazy James Franco is this toilet-tacular retread of the *Meet the Parents* concept. Ned and Barbara (Cranston and Megan Mullally) fly from the Midwest to Silicon Valley to spend the holidays with their daughter (Zoey Deutch) and her new boyfriend – a bonkers, tatted up, super-rich, video-game mogul played by Franco. You can barely see the wasted talent under the layers of toilet jokes.

Arts
Round up



• The ShoWare Center 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 showarecenter.com.

• The Kent-Meridian Performing Arts Center hosts Rani Arbo and daisy mayhem, with a 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.

• Showare features Banda MS, an award-winning 15-member band from Mazatlan, Sinaloa on April 2 at 8 p.m. Founded in 2003 by the tuba player Sergio Lizarraga and his brother, Alberto Lizarraga, Banda MS have toured all over the Sinaloan region and have quickly made a name for themselves in the U.S. Doors open at 7:30 p.m. and tickets range from \$52 to \$102, depending on seating. For more information or tickets, visit showarecenter.com.



Photo by Zebra Visual Photography

Greta, Willow, and Solana Gothard have enjoyed Celtic music ever since they were children, which lead to their love of performing and writing Celtic music.

Trio of sisters play Irish jigs

By Izzy Anderson
Staff Reporter

The Gothard Sisters are bringing Celtic tunes, harmonies, and Irish step-dancing to the Auburn Avenue Theater this St. Patrick’s Day.

The show is at 7:30 p.m. at 10 Auburn Ave.

The three biological sisters, Greta, Willow, and Solana Gothard started their trio in 2006.

Their love of music began long before they would band together to perform concerts.

Growing up around sculptors, painters, woodworkers, musicians, tapestry weavers and dancers encouraged these women to explore their creative sides.

“It was something that started very naturally, as we were all studying music while growing up and then discovered how fun it was to play together,” said the eldest sister, Greta Gothard.

“There is something that is very magical about playing music with my sisters because we know each other’s musical styles, and personalities as well.”

Musical talent runs in the family. Between the three of them, their instruments include the violin, mandolin, guitar, bodhran (a framed drum), the penny whistle, and the djembe (a goblet drum.)

Their show will include solos on the fiddle, stories about the sisters’ traveling, Irish storytell-

ing, music from their albums, sibling banter, and more.

“We love to pull out surprises and make sure that the show is entertaining for audiences of all ages,” said Greta Gothard.

Their performances began at farmer’s markets and steadily progressed to local fairs and festivals.

Now with over 1,000 shows under their belt, the Gothard Sisters are performing in national concert tours, and regularly appear as performers on the Disney Cruise Line.

These sisters play both traditional Irish music with their own twists and original pieces.

“We were reallling inspired by the more modern takes on the Irish tradition, so when we

really started playing it more it was so fun to start writing our own tunes and participate in the living tradition,” said Greta Gothard.

Not just their music is created and produced by them, however.

The Gothard Sisters also produce, film, and edit their own music videos to accompany songs from their albums Compass, Story Girl, and Mountain Rose.

The scenery and landscapes featured in their music videos are all at locations across Washington state.

Tickets are \$23 for general admission and \$20 for students and seniors. For tickets or more information, visit gothardsisters.com.

Symphony has season finale

By Katie Cummings
Staff Reporter

The Federal Way Symphony is playing their final concert of the season on Sunday, April 2.

Works by Khachaturian, Smetana, Verdi, and Dvorak’s Cello Concerto will be played at this concert, featuring cellist Haeyoon Shin, soprano Alexandra Picard, and baritone Jonah Spool.

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 for anyone 18 or younger it is free.

The performance is at 2 p.m. at St. Luke’s Lutheran Church, 515 S. 312th St., Federal Way.

For more information or tickets, go online to federalwaysymphony.org

Chorale sings for Highline

By Izzy Anderson
Staff Reporter

Take a break from finals this week and enjoy the harmonies of the College Chorale’s concert on March 21.

The College Chorale returns for their Winter Quarter concert at 12:15 p.m.

The concert will be in Building 7.

This concert will feature

a colorful array of music. The performance will consist mainly of songs from famous Broadway shows and musicals.

Along with these, a couple more classical pieces will be done as well.

Solos, duets, and choruses will all be showcased at the concert.

There is no charge for this concert, so feel free to drop by this Tuesday to hear this quarter’s melodic performance.

Have a pint this St. Paddy's Day

By Izzy Anderson
Staff Reporter

May the road rise up to meet you if you're looking for authentic Irish food around these parts tomorrow for St. Patrick's Day. Just remember to put some green in your gas tank because you've got some traveling to do.

With the closure a wee bit ago of Burien's Mick Kelly's Pub, your best chance to dine like the old souls of Emerald Isle means a trip to the Emerald City.

On your venture for a bite and a pint in Seattle, stop by **Blarney Stone Pub & Restaurant** at 1416 1st Ave.

Their happy hour goes from 4 to 7 p.m. every day, and they are celebrating the Irish holiday with a countdown to St. Patrick's Day.

For more information, visit blarneystoneseseattle.com.

Fado Irish Pub is another authentic stop to make.

Fado is a pub run by a group of Irish entrepreneurs who had come to the U.S. with a mission to bring Dublin pubs and culture to America.

Fado is Gaelic for "long ago,"



a common start to folktales and stories.

They chose this because Fado Irish Pub would like to tell you the tale of Ireland's rich pub-culture.

Stop by at 801 1st Ave. for a Guinness or a leg of lamb.

For more information, visit fadoirishpub.com.

St. Patrick's Day at **The Owl 'n Thistle Irish Pub** will be a lively one.

With a bit of luck you might catch several Irish performers playing traditional Celtic sounds from 1 p.m. until closing.

If a taste of shepherd's pie or a corned beef and Swiss sand-

wich is what you're looking to pair with a drink, head on over to 808 Post Ave.

For more information, visit owlnthistle.com.

Murphy's Pub prides itself in being the first Irish pub opened in Seattle, as well as the first to start a St. Patrick's Day tradition.

Now more than 30 years later, Murphy's continues to celebrate St. Patrick's Day with happy hour, high spirits, and a hearty meal of corned beef and cabbage.

Drop by at 1928 N. 45th St. for a whale of a time.

For more information, visit murphyseattle.com.

Mulleady's Irish Pub & Restaurant has been going strong for over 15 years and doesn't show signs of slowing down.

With the largest collection of Irish whiskeys on the west coast and 13 beer taps full of

local beers, you won't have a lack of drinks to choose from here.

You can get them at 3055 21st Ave. W. For more information, visit mulleadypub.com.

Conor Byrne's Pub is going all out for St. Patrick's Day this year. With a full line-up of live Irish music from **A Ting of Beauty, Ruth Dornefield, the Leger Family, Crumac** and more, the pub will be buzzing with cheer and high spirits.

The pub's doors will open at noon and live music begins at 1 p.m. at 5140 Ballard Ave. N.W.

For more information, visit conorbyrnepub.com.

Kell's Irish Restaurant & Bar is doing something big for the holiday- they are hosting their 34th annual St. Patrick's Irish Festival.

This festival will start on March 8 and go on straight through the week until the day after St. Patrick's Day at 1416 1st Ave.

The festivities include traditional Irish foods, live music, dancing, drinking, and more.

A couple of the Irish bands performing are **Stocious, Smokin' Shamrocks, and Servants of the Rich**. Delicious traditional dishes such as Irish stew, corned beef, and Ballycastle sausage rolls will be served.

\$20 admission is required at the door for this event on St. Patrick's Day.

The event is free March 8 to March 16 and the remaining day of the festival after the holiday.

For more information about Kell's or the festival, visit kellsirish.com.

Bigfoot appears in musical

By Klara Woodruff
Staff Reporter

Sightings of a sasquatch stir up a local town and a group of friends resolve to find this creature.

Squatch! The Musical will be at Centerstage Theater on March 24 through April 4.

Centerstage Theater is located in Dumas Bay Centre at 3200 S.W. Dash Point Rd, Federal Way.

"It's a show involving kids, but it speaks to all ages. Now will the younger audiences enjoy this, yes they will, but so will older audiences," said Laura Campbell the Centerstage marketing manager.

Squatch! is rated G for ages 8 years or older.

Tickets can be purchased at the door or reserved online at centerstagetheatre.com. Adult tickets are \$35 and youth (ages 25 and younger) are \$15.

The theater also offers senior and military discounted tickets at \$30 for both. V.I.P. tickets are \$50.

"The musical is appealing to people because it's quirky, and it's fun with a great message without being preachy," Campbell said.

After the show, the actor will be available for a meet and greet



Centerstage photo *Squatch! The Musical* appeals to people because of its fun nature.

in the lobby.

"*Squatch! The Musical* is a premiere, so it's never been produced before," said Campbell.

"It's got a great message, catchy music, and a fun filled cast ready to bring it to life for the audience," said Campbell.

For tickets or more information about the show, visit centerstagetheatre.com.

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Emerald Downs saddles up for its 22nd season of thoroughbred races

By **Lezlie Wolff**
Staff Reporter

Spring training is almost over. The athletes are fast and strong, and someone’s guaranteed to win.

The athletes are horses; the venue is Emerald Downs in Auburn; and opening night is Saturday, April 8.

For new and veteran fans, “There will be promotions every day of racing throughout the season,” said Media Relations Director Vince Bruun. Craft beer nights, T-shirt giveaways, or concerts in the park, for example.

Ten fans will win an Apple Watch in the giveaway on Sunday, April 9.

Emerald Downs track is a mile long or eight furlongs.

There are sprint races typically six furlongs or less. Emerald Downs holds the record for a six and a half furlong race from horse, I Keep Saying, who ran it in 1:12 in 2014.

Route races are typically between one and two miles long.

You can find out everything you need to know in the \$2.50 program. The left pages tell you the conditions of the race, like if it’s a sprint or a route, where the start is and what qualifies a horse to run in it and how much the purse is.

The right pages are the abridged resumes of each horse detailing how they fared in their most recent starts. You can determine from these pages what horses are fit for the race and who aren’t.

The newcomers center is where wagering novices and seasoned veterans of the intellectual exercise get personalized tutorials about handicapping races, where to find the bathrooms or any other questions you might have.

The expert’s picks sheets for the day’s races can help you choose winners or overwhelm you. Depending on your experience.

Should you be interested in participating as a horse owner, consider joining the Emerald Racing Club where, for \$500, you can join other club members in ownership of racehorses running at Emerald Downs all season.

The racing club has “sold out the last two years,” Bruun said. He expects the club to sell out again this year considering 180 of the 200 maximum members have committed.

Since its conception in 2014, the club holds a 7-4-3 record in 24 starts including the two wins



Emerald Downs Photo

Jockeys run their horses in the last race of last season.

last season by Archie Graham (a horse, not a jockey).

“The hope is to have a horse up and running by opening day,” Bruun said.

The biggest change veteran fans will notice this year is the fifth floor makeover into the new Clubhouse Casino, Bruun said.

The casino will host 15 card tables, a new night club with live entertainment, a cafe and simulcasting.

Emerald Downs’ job, Bruun said, “is to present thoroughbred racing in a pleasant atmosphere and celebrate one of the longest going professional sports in the Northwest.”

“And it all begins with the horses,” he said.

“The concern for the horses is always paramount,” Bruun said.

Horse racing is a great sport if you like figuring out problems using statistics and imagination.

The expert’s picks sheets for the day’s races can help you choose winners or overwhelm you. Depending on your experience.

You can wager as little as \$2 on any horse to come in first, as a win, second, to place, or third for show.

To increase the payoff, you can make any number of exotic

bets which combine races or horses in a race for higher payouts.

Bets that join races, like the daily double which combines the winning horses from two or more consecutive races. Or try an exacta, where you are picking multiple horses to come in win, place and show in one race.

You can watch the horses in the paddock get tacked up for their race. This is where you can assess the demeanor of the horse and jockey while fine tuning your picks.

In the paddock is a steward, who makes sure the horses in the race are really who they claim to be. No ringers permitted.

ted.

There are multiple places to watch the race from. Rail birds like to get as close as they can to the action and watch on the rail, just feet from thundering hooves coming down the stretch.

Horse racing at Emerald Downs, 2300 Roc Crockett Dr. in Auburn, starts at 5 p.m. April 8 and runs through Sept. 17. Admission is \$7 adults, kids 17 and under are free. Racing days are Saturday and Sunday until April 21, when Friday nights are added. Gates open for simulcasting approximately 9 a.m. daily. Take advantage of the free parking or valet service



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T-Birds nearly upset champions

By **Thanavin Chum**
Staff Reporter

The T-Bird women’s tennis team open their season with a 5 – 4 defeat to the defending champs Bellevue.

Head Coach Laura Rosa said that a few matches could have went the T-Birds’ way.

“We competed really well against Bellevue,” Rosa said. “I think we had some first-match jitters that will inevitably go away as we progress through the season.”

Freshman Megan Hagerty took two out of three sets against the Bulldogs returning conference singles champion sophomore Moriah Austin, who went undefeated last season, 6 – 1, 2 – 6, 6 – 1.

T-Bird freshman McKenzie Hawkins was the only player who won both singles and doubles. In No. 2 singles, she defeated Bulldogs freshman Holly Wright two out of three sets, 6 – 2, 7 – 5.

In doubles, Hawkins and freshman Sierra Silva defeated the Bulldogs Holly Wright and freshman Candice Canley, 8 – 6.

“The No. 2 doubles win with Kenzie and Sierra Silva was by far the most intense match of the day. The energy level and communication on-court for



Kayla Dickson/THUNDERWORD
Celeste Andreotti (left) and Mary Ahmed (right) work on doubles play at practice yesterday.

that match was outstanding,” Rosa said.

The T-Birds and the Bulldogs split three games each in the six singles matches. The Bulldogs then won two of their three doubles where the T-Birds only won one.

“The great thing is that we faced what is likely the toughest competition right out of the gate,” Rosa said.

“Now we know exactly what we need to improve to be in a position to challenge for the conference title at the end of the season.”

The T-Birds will be at their home court (Boeing Employee Tennis Court) to face Treasure Valley on March 17, at 8 p.m.

3835
3745
2744

Scoreboard

| NWAC Women's Softball | | |
|-----------------------|--------|--------|
| North Region | | |
| Team | League | Season |
| Bellevue | 1-0 | 11-2 |
| Edmonds | 1-0 | 7-2 |
| Highline | 1-0 | 3-7 |
| Douglas | 0-0 | 7-2 |
| Shoreline | 0-0 | 1-2 |
| Skagit Valley | 0-0 | 1-2 |
| Olympic | 0-0 | 1-6 |
| Pierce | 0-1 | 0-5 |
| Everett | 0-1 | 2-8 |
| East Region | | |
| Team | League | Season |
| Spokane | 1-0 | 5-1 |
| Yakima Valley | 1-0 | 4-1 |
| North Idaho | 0-0 | 4-2 |
| Walla Walla | 0-0 | 5-3 |
| Blue Mountain | 0-0 | 3-5 |
| Treasure Valley | 0-0 | 2-4 |
| Big Bend | 0-0 | 1-3 |
| Columbia Basin | 0-1 | 2-5 |
| Wenatchee | 0-0 | 1-4 |
| South Region | | |
| Team | League | Season |
| Chemeketa | 1-1 | 8-5 |
| Clackamas | 0-0 | 4-1 |
| Lower Columbia | 0-0 | 2-1 |
| Mt. Hood | 0-0 | 8-3 |
| SW Oregon | 0-0 | 10-3 |
| Clark | 0-1 | 2-3 |
| Centralia | 0-0 | 1-3 |
| Grays Harbor | 0-0 | 1-4 |
| NWAC Women's Tennis | | |
| Team | League | Season |
| Bellevue | 2-0 | 2-1 |
| Skagit Valley | 0-1 | 0-1 |
| Highline | 0-1 | 0-1 |
| Spokane | 0-0 | 0-0 |
| Treasure Valley | 0-0 | 0-0 |

Highline lands in the top three after first week

By **Chentay Warnes**
Staff Reporter

The Highline women’s softball team has started its league season with a record of 1-1, after a rocky preseason where the team went 2-6. The team now stands 3-7 overall in the NWAC North region.

The T-Birds opened league play by downing Centralia 13-4 on March 12. The same day they lost to Mt. Hood 14-1.

Statistics were unavailable from the Centralia game, but against Mt. Hood, Highline had six hits and Mt. Hood had 12 hits.

Leading the T-Birds in hits were Taylor Poe and Jenny Hovland both with two and Taylor Poe with one run. Jazmayne Williams led Mt. Hood with three runs.

“Our strengths are our pitching, hitting, and speed. We really need to get better on defense,” said Head Coach Jason Evans.

The team began the pre-season with a double header against both Chemeketa and Southwestern Oregon on Feb. 25. They then followed it up the next day against the same two teams.

The T-Birds’ first game was



Jack Harton Photo
Returning pitcher Stephani Gollin on the mound last season.

against Chemeketa and Highline lost 19-14. Highline got 14 runs off of 17 hits and Chemeketa got 19 runs off of 20 hits. Statistics were unavailable for this game.

The nightcap game was against Southwestern Oregon and again the T-Birds lost, this time 4-3. Southwestern Oregon led 8-4 in hits.

Rosie Delrosario was the pitcher for Highline and she struck out four Southwestern Oregon players. Shevan DeFreitas led Southwestern Oregon with three hits.

The team faced Southwestern Oregon the next morning and lost again, this time 16-2. Highline had six hits and six errors, Southwestern Oregon had

no errors and 13 hits.

Leading Highline with two runs was Rosie Delrosario. Brandi Bowling led Southwestern Oregon with three hits and Lauren Spencer struck out three Highline players.

The second game was against Chemeketa and once more the T-Birds lost, 8-3. Chemeketa led 10-4 in hits. Taufau Williams led Chemeketa with three hits.

Highline softball had a double header on March 10, against Grays Harbor College and Clackamas College. Then the next day they played Columbia Basin College twice.

The first game against Grays Harbor, the T-Birds won 11-0, getting 13 hits and Grays Harbor got five.

Savanna Gusman led the T-Birds with five runs and Precious Tabangcura struck out three Grays Harbor players. Alyssa Satteson from Grays Harbor struck out three Highline players.

The second game was against Clackamas and Highline lost 10-1. Clackamas led with 10-4 in hits. Rosie Delrosario led Highline with one run and struck out four Clackamas players. From Clackamas, Hannah Vandomelen struck out three

Highline players.

The next day against Columbia Basin, Highline lost the first game 13-5. Columbia Basin had 18 hits and Highline had 7. Hannah Gyer had two runs for Highline

The second game against Columbia Basin the T-Birds came out on top with the ending score 16-11. Highline led 16-14 in hits and 0-3 in errors.

Precious Tabangcura, Hannah Gyer and Stefani Gollin each scored 3 runs. Stefani Gollin struck out four Columbia Basin players.

“This is going to be a much tougher and longer season than we are used to, but we have athletes that love to compete and play so they are looking forward to the challenge,” said Coach Evans.

“We are the most in shape team we have ever had. Our conditioning and strength program along with speed and agility work has never been better,” said Coach Evans.

On Sunday March 19, the T-Birds have an away game and they face Shoreline at noon.

Highline will have a home game on March 25, and will play a double header against Olympic College.

Jobs, jobs, jobs

Business park may bring 3,000 positions to Des Moines

By **Barinder Sandhu**
Staff Reporter

More than 2,000 new jobs are expected in Des Moines by early 2018 as more of the city’s Des Moines Creek Business Park comes online.

As part of the second of three construction phases, the current phase includes the site for the biggest employer, is already underway, said Lawrence Pickard, a Des Moines building official.

The Federal Aviation Administration will bring approximately 1,600 jobs when it moves its headquarters from Renton to its new, 300,000-square-foot facility at the South 216th Street and 24th Avenue South corner of the business park.

“The structural steel frame is up. We’re in the middle of flooring the concrete decks,” Pickard said.

“We’re also doing some fireproofing and getting ready for the mechanical, electrical and plumbing,” said Rex Christianson, an assistant building official.

The building is expected to be finished and occupied by early 2018 by the FAA, said Christianson.

“As far as economic development, I know the FAA will bring about 1,600 jobs,” said Christianson.

CollinsWoerman Seattle Architects designed the FAA building and Abbott Construction is building it.

Three other sites were finalists for the



Kayla Dickson/THUNDERWORD

The new Federal Aviation Administration headquarters building in the Des Moines Creek Business is now topped out.

FAA building. One was near the Tye Golf Course in SeaTac, another was the Riverbend golf course in Kent and the last was the existing FAA location in Renton.

Other smaller businesses are already filling up the 87-acre Des Moines Creek

Business Park site.

K2 sports, a ski manufacturing business; Greencore, an-Irish based food supplier specializing in boxed meals; PODS, a storage container company; and Meiko America, a logistics company, are already in the business park, said

Development Manager Donnie Blek.

The business part is owned by the Port of Seattle and being developed by Panattoni Development. Once completed, Port officials predict the business park will employ also 3,000 workers making family wages.

21 new homes to change landscape south of campus

By **Shawn Lehn**
Staff Reporter

The homes being built across from Highline are expected to be finished in mid-2018.

On South 240th street just south of campus there is a 21-lot subdivision being built. This housing development is called Highline Station.

The project is being built by a Renton-based developer Classic Concepts.

Classic Concepts has been building homes for 25 years in King County. Last year it built four view homes in Des Moines, nine homes in Kent, and an 18-home townhouse project in downtown Kent.

“There will be six model homes and prices will range from \$450,000-\$550,000 with sizes of 2,000- to 2,600-square-feet,” said the real estate agent for

the subdivision, Marci Rogers.

The model homes will have three bedrooms and two bathrooms and be similar to the other homes.

It’s been about six months since Classic Concepts has started building the first model home.

The model home has been started but the builder is waiting for the subdivision to be recorded so it can build more homes, Rogers said.

It takes approximately five months to build a home in good weather. The developer plans to start building about four homes a month depending upon its crew.

“Hopefully the subdivision will be recorded this month,” Rogers said. It has been a long six months but Des Moines requires that every detail be completed before they will issue a final.”



Kayla Dickson/THUNDERWORD

The college is about to get 21 new neighbors in the Highline Station subdivision just south of campus.

Find your inner Jimmy Olson

SIGN UP FOR JOURNALISM 101 AND HAVE A SUPER SPRING, MAN
THE THUNDERWORD NEEDS WANNABE LOIS LANES, TOO!

Higher education to be protected

By Olivia Sullivan
Staff Reporter

Local legislators say they will do what they can to protect funding for higher education in the upcoming state budget.

Legislators are meeting in Olympia to try to hammer out a spending plan for the next two years.

They are under a court order to come up with as much as \$4 billion to fully fund K-12 education.

However, majority Republicans in the state Senate have said this should be done without increasing taxes. Democrats, who control the state House, generally disagree.

In past years, when budget cuts have been needed, they have come at the expense of higher education, one of the four big budget categories.

The other three slices of the pie – K-12, social services and prisons – each are difficult to cut in their own way. During the Great Recession of 2007-08, legislators used cuts to higher education and tuition increases to balance the budget.

Senate Republicans are expected to unveil their budget



Sen. Sharon Nelson

plan by March 20. They’ve already released a K-12 plan, which “funds education first,” leaving the rest of the budget to make up the difference.

The need to “amply” fund K-12 comes from the McCleary decision, a 2014 Washington Supreme Court case in which the justices said the Legislature was not meeting its constitutional obligation to pay for schools. There’s no such constitutional mandate for the state’s colleges and universities.

Washington’s \$93.7 billion budget for the 2015-2017 biennium dedicates \$35.5 billion to



Rep. Mike Pellicciotti

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.

Local state representatives and senators say they won’t let higher education be put on the chopping block.

“We don’t know the specifics of what’s in the budget yet,” said Clare DeLong, on behalf of State Sen. Sharon Nelson, D-34th district. “The Senate Democratic Caucus is com-



Rep. Mia Gregerson

mitted to higher education and will continue to advocate on behalf of our schools and students throughout the budget process.”

Once the Senate Republicans unveil their proposed operating budget, which funds education, the House Democrats will then release their proposed operating budget as well, said State Rep. Mia Gregerson, D-33rd district.

Then they will meet throughout the rest of session to negotiate on what will be the final budget, Rep. Gregerson said.

Generally speaking, there

have been two different approaches with how to fully fund education this year, she said.

“The House Democrats want to raise new revenue in a way that’s progressive and not going to hurt working families, small business or the state’s most vulnerable,” Rep. Gregerson said.

“The Republicans’ education funding plan is around \$2.5 billion short, and wants to use property taxes that will most adversely affect people in King County,” she said. “When a funding plan is short, it could very well impact higher education as well as dozens of vital programs and support. We won’t have all of those details until the Senate Republicans’ operating budget is released.”

This waiting period has allowed state officials to express their budget allocation desires.

“The state needs to have a budget deal, and I am committed to seeing a final budget reached that funds basic education and protects higher education,” said state Rep. Mike Pellicciotti, D-30th district. “I’m particularly focused on a budget that recognizes the unique needs of Highline College.”

State passes school levy bill sought by districts

OLYMPIA (AP) — Gov. Jay Inslee has signed into law a measure that delays a planned cut in local school levy rates for one year, something school districts have said they need in order to plan their budgets as lawmakers continue to work toward fully funding education in the state.

Surrounded by Democratic lawmakers as he signed the bill Wednesday, Inslee said that now that this temporary measure is off his desk, lawmakers can focus on the task ahead: complying with a 2012 state Supreme Court ruling that they must fully fund the state’s basic education system.

Lawmakers have already put more than \$2 billion toward the issue since the ruling, but the biggest piece remaining of the court order is figuring out how



Gov. Jay Inslee

much the state must provide for teacher salaries.

School districts currently pay a big chunk of those salaries with local property-tax levies.

Opponents challenge Trump’s new travel ban

GREENBELT, Md. (AP) — Hours before President Donald Trump’s revised travel ban was to take effect, opponents renewed their legal challenges Wednesday, asking judges in three states to block the executive order that targets people from six predominantly Muslim countries.

More than half a dozen states are trying to stop the ban. Hearings were scheduled Wednesday in Maryland, Washington state and Hawaii.

A federal judge in Hawaii promised to render a decision later in the day on the state’s request for an injunction against the order. U.S. District Court Judge Derrick Watson heard arguments in the case brought by the state and a Muslim man who said the ban will prevent his Syrian mother-in-law from visiting.

Government attorneys argued that the ban, which was to go into effect just after midnight, was revised substantially to address legal concerns, including the removal of an exemption for religious

minorities from the affected countries.

“It doesn’t say anything about religion. It doesn’t draw any religious distinctions,” said Jeffrey Wall, who argued for the Justice Department.

Attorneys for the ACLU and other groups said that Trump’s statements on the campaign trail and statements from his advisers since he took office make clear that the intent of the ban is to ban Muslims.

Trump policy adviser Stephen Miller has said the revised order was designed to have “the same basic policy outcome” as the first.

The new version of the ban details more of a national security rationale. It is narrower and eases some concerns about violating the rights of travelers.

It applies only to new visas from Somalia, Iran, Syria, Sudan, Libya and Yemen and temporarily shuts down the U.S. refugee program. It does not apply to travelers who already have visas.

“Generally, courts defer on national security to the gov-

ernment,” Chuang said. “Do I need to conclude that the national security purpose is a sham and false?”

In Washington state, U.S. District Judge James Robart — who halted the original ban last month — will consider arguments in a lawsuit brought by the Northwest Immigrant Rights Project, which is making arguments similar to the ACLU’s in the Maryland case.

Robart also is overseeing the legal challenge brought by Washington state. Attorney General Bob Ferguson argues that the new order harms residents, universities and businesses, especially tech companies such as Washington state-based Microsoft and Amazon, which rely on foreign workers. California, Maryland, Massachusetts, New York and Oregon have joined the claim.

Washington and Hawaii say the order also violates the First Amendment, which bars the government from favoring or disfavoring any religion. On that point, they say, the new ban is no different than the old.

Got news?
Let us know!

thunderword@highline.edu

Rain, rain, go away



AP Photo/Elaine Thompson

A pedestrian tries to shelter himself with a cardboard box in a heavy, driving rain, as others wait nearby under umbrellas Tuesday in Seattle. Rain is expected to continue most days in the area through Saturday.

Be our guest - in Highline's Hospitality Program

By Olivia Clements
Staff Reporter

Students who don't know their passion can find it through the Hospitality Program.

The Hospitality and Tourism Industry Management Program provides courses for students who want to pursue a career in hospitality- and tourism-related businesses.

The program will help develop skills in cooperation with a variety of hospitality and tourism businesses and air transportation users. The program prepares students for future responsibilities as a supervisor or manager.

The students in the program have the opportunity to participate in a cooperative work experience with hotels, restaurants, catering departments, travel agencies, tour operators, and more.

"The mission statement is basically saying that I'm going to treat every single person as an individual. You get to decide what it is you want out of the class and we are going to focus on one- three- five-year goals. ..."

"Then we talk ... about how my class or what I'm teaching can help you reach those," said Justin Taillon, the program manager.

Taillon describes hospitality as building a real and meaningful connection between two people.

The Hospitality program is very diverse.

"We've got 15 languages and we've got like 12 different countries in a class of 25 students," said Taillon.

Through the program students can graduate with a Hospitality and Tourism Management Associates of Arts.

Students can also graduate with Certificates: Hospitality and Tourism Specialist Certificate; Hospitality and Tourism Management Certificate;



Customer Service in Hospitality/Tourism Certificate; and Food and Beverage Management Certificate.

Highline grants 20-credit and 18-credit certificates to hospitality students.

Ninety percent of the Hospitality students get a certificate or degree and about 80 percent of students get a four-year degree, said Taillon.

"If you're a really high achiever and an outgoing student and want to have fun, that's who belongs in our program," he said.

Hospitality has very fun and exciting courses for example the wine class, said Taillon.

"We have a wine class. I mean who doesn't want to come every Thursday night and drink wine for a couple hours? So, come and do that, that can be your elective," he said.

Students can register for the wine course while registering for their other classes. You must be 18 or older to take the course, said Taillon.

Taillon's family has owned a vineyard for generations. He is very passionate about wine. He always knew hospitality was the career path for him since about age 18.

The Hospitality program has grown in the last year and continues to grow. Last year the program had about 145

"You can't learn customer service or hospitality from a lecture, that's ridiculous. ... Teamwork and collaboration, that's how hospitality works."

– Justin Taillon,
program manager

students. This year there are more than 200 students.

"Refugee women who are new to town, new to the United States, we train them in event management. Project Feast is the organization that has their own kitchen so they are entrepreneurs. So we are taking these brand new refugee woman to the United States and we are giving them a free kitchen to run their own management business. It's a zero start cost," said Taillon.

Project Feast is a new restaurant that recently opened up. All the women employees are current Highline students who make the food from their own culture.

The restaurant is located in downtown Kent on 202 W. Gowe St.

The women are in a four-month program at Highline taking Hospitality classes and learning about management.

"We know we can guarantee people jobs. We just can't guarantee you the job you might want," said Taillon.

Hospitality has internships options for the students, such as running front desks in hotels and airports.

"You can't learn customer service or hospitality from a lecture, that's ridiculous. ... Teamwork and collaboration, that's how hospitality works," said Taillon.

FASFA deadline drawing near

The Free Application for Federal Student Aid (FASFA) and the Washington Application for State Financial Aid (WASFA) deadline is April 10 for Fall Quarter.

FASFA is for "U.S. citizens and eligible U.S. citizens," said Sherri Ballantyne, the director of Financial Aid Services.

WASFA is for undocumented student and DACA students. DACA students are those students who were granted a permit to work under the Obama administration, said Ballantyne.

Students make mistakes making it hard to process their applications, she said.

"One mistake [is students put their] adjusted gross income and their taxes paid as the same," Ballantyne said.

When applying for the year 2016-2017, students were required to use 2015 tax return income information. For the year 2017-2018, students also are required to use 2015 tax return income, she said.

FASFA has an agreement with IRS to import information to the application, said Ballantyne.

Thirty percent of students getting FASFA are randomly get picked to go through a verification, she said.

Another mistake seen is "dependent students won't get parents to sign the FASFA," Ballantyne said. "I see this more with WASFA students' parents not signing. They'll fill the form out by themselves and not have the parents sign it.

"When a student is 24 as of Jan. 1 they're considered independent," said Ballantyne. "No parental information is required."

Another mistake is married couples both filling as head of household, she said.

There's also the little mistakes- students not using the same tax return information, said Ballantyne.

FASFA money comes from Pell grant and Supplemental Educational Opportunity grant. Both WASFA and FASFA share the State Need Grant money, this year it was \$3.7 million, she said.

"About 3,800 or 3,900 [FASFA] students get aid and go here," said Ballantyne.

Highline does offer Institutional Grant for WASFA student and sometimes book awards are given, for student to pay their books, said Ballantyne.

FASFA and WASFA students are encouraged to stop by the financial aid office in Building 6 on the second floor, to check the progress of their application is, she said.

FASFA students can also check how much they have been awarded online at financialaid.highline.edu/apply/portal and WASFA students should try and access the portal, if they don't have access stop by the financial aid office.

New class to challenge native stereotypes

By Brooks Schaefer
Staff Reporter

Learn to confront media stereotypes about Native Americans and Pacific Islanders in a new class at Highline this spring. Diversity and Globalism 160 will be taught by Michael Tuncap, the program manager for outreach and institutional advancement at Highline. Tuncap said the main goal of this class is to teach people about the culture of the native peoples of the northwest. “I think the average person living in our city hasn’t had an opportunity to learn about the Pacific peoples of the North-



west,” Tuncap said. Tuncap describes the class as an “... an interdisciplinary course. It’s going to use sociology to understand social issues.”

“Our country is going through a lot of pain and this class can heal.”
– Michael Tuncap, Highline professor

The class will be focusing on the social issues that native people face in the Northwest and how the media presents issues in the Pacific Northwest.

By the end of the class Tuncap hopes that “... all people realize that they are all related and feel a sense of community.” Tuncap graduated from University of California, Berkley, and has spent the past 18 years in working in the higher education field. Tuncap is the former director of diversity at Green River College. Tuncap said he wants students to challenge some of the stereotypes that the media perpetuates about Native Americans and Pacific Islanders. He wants to show the damage that the Native Americans separation from society has done. That, contrary to popular belief, Native Americans are not very well off in reservations, as some don’t even have access to basic medical care. Tuncap urged students to take this class as “I think it’s important to know about the land that you live on. “Unlike other classes we’re going to teach how to apply concepts outside the class,” he said. “We’re going to bridge the classroom and the community,” Tuncap said. Tuncap gave another reason to take this class, it could serve as a healing process. “Our country is going through a lot of pain and this class can heal,” he said.

Kaplan helps international students navigate English

By Olivia Clements
Staff Reporter

International students who come to the United States to learn English sometimes end up at Highline via Kaplan. “Kaplan is a private company. ... It teaches ESL, English as a second language. We work with international students or with tourists who want to learn English,” said Veronique Savoye, the school director. Kaplan is a company that works with international students. They teach students English and help them transfer into a college. There are 20 different Kaplan locations in North America. There are three locations in the United States’ including Highline. The Kaplan program at Highline is located in Building 25 on the fifth floor. There are Kaplan locations in more than 30 countries. There are more than 19,000 employees and 1 million Students around the world. “Two big groups have been China and Japan, but we also have South Korea... some students from Taiwan and we sometimes have students from Latin America,” Savoye said. The students that join Kaplan come from all over the world to further their education in English. “Most of our students are here for several months to a year and all of them at some point graduate. We transfer about 45 percent of our students to Highline,” said Savoye. About 100 students are currently in the Kaplan program. About 40 of those students will transfer to Highline to continue their education. The rest of the students will go home or go to college in another state, Savoye said.



An average of three to five students graduate every Friday with a certificate. Every Monday an average of three to seven students join the program. It takes about five months to a year to complete the program. The certificate is granted by Kaplan to the graduated students. The certificate states that the student had an 80 percent or more attendance, what dates they were at the school studying, and the topic of study. “We run many different types of classes. ... General classes where they work on all their skills; speaking reading, writing, and listening,” Savoye said. There are six classrooms on campus explicitly for Kaplan. Kaplan currently has seven instructors at Highline. The Kaplan students have an average of 10 to 21 hours of school per week. The reason Highline is a good Kaplan location is because it is a great chance for international students to discover the United States and American culture, said Savoye. When the Kaplan students graduate the program, transferring to Highline is an easy process because they already know the campus. “Some of them arrive and they speak no English at all, so it is a little bit challenging for them. Which is why it’s nice

“Some of them arrive and they speak no English at all, so it is a little bit challenging for them.”
– Veronique Savoye, Kaplan director

that this is such a small school where we can get to know them really well. Our student adviser, Stephanie helps them with all sorts of things: credit card, bus pass, taking exam, and driver’s license,” Savoye said. They have a team of four employees who help the students throughout the program and organize events: Savoye, the school director; Adam Swaller, the academic manager; Stephanie Konschu, the student services coordinator; and Ketra Embletan, the housing coordinator. “Every month we are going to have an activity. ... Everyone is invited even students from outside the campus. We are going to call it bring a friend. We are going to start it at the end of this month with a wii sports party,” Savoye said. Kaplan is holding a Wii sports competition on March 28 at 2:30-4 p.m. in Building 25, room 122. There is a \$3 fee unless you’re invited by a Kaplan student. “I would like the school to be a little bigger. It’s challenging to schools who work with international students because a dollar is really strong and our students pay in dollars ... and I am encouraging students on campus here to reach out to their international friends,” Savoye said.

Semper Fi Fund: A worthy charity

Since 2004, the Semper Fi Fund has awarded more than \$143 million in assistance to 18,000 service members and veterans.

Wow. Too often we hear about scams that collect money allegedly for veterans, and later it turns out they were using the donations to support their own lavish lifestyles. Not this one: Semper Fi is the real deal. Additionally, for the sixth year in a row, Semper Fi paired up with The Bob and Renee Parsons Foundation, which pledged to match all donations up to \$10 million. The “Double Down for Veterans” campaign netted \$20 million, kickstarted by GoDaddy with a \$50,000 donation. (If you have a website, that name might be familiar if you registered your domain name with them. What you might not know is that GoDaddy founder Bob Parsons is himself a Vietnam-era veteran.) Again, wow. Semper Fi, a 501(c)(3) non-profit, provides immediate financial help to post-9/11 wounded, critically ill or injured service members and veterans. Semper Fi was started in 2004 by a group of military



by Freddy Groves wives, and they still run the program. Help is provided in many forms: adaptive housing, education and career transitioning, family support, adaptive transportation, sports programs, service-dog training, caregiver support and more. Charity Watch rates Semper Fi an A-plus, and Charity Navigator ranks it at 98/100. To learn more, check out its website at www.sempertifund.org. You know what to do now, right? If you can, pull out your checkbook and send a few dollars to this very worthy organization. Donate at the Semper Fi website or send a check to: Semper Fi Fund 825 College Blvd, Suite 102 PMB 609 Oceanside, CA 92057 Be sure to include a Semper Fi Fund’s Check Donation Form from its website. For questions, send email to info@sempertifund.org. (c) 2017 King Features Synd., Inc.

Burien teen dies in accidental shooting

BURIEN (AP) – A 17-year-old boy has been booked into King County youth detention for manslaughter after police say he killed a close friend in an accidental shooting. Donovan Spann was killed when a gun discharged Friday evening at a home in the White Center area. According to the King

County Sheriff’s office, the suspect invited Spann over to a home and the two were reportedly playing Russian roulette when the suspect fired and hit Spann in the stomach. Medics were unable to revive him. Spann’s older sister, Neenah West, said the family doubts that the young men were playing Russian roulette.

Professor shares his longtime goal

Dr. Gregory Reinemer completed his life-long dream of building a laser

By Samuel Robbins
Staff Reporter

A Highline professor has completed his childhood dream to build a laser and is now instructing his students on how to build their own.

Highline physics professor Dr. Gregory Reinemer spoke at last week's Science Seminar.

Science Seminar is held every Friday and attendance is open anyone on campus. Presentations are led by faculty on research topics and subjects of general scientific interest.

"I've wanted to build a laser since I was 12," Dr. Reinemer said.

Dr. Reinemer was 12 in 1964. The first laser was built in 1960. It took him until now to build his own.

L.A.S.E.R. is an acronym for light amplification by stimulated emission of radiation.

A laser is created when the electrons in atoms in special glasses, crystals, or gases absorb energy from an electrical current or another laser and become "excited."

The excited electrons move from a lower-energy orbit to a higher-energy orbit around the atom's nucleus.

When they return to their normal or "ground" state, the electrons emit photons (particles of light).

These photons are all at the same wavelength and are "coherent," meaning the crests and troughs of the light waves are all in lockstep.



Kayla Dickson/THUNDERWORD

Professor Dr. Reinemer explained how lasers were created and how we use them in our everyday lives at last week's Science Seminar.

In contrast, ordinary visible light comprises multiple wavelengths and is not coherent.

Laser light is different from normal light in other ways as well.

First, its light contains only one wavelength (one specific color). The particular wavelength of light is determined by the amount of energy released when the excited electron drops to a lower orbit.

Second, laser light is directional. Whereas a laser generates a very tight beam, a flashlight produces light that is diffuse. Because laser light is coherent, it stays focused for vast distances.

Dr. Reinemer listed the different uses of lasers:

Optical disk drives, such as

DVD, CD, or Blu Ray players: Entertainment has changed dramatically with the evolution of how movies are played at home.

Barcode scanners: Bar-coding has helped retailers and manufacturers monitor sale patterns in real time, which informs them exactly when to stock up or run down inventory.

That has led to a radically new world of efficient supply chains and tight inventory management.

DNA sequencing instruments, used in determining the order of the four bases in a strand of DNA.

In the past 25 years' significant scientific breakthroughs have been made in DNA, in-

cluding sequencing of the first human genome.

Other uses include; fiber-optic and free-space optical communication, laser surgery and skin treatments, such as laser eye surgery, cutting and welding materials; and military and law enforcement devices, such as with firearm targeting.

"And of course laser tag," Dr. Reinemer said.

Dr. Reinemer's goal was to take a laser-pointer and turn it into a scientific experiment.

He was petrified by the equations he saw in books covering lasers.

"I made some mistakes but I finally got it," he said.

Dr. Reinemer's laser is not very powerful, designed more

as a presentation laser. His students are building a far more powerful laser which projects ultraviolet light.

Ultraviolet lasers are highly suitable for scientific uses and have primarily been used in advanced research.

Some uses are protein analysis, DNA sequencing, pharmaceutical drug discovery, and photoionization.

Photoionization is the process that makes once-invisible filaments in deep space glow.

Filaments consist of gravitationally bound galaxies. Parts wherein many galaxies are very close to one another.

Science Seminar is concluded for Winter Quarter, but will resume in Spring.

Memories can be deceiving

By Samuel Robbins
Staff Reporter

Your memory can be different than reality, a Highline professor said last week.

Highline psychology professor Seraphine Shen-Miller spoke at last week's Honors Colloquy.

Honors Colloquy is a series of weekly lectures open to all of the Highline community. Topics relate to annual themes relevant to student learning.

"There are three basic types of memory," Shen-Miller said.

Sensory memory is perceived through our senses.

It lasts for a subtle period and it is regularly replaced by new

data, as our senses work continuously, Shen-Miller said.

Short-term memory is the ability to store information for a short time. It has a limited capacity and information will be misremembered after a short period, she said.

Long-term memory points to the ability to remember things for a very long time or the entire lifespan. It has unlimited capacity, she said.

"The more you look back at a memory the further away it could shift from reality," Shen-Miller said.

You and someone you know could you look back at a memory and remember two entirely divergent things, and both of

you could be wrong, she said.

This is an example of how memory can play tricks on the mind, she said.

You might want to live in the present, but the past is important as well, she said.

"Long-term memory is the past; short-term memory is the present, and sensory memory is the flow," she said.

Long-term memory allows the processing of the present. Without it the mind would be adrift, Shen-Miller said.

All types of memory must work together to form one cohesive mind, she said.

Honors Colloquy is concluded for Winter Quarter, but will resume in Spring Quarter.

Agreement provides workshop for Latinos

MEXICO CITY (AP) - Mexican telecom magnate Carlos Slim has joined forces with Mexico's largest university and the country's human rights agency to hold workshops for Latinos in the United States on how to obtain U.S. citizenship.

Carlos Slim is a Hispanic business man, investor and philanthropist.

He was labeled as the richest man in the world from 2010 to 2013.

The Carlos Slim Foundation and the National Human Rights Commission signed the

agreement Tuesday.

UNAM will train 50 instructors who will give 10 workshops at its satellite facilities located in San Antonio, Chicago, Seattle, Los Angeles and Tucson, Arizona.

The Slim foundation will publicize the effort through its Acceso Latino web platform.

The workshops will focus on an estimated 2 million to 3 million Mexican migrants who might be eligible for U.S. citizenship but haven't completed the process.

Migrants will also be taught how to defend their rights.

Traffic cameras take aim in Des Moines

By Will Otto
Staff Reporter

Even if the red light camera flashes, there's still a chance it's not a ticket.

The cameras rarely make mistakes, but it can happen.

With the addition of three new red light cameras in Des Moines, students might want to take a look at what is enforced and what isn't.

The cameras monitor three intersections: Marine View Drive and S 216 Street; Pacific Highway and South 216 Street; and Pacific Highway and South Kent-Des Moines Road.

When the traffic enforcement system detects a possible violation it flashes and records a video.

Which is review later by a Des Moines Police Officer.

If drivers think that the ticket was unfair or not in violation



Kayla Dickson/THUNDERWORD

Cars drive through a stop light in the Marine View Drive and South 216 Street. The intersection now has a red-light camera.

they can contest the ticket in court.

On the ticket is a link that shows the video of the possible

violation.

The citation is treated like a parking ticket, which does not become a part of the driver's

record or effect the drivers insurance, says Des Moines Police officials.

The cameras will flash if a

driver runs a red light or does not come to a complete stop before the stop line.

Drivers will not be cited for free right turns but can be cited if their vehicle does not come to a complete stop.

The City of Des Moines put up the cameras in November and December of 2016 and have already issued 4,589 citations combined.

All of the money made from the citations is used to enhance public safety, and fund intersection safety projects, Des Moines Police say.

Got news?
Thunderword
@highline.edu

Come take care of yourself this April

By Klara Woodruff
Staff Reporter

Enjoy an entire week of relaxing activities at the Highline third annual Week of Wellness

"There will be free food at every event and giveaway this week," said Dr. Gloria Rose Koepping, faculty counselor.

Join Nicole Hoyes Wilson on Monday as she discusses how to automatically find wellness through resiliency for ourselves and the communities we live in.

The Resiliency and Wellness discussion will take place on Monday April 10 in Building 8 from 12:30 to 1:30 p.m.

The First 50 students at the door will receive free worry stones.

Dive in to a deep discussion

with Joshua Magallanes about creating meaningful relationships in the post-election era.

The discussion with Magallanes will be on Tuesday April 11 in Building 8 from 11 a.m. to noon

Faculty counselors Thressa Alston and Gloria Rose Koepping are hosting a tea party. Enjoy a spot of tea and some tasty treats while looking at art on April 12, from 11 a.m to 2 p.m in Building 2.

On April 13 the week ends with some yoga from 11 a.m to noon in Building 2.

This Yoga session is meant to increase mindfulness by showing how yoga can be used in some everyday settings.

The first 30 participants at the door will receive free yoga mats.

Judge denies request to dismiss 'dreamer' case

SEATTLE (AP) – A federal magistrate recommended Tuesday that the case of a Mexican man who was picked up by immigration agents near Seattle despite participating in a federal program for those brought to the country illegally as children remain in federal court and not in immigration court.

The judge also declined to immediately release 24-year-old Daniel Ramirez Medina while the case proceeds.

U.S. Magistrate Judge James P. Donohue denied the Justice Department's request to dismiss the case brought by Ramirez-

Medina, saying arguments that his constitutional rights were violated should be heard in U.S. District Court.

Lawyers for Ramirez Medina say his rights were violated with his February arrest and detention because he is a current Deferred Action for Childhood Arrivals program recipient.

Government attorneys had argued that under federal immigration law, Ramirez Medina could challenge his detention in immigration court. But Donohue said Ramirez's claims are "independent of his removal" from the country.

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Anthem

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“Racism isn’t in the same literal form as it was when the anthem was created, but it still exists today and is institutionalized throughout the American culture and lives, like by the anthem,” Leifi said.

Another student said the freedom the anthem talks about has never been true.

If you break down the song, it talks about freedom, which is a story that still isn’t true today, said Diandra Williams-Jackson.

“Now that I know what it represents, yeah, have it rewritten,” she said.

The Star-Spangled Banner isn’t a very musically pleasant song, Ivy Kowalis said.

“I’m not a big fan of it [the anthem],” she said. “I think there is a lot of danger in tradition for tradition’s sake.”

The song isn’t a very good representation of the United States today, Kowalis said.

“The land of the free and home of the brave is vague and doesn’t represent what life is like in the US right now,” she said.

A student who’s thinking about joining the army also felt the same.

“I respect what the national anthem stands for and means to other people, but its racist intentions when created can’t be ignored,” said the student who asked to remain anonymous. “It’s like you murder someone and then go help an old lady across the street. It’s great that you helped the old lady but we can’t ignore the fact that you’re a murderer.”

Even with the knowledge of the national anthem’s controversial history, some students think it should be played at commencement anyway.

It is a tradition to sing the national anthem at commencement, it shouldn’t be changed

now, said Kate French.

“Humans are forever evolving, and so are our thoughts. We shouldn’t be arguing what the anthem stood for back then but we should be thinking what it stands for today. To me it stands for those who gave their lives to make this country what it is today,” Alex Wallen said.

Another student, Reagan Hunt, also said the anthem should be played at commencement.

“I know the national anthem has racist elements to it but it’s bigger than that. I have family members that were just as against racism as anyone else and gave lives for this country, so I don’t think they wouldn’t want the national anthem not to be played at commencement and neither do I,” Hunt said.

Angie Ngeth said the anthem should be played at commencement but it isn’t totally appropriate for America today and it should be changed.

“It should be played at commencement because it’s a symbol of honor, not necessarily a symbol of exclusion. There are a few lines that should be removed because they have a deeper meaning that can’t be ignored. I think it should be changed,” Ngeth said.

“Acknowledging a question like this on campus is a start to a better future,” Kyle Hansen said.

Marissa Brewer doesn’t think the national anthem represents America today. She believes it should not be played at commencement.

Jacob Soung, a first-generation college student whose parents immigrated to America over 20 years ago, said he’s been desensitized to the oppression minorities face.

“No, it shouldn’t be played at commencement. It’s crazy to think that in today’s society we reward individuals and people for doing the right thing but ignore things we know are wrong. Its like, I myself, we have been desensitized to racism and prej-

udice views,” Soung said.

Another student, Sam Lee, thinks there are more positive songs that represent the U.S today.

“There is no point to play that song at commencement. We could easily find another patriotic song that is less offensive,” said Lee.

Another student said she believes the anthem should stay.

“I think it represents what I believe our country should be, at least the first verse,” Theresa Bel said.

“It shows respect to the country and those who have fought and given up their lives for the country and it shows respect for the vets who fought for our rights,” she said.

“I think even if the person who wrote it wasn’t a good person the meaning of the song is what is important,” Santiago Olvera said.

Some students are more nonchalant about the anthem’s presence at commencement.

“I don’t think it really matters if the song plays at commencement,” said a student who refused to give their name.

Mimi Marley said she recently wrote a paper about the Black Lives Matter activist movement and it has opened up her eyes to rising issues in America’s history and today.

She said she believes that the national anthem should be valued and the idea of singing it should be a choice of each individual rather than a group deciding on if it should be sung at Highline Commencement ceremony this June.

A student, who asked to be named only as Danise, said she

believes that the anthem should be sung at commencement so that students are reminded of its history and never cease to remind ourselves of racism in America.

“We want to acknowledge that history and avoid that,” she said.

Oliver, who also asked that his last name be left out, said that in the Democratic Republic of Congo, where he is from, singing the anthem is an expression of devotion to the country and therefore he feels the anthem here should be respected.

He said that though racism was more prevalent when the song was written, it is still alive today.

He said he considers that it is the right of the government to change the anthem if people still feel they are oppressed and do not experience freedom in the United States.

“Maybe [the lyric] can be the land of the brave, but not the land of the free,” he said.

Junior Suamunu said that because people stand on different sides regarding the national anthem, whether it is sung should be a personal choice.

He said he does not believe that the song is appropriate for where the country is today because the idea of its racist elements reflects the discrimination and racial issues arising in the United States today under President Donald Trump.

“Blacks are not being treated right. They are now scared and stressed of what is going on around them,” he said.

Enjolina Haley also said the history of the song is unsuitable

due to what is happening in the government under the presidency of Donald Trump.

“It should be up to us whether we want to sing it or not,” she said.

Yusuf Hiiey, a student who just recently came to the United States from Kenya, said he did not know about the origins of the American national anthem but in Kenya their anthem embodies peace, unity, and culture.

He said the anthem of the United States does the opposite and that is unfair to the immigrants fighting for a better life.

Some students chose not to give their names in order to protect their identity.

One student said that “we should play the U.N.’s national anthem because it represents all countries.”

They described it as inclusive, whereas our national anthem is not, in their opinion.

Most of the people who had previous knowledge of the anthem’s racist or controversial history agreed that it is a good representation of the United States today.

One student said that it is “honest,” and that it correlates to today’s circumstances.

“We can’t keep singing it, and expect change,” said Lisa, a student at Highline.

She does not think the anthem should be played at commencement.

Jessica Strand, Katie Cummings, Klara Woodruff, Barinder Sandhu and Roseline Collins contributed to this story

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Weekly SUDOKU

Answer

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King Crossword

Answers

Solution time: 25 mins.


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Go Figure!

answers

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Diversity

continued from page 1

"People are different than each other, they have different thinking," said Lee.

"If a group of Asians or whites are at a table in the Student Union I would not feel comfortable going up to talk to them. They might be like why is this black girl trying to talk to us," Michaella Crawford said.

"For instance if we are at a program, we have to be diverse because programs include everyone. If you look around the Student Union you see everyone separates themselves," Crawford said.

Crawford was critical of the college's course offerings and said that Highline does a good job with programs like Diversity and Martin Luther King weeks.

"Outside of those times, what do they offer?" asked Crawford. "The classes Highline offers do not reflect the diversity of the students."

When it comes to class offerings, Wangari Mwangi said. "I haven't seen anything about black history or Asian history or Native American history. It's always white history."

Highline does provide strong programming to support its diversity Wangari said. They have a Latin summit, Umoja for black scholars and an Asian and Pacific Islanders program.

"It's really nice to have specific programming. People can find their place and learn about their culture," Wangari said.

Chris Ramero said he thinks there could be more programs that could be implemented here to add to that diversity.

"Maybe something that focuses more on the LGBT community would be one," said Romero.

Highline has so many opportunities and so many different types of people said Maggie Newhouse. She said that if she would have gone to another college she would have never had learned about different ethnic groups and traditions.

"I definitely have made friends. I'll just say it, non-white friends. I definitely have made many friends from all different backgrounds," Newhouse said.

"I would feel weird if I came here and there was only like one group of people," Francisco Ortega said.

For Ortega, diversity means community, people from all over the world, no matter their gender or race.

"That's diversity," Ortega said.

Poverty

continued from page 1

level of education, like my parents didn't get to," Doty said.

Doty's plight puts her squarely in the focus of State Rep. Mia Gregerson, D – 33rd District.

Rep. Gregerson spends much of her time advocating for the economically disadvantaged.

Insufficient living wages, inequality between the rich and the poor, and lack of resources are the main causes of poverty in South King County, Rep. Gregerson said.

On Jan. 1, 2017, minimum wage raised from \$9.47 to \$11 per hour statewide.

"No matter what they say out there, that extra \$1.50 is just going to go straight back into the economy," Rep. Gregerson said.

"The small increase doesn't really matter because people are so close to falling off the cliff anyway. Because they're literally living paycheck to paycheck," she said.

While the increase in minimum wage may put more food on the table, many families are still going to be living under the poverty line.

According to the U.S. Federal Poverty Guidelines, a single person would have to make approximately \$12,060 per year to be above the federal poverty line.

But because of variations due to location, an adult living in King County would have to make a minimum of \$2,675 per month or \$32,120 per year to meet their expenses, according to the Economic Policy Institute.

These numbers include housing, food, transportation, health care, taxes and other necessities.

For two adults and two children to meet their expenses, they would have to make a minimum of \$6,025 per month or \$72,275 per year.

In 2015, minimum wage legislation was passed by Seattle City Council and signed into law by Mayor Ed Murray.

This law which took effect in April 2015, calls for an increase in minimum wage in the City of Seattle to \$15 an hour, which will be phased in over time.

"Fifteen dollars an hour is only going to keep food on their tables at this point. It's not until you start making \$23 an hour that you start really having a life that provides the security to keep yourself and your family afloat," Rep. Gregerson said.

Aside from the lack of living wage jobs in King County, there is a huge inequality between the rich and the poor, Rep. Gregerson said.

"Right now, the poorest people, low and middle income pay 16 percent of their income towards taxes. The wealthiest few pay less than 2 percent," Rep. Gregerson said.

"So when you start trying to figure out how to fix these problems, it's the wealthy that have to actually be part of the solution."

For Doty, she hopes the solution will be provided by education.

She has about five years left before she gets her master's degree and can finally lift herself

out of poverty.

"My main goal is to get to a point where I am comfortable. A point where I don't have to constantly worry about everything.

That to me, is what makes all of the school worth it," Doty said.

She said that once she's financially stable, she'll be the type of person who helps others.

"Since I know what it's like, it seems wrong to not help people when I was once that person. I never want people to feel the way I have," she said.

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

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