

Students share the reality of racism

By Thunderword Staff

Many Highline students said that they are treated differently based on their race.

Christine Kuria, who has been at Highline for two quarters, identifies as African and said she experiences racism when she is out in public.

“When I go shopping I have to be conscious of what I am doing and what I look like to other people,” she said.

“I receive a lot of micro-aggression from ignorant comments,” student Elizabeth Englund said.

She went on to say that the comments and jokes she hears can sometimes add up and make her short-tempered.

Some students said that they also experience racism on campus.

Student of Asian heritage Sarah Chung said she had an experience with teachers assuming she already knew the subject, and has received comments from other students asking her to do their homework



Francis Sum/THUNDERWORD

for them.

Alondra Botello, a Highline student for two years, recounted her experience coming back to Highline after the 2016 presidential election.

“One of the most difficult experiences I had was at school, the day after the 2016 presidential election when Donald Trump won. I was walking to class and

a group of boys saw me and started yelling out racial slurs, laughing and running

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Building 26 gets a little life support

By Chloe Wilhelm
Staff Reporter

Talks to provide funding for the renovation of Building 26 at Highline are back on with the start of the 2018 Legislative session.

Lawmakers had failed to pass a capital budget last year, putting \$4.1 billion in projects around the state in limbo.

Those projects include \$23.4 million to renovate Building 26 at Highline.

With this funding, the planned renovation of Building 26 includes a 15,000-square foot expansion, as well as a fitness and wellness center, a student lounge, an improved nursing facility, and life science laboratories.

Last year, the budget was approved by the Democratic-controlled House, but the Republican-controlled Senate wouldn't agree with the House's bill because of a dispute over a separate water and development issue.

However, local legislators think that the outcome will be different this year.

This is due to the result of last November's elections when Democrats took control of the state Senate.

Legislators said it is expected that the new budget will remain the same, but they are supportive of the budget and are looking forward to the bill being passed.

See Budget, page 12



MLK Week speaker urges students to find their voice

By Bryon Patten
and Chloe Wilhelm
Staff Reporters

Civil rights issues are still a problem in the country and people need to speak up and take action, a former Highline student said on Tuesday.

Speaking on “50 Years Later: The Legacy of Martin Luther King Jr.,” Aaron



Aaron Reader

Reader, dean of student success at Renton Technical College, challenged students

to look at current civil rights problems.

MLK Week is a weeklong series of events recognizing the life and legacy of Martin Luther King Jr.

Now in its 23rd year, speakers and performers will explore America today, 50 years after the assassination of the civil rights leader in 1968.

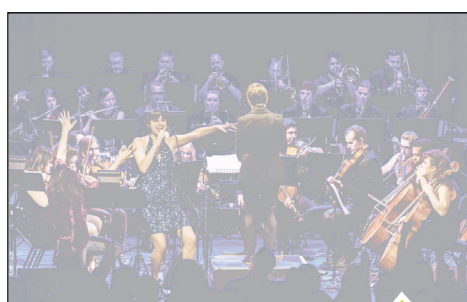
“People forget that 1968 was only 50 years ago,” Reader said, in reference to people's willingness to stay silent and accept the status quo.

People may have been more overtly racist then, but racism is still prevalent today. Argu-

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Bill would protect DACA students' financial aid eligibility

Defending DACA



Shooting near Highline bus stop

By Ryan Junt
Staff Reporter

A struggle during an armed robbery left the robber with a gunshot wound near Highline on Monday night.

The Kent Police Department was alerted when a man was walking on the sidewalk near the rapid ride bus stop outside Building 99 and was approached by a man who asked to use his phone.

The victim complied, but when the suspect did not give back the phone, a conflict arose.

Both men began fighting, with the robber ultimately pulling out a gun. During the struggle the suspect was shot with his own gun.

The suspect was rushed to a nearby hospital with a non-life-threatening gunshot wound. The robbery victim escaped with minimal injuries.

Homeless man found with keys

A known trespasser was found living in a camp on campus on Jan. 14, near what Sgt. George Curtis calls “the back forty,” which is near the pond behind the soccer field.

Sgt. Curtis said that upon further inspection of the camp they found “drug paraphernalia like needles and crack pipes.”

Sgt. Curtis said the drugs weren’t the worst items found. He explained that keys to the campus were found among the trespasser’s belongings.

Currently, the Public Safety Department is looking into how the man came in contact with the keys and are actively taking inventory of the affected building to make sure nothing is missing.

Parking lot incidents on rise

Public Safety officials say parking lot conflicts are high on the list of reported problems this week.

They said that multiple hit and runs have been reported and resolved, but Public Safety Director David Menke said the department suspects that there are actually more hit and runs than are being reported.

Public Safety asks that anyone witnessing a hit and run report it.

Public safety drills coming soon

By Ryan Junt
Staff Reporter

Expanded safety drills will take place shortly, according to the Public Safety Department.

Sgt. George Curtis of Public Safety said the expanded drills will start this week and move forward into the quarter.

The drills are intended to “protect students, staff and fac-

ulty,” Sgt. Curtis said.

He explained that “Public Safety only has limited staff” and cannot assist everyone on campus at once. He stressed that students and staff need to follow directions and pay close attention to the “building monitors, the ones in orange vests.”

Sgt. Curtis said he wants people to take the drills seriously and act as if it is a real situation.

He said people act the way they are trained and the drills are the training for everyone, Public Safety included.

“It only takes one” person choosing not to participate in the drills to give the whole room license to ignore the process and therefore negate the whole purpose, he said.

The drills are to practice evacuation in the case of an

emergency. Such as a need to evacuate a building for things such as fire, natural disasters, shootings and even snow.

“We rely on these drills” to make the evacuation smooth and efficient, he said.

The drills have no timeline and will be at random, he said. The cooperation of all faculty and students is crucial to the success of the drills, he said.

Film Festival deadline extended

The deadline to enter the second annual Highline Student Film Festival has been extended to Monday, Jan. 29.

Any student who is enrolled in classes for Winter Quarter can enter, with the theme of the festival being transformation.

Prize money for the festival will be \$250 for first place, \$125 for second, \$100 for third place, and \$75 for fourth place.

For more information or to register, go to:

<https://highlinefilmfestival.blogs.highline.edu/>

Help available for transfer portfolio

Students who are planning on transferring to a four-year school but need help with their personal statement essay can attend a seminar on Thursday, Feb. 1. The event will take place in the MESA Center in Building 25 from 12:15-1:15 p.m.

Students who want their portfolios reviewed by a representative from surrounding colleges will have that opportunity on Thursday, Feb. 8.

The event will take place in the Mt. Constance room from



1:30-4 p.m. Students must register by Jan. 25. You can register in Building 6 in the Transfer Center, or online at bit.ly/tprdwtr18.

Employment search tips

If you want a job, but you don’t know how to start the search, the CASE Center is offering tips and advice to help your process go better.

The CASE Center will hold the event from 1:30-2:30 p.m. on Tuesday in room 214 in Building 6.

Those who wish to attend can sign up at <https://studentemployment.highline.edu/events>, and will receive a free USB jump drive at the event.

Club Fair is next Tuesday

If you want to join a club at Highline but have questions, visit the Club Fair next Tuesday.

The fair will take place in the Mt. Constance room in Building 8. The fair will occur from 11 a.m.-1:30 p.m. on Jan. 23, and will have representatives from many of the clubs on campus.

MLKing Week seminars continue

The celebration of Martin Luther King Jr. week continues with presentations today and tomorrow.

A presentation titled “When ‘Free Speech’ is Actually its Opposite” will be made today by Highline English professor Dr. Shon Meckfessel at 1:30 p.m.

And a presentation titled “King and the Role of Capitalism, Militarism and Racism in Achieving Peace” will be made by Robert Britten on Friday at 10 a.m.

Both of these presentations will take place in the Mt. Constance/Mt. Olympus room in Building 8.

Giving tree brings gifts to children

The annual Women’s Program Giving Tree raised enough contributions to help 27 families, which helped give gifts to 70 children.

The Women Program and

WorkFirst Services Office sponsored the event in December.

Open house at Success Centers

The Academic Success Centers is holding an open house today from 10:30 a.m. to 3 p.m. on floor 6 of the Library.

Students will be able to inquire about AANAPISI, the Math Resource Center, MESA, Puente, the Tutoring Center, Umoja, and the Writing Center.

The Academic Success Centers offers help on assignments, and has tutoring services.

Presentation on self esteem

The Inter-Cultural Center Peer Facilitators will hold a dialogue titled “Counseling Wisdom Series: Self-Esteem and How it Influences Everyday Life,” on Thursday, Jan. 25.

Research shows that one’s self-esteem heavily influences academic achievement, classroom participation, social, mental wellbeing and more.

The dialogue will take place in Building 8, room 204 from 11:30 a.m-1 p.m.

Participants will talk about how self-esteem influences everyday life.

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Enrollment higher in 2018 versus 2017

By Tamara Young
Staff reporter

Enrollment is up this quarter compared to Winter Quarter 2017.

Full Time Equivalent (FTE) student enrollment is 4,374, compared to 4,120 at this time Winter Quarter of 2017. An FTE is a standardized way to count how many full time students Highline would have if all credits were added together.

At this point, Highline has 792 students enrolled in the basic skills classes, 502 international students and 1,389 Running Start students for winter quarter. At this time, last year, Highline had 593 basic skills students, 518 international and 1,353 Running Start students.

“Since we are still enrolling for Winter Quarter it is a bit challenging to determine what the final enrollment will look like compared to last winter,” said Lorraine Odom, registrar and associate dean of Enrollment Services.

As the quarter progresses, the numbers of students will fluctuate as well, Odom said. Some students will drop classes, others might add, but there are still others who may choose to enter late into the enrollment process for the quarter.

It is a challenge to assess exactly how many students will complete the quarter until the official last day, she said.

Getting the classes that a



Lezlie Wolff/THUNDERWORD

With enrollment up this quarter compared to last winter, students have had to wait in longer lines.

student would like to take or need to take can be difficult and some students had to sign up on a waitlist hoping to get the class they wanted.

“I was on the waitlist for PE 186, but a student didn’t show up the first day of class so I got in,” a Highline student Hiroki

Tsukamoto said.

According to the Community College Review, another factor that affects the number of students enrolled is the economy. More jobs tends to mean that there will be less students and more students means that less jobs available.

Besides enrollment challenges, parking can be a challenge for students as well. Highline has 2,200 places for students to park and those spaces fill up fast, particularly in the morning. The campus also has 210 carpool parking places and they sell 250 passes

for those spots.

The only parking that is monitored is those that are on the campus itself. If a student chooses to park off campus security will not monitor those spaces.

Richard Noyer, parking enforcement manager, said that, starting Jan. 16 parking will be strictly enforced. This means that students will receive a citation for parking without a pass, not parking in the correct places, or for not properly displaying their parking pass in their vehicle.

Tickets range from \$30, for parking without a pass for example, to \$250 for parking in a handicapped space without the appropriate placard from the state, said Noyer.

If a student receives three or more citations, they may receive the boot after a few warnings or attempts to set up a payment agreement. The boot is a metal contraption that locks the front tire of the vehicle so that it cannot be driven away. And if no effort is made to pay the tickets registration will be impossible, diplomas will not be received, and transcripts cannot be given out.

Unlike enrollment, tracking parking passes is a challenge. Anyone can pay \$1 per day for parking, this includes and is not limited to the students, but also faculty who may have forgotten their pass, as well as visitors to campus.

Duwamish tribe still trying to acquire recognition

By Daniel Cagle
Staff Reporter

Seventeen years after a recognition and granting of Native American treaty rights was voided by the George W. Bush Administration, Duwamish leaders are continuing their struggle for full tribal status, their leader told a Martin Luther King Jr. Week seminar audience on Tuesday.

Cecile A. Hansen, chairwoman of the Duwamish Tribe and a great-grandniece of Chief Seattle, for whom Washington’s largest city is named, said the Duwamish people are still here and the struggle goes on.

Hansen was appointed chairwoman of her tribe in 1975, and has made it her mission to regain federal recognition as a sovereign tribe and all the rights that go with that designation. Recognition as a tribe by the federal government would restore benefits that were originally outlined in the Point Elliott Treaty of 1855.

Those benefits included a



Cecile Hansen talked about the hardships the Duwamish still face.

reservation along South King County’s White and Green rivers. The U.S. government not only reneged on the deal, the proposed reservation was

specifically blocked in 1866 under demands of Seattle’s early white settlers.

Hansen’s efforts seemed to bear fruit in 2001, when

the out-going Clinton Administration notified her that the Duwamish would be officially recognized; however, the jubilation was short-lived. Later that year, the Department of Indian Affairs withdrew its recognition.

“It is the most disgusting process to have to continually prove who you are,” Hansen said.

She said support from other local tribes for the Duwamish claims diminished after those tribes received recognition from the state and federal governments.

Fear probably had a lot to do with the waning support, she said.

“The larger, more common Washington-area Indian tribes that you know of today think that the only reason we want federal recognition is so we can build a casino on any land that is given to us,” she said.

Hansen said the claim is just not true.

“In the 40 plus years I’ve been advocating for the Duwamish Tribe, I have never once said anything about a ca-

sino,” she said. “Our people just want to lawfully fish the Duwamish River, so they can provide for their families.”

The tone of Hansen’s voice was both pointed and sharp throughout her speech, but she tried to inject some levity into the situation.

“Maybe we’ll build a casino after we are done fishing,” she joked.

The Duwamish Tribe’s petition for recognition remains in appeal status since it was removed in 2001.

Hansen concluded her seminar by respectfully asking for donations to support her tribe’s new Longhouse and Cultural Center. Anyone who wishes to donate may do so by contacting Hansen at 4705 West Marginal Way SW, Seattle, 98106, by calling 206-431-1582, or via email at dts@qwestoffice.net.

Additionally, Hansen invited Highline students, their friends, and their families to the tribe’s open house this Saturday, Jan. 20. The open house will begin at 10 a.m. and end at 5 p.m.

Current politics make Dr. King’s work more important than ever

In the remaining weeks or years left of this political turmoil we are able to get a lot more out of MLK and the message he taught, than a day off.

In fact, if we actually consider the overarching theme of his message and compare it to the current ethical dilemmas still plaguing our society, one might reasonably conclude that we actually don’t get a single day off, as the fight continues every day.

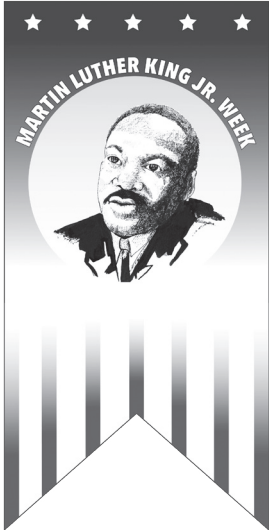
Dr. Martin Luther King Jr. once said “This is the most important and crucial period of your life, for what you do now and what you decide now, at this age, may well determine which way your life will go. And the question is, whether you have a proper, a solid, and a sound blueprint.”

His blueprint lists: dignity, worth, and somebodiness; determination of achievable excellence; and a commitment to the eternal principals of beauty, love and justice. Some of us may

still be reeling from past elections, stagnant in disbelief of our current standards of justice, or even complacent in a day of rest from it all, but Dr. King tells us to keep moving.

The almost innumerable and insistent pain of the world is ever present, in this day as it was in his. Though even while he saw mountains of prejudice, he climbed to the conclusion that we as a people can never stop moving.

In his philosophic blueprint, he lists a deep belief in your own dignity, worth, and somebodiness. This definitely applies to this day, a day where the president is still making



statements that devalue others based on their creed, gender, socio-economic status, education, and race.

A deep belief in and of oneself includes moments where our nation stands for none of the principals we ourselves hold, and still believing that we are not crazy for realizing it. That we are not wrong for voicing our hurt with the standards in which our federal government believes we, who are not richer than small countries, should be living.

That we are not wrong for believing that a woman should have the right to her own body and anything she herself can produce; that we are not wrong for seeing the rich getting richer while we barely survive as middle class or even poor, and saying something about it. That all of your ethics and values are valid no matter what snide comments a president or his cabinet has to say about them.

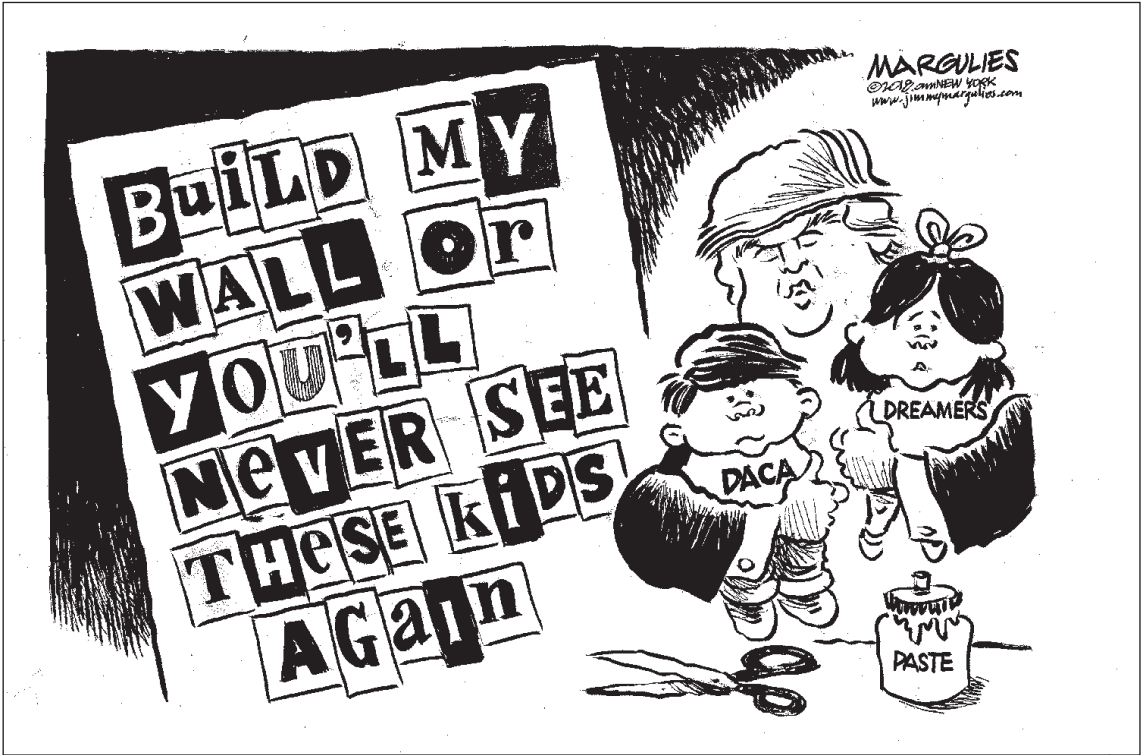
Determination of achievable excellence says that we must see the impossible future we want to believe in, as clearly as we feel the pain of the present. That we must remain even more inexhaustible than the systems which we want to abolish.

Achievable excellence means that no matter how long it will take to fix, you welcome the time, in belief that your issue will have been resolved without a single I dotted or t crossed.

Commitment to the eternal principals of beauty, love and justice, means doing what’s right solely because it is. It is about having integrity.

If you are truly unhappy with our current political system, then Dr. King asks you to move. No more excuses for you, just stepping up for your own principals of beauty, love, or justice, how you define it.

We are in a time and space where fellow people on the earth are in need, and with social media, we can find out just where that is. Don’t feel discouraged by the sight of their pain for too long, but instead find the capacity to crawl, stand, walk, then run for justice.



We all can learn from hurtful words

Donald Trump shared his thoughts on the bipartisan deal to protect the safety of migrating citizens. His statement was, “Why do we want all these people from ‘shithole countries’ coming here?”

What does shithole mean? A quick look at urban dictionary can give a person a glance into what Donald Trump, the commander-and-chief of these here United States, used to depict the home of one of the countries of the victims that have a temporary protected status in the U.S.

A shithole is a derogatory term to depict an undesirable or otherwise crappy place to live, work, and party, and used to describe a filthy dwelling. Temporary protected status is where citizens from another country can immigrate to the U.S., temporarily, due to the U.S. recognizing a state of crisis in their own countries.

Two responses magnified the impact from this comment for me: the white house’s spokesperson, Raj Shah responded to the backlash with “Certain Washington politicians choose to fight for foreign countries, but President Trump will always fight for the American people,”; in response to the backlash and while there were numerous accounts of politicians calling him out on it, the president tweeted that the words had never escaped his lips.

The issue with the response from Shah is the total lack of remorse or reprimand on a senti-

Ethnic of love



Jo Robinson

ment that marks many victims of countries in disrepair after devastating natural disasters who seek refuge in our diverse and powerful one, as a nuisance because their country doesn’t hold the same political power as ours. His response to people saying the president’s words hurt them, was that being too concerned with feeling the pain of others is somehow un-American.

As if one can’t fight for the safety of citizens of El Salvador, Honduras, Haiti Nepal, Syria, Nicaragua, Yemen, Sudan, Somalia, and South Sudan and also fight for the issues facing the U.S. These things aren’t mutually exclusive. As one fights for the Black Lives that matter in the U.S. and empathizes with the plight of the Haitians who don’t have homes to return to, they are still able to uphold the values and ethics of being out-

standing Americans.

The issue with my current president denying his hurtful comment is that, when faced with backlash, he doesn’t defend or learn from the statement. Instead, he unconvincingly lies and pretends he never said it.

This shows he not only chose not to learn from his actions, he also chose not to deal with the pain his own words, as the president, caused his people.

A leader is the face of a country, they are the voice, passion, beliefs, values, mind, body, and soul of their country’s people.

In the end this either illustrates a divide in core values, between the American people and its political leader, or illustrates how the majority of the U.S. citizens feel when it comes to aiding non-European countries.

Personally however, Trump’s initial shitty comment seemed normal to me. I think this follows trend of the other bigoted, sexist, and hurtful themes he has based his actions, political platform, and words around.

This land is your land, this land is my land. Sure does sound beautiful in theory, though it requires a bit more in practice. It calls on the citizens of the U.S. to extend their hearts for human beings that are not their sisters or brothers, or moms and dads, but instead people who have a different zip code, but the same issues.

Jo Robinson is opinion editor of the Thunderword.

the Staff

I love teen angst, it’s so — smack, smack — tasty.

E-Mail: tword@highline.edu

Editor-in-Chief	Izzy Anderson	Sam King, Daniel Cagle, Aysha Edmonds, Jillian Gamache, Jared Murphy, Perris Njenga, Byron Patten, Chloe Wilhelm, Donnie Williams, Tamara Young, Reuben Gonzales, Ryan Junt	Photo Editor	Hailey Small
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Rapture, Blister, Burn

Burien Actors Theater presents sharp-edged comedy

By Winter Dorval
Staff Reporter

Rapture Blister Burn will split your sides with laughter, and boil your blood with envy. “The Burien Actors Theater has produced a number of very interesting plays, many comedies. To that extent, BAT has produced shows like this before. However, Rapture, Blister, Burn is a unique show. It is funny and probing at the same time,” said Eric Dickman, artistic director. The performance will be co-directed by Beau Prichard and Barbara Cawley.

“This fast-paced comedy tells the story of female college roommates meeting years later. Their lives have taken different paths. One has a husband and family. The other a career as a college professor,” said Dickman. “Did they make the right choices? When they meet they look at that question. Overlaid over this story is a look at feminism from the perspective of three generations of women.” The script was a Pulitzer Prize finalist. “This play looks humorous. It brings up a lot of issues (feminism, pornography, mid-life

crisis),” Dickman said. “It also looks at how feminism has affected the views of women over the years. Those who came before, during, and after the revolution for women,” he said. The Burien Actors Theater is expecting good attendance for this show, said Dickman. Rapture Blister Burn played in Seattle in 2013. This will be its second showing in the Northwest. “It is a comedy, which we can all use now. However, it also addresses issues that many of us deal with on a daily basis,” said Dickman.

The show will run from Feb. 16 to March 11. Friday and Saturday shows will be at 8 p.m., and matinees are Sundays at 2 p.m. The address is 14501 4th Ave. SW, Burien. “This is a great show for Highline College students,” Dickman said. Tickets for students are \$10, \$20 for general admission, and \$17 for seniors and active military. There is a group rate of \$12 for 10 or more people. For tickets and more information visit burienactorstheatre.org/.



1. **Jumanji: Welcome to the Jungle** (PG-13)
Dwayne Johnson, Karen Gillan
2. **Insidious: The Last Key** (PG-13)
Lin Shaye, Leigh Whannell
3. **Star Wars: Episode VIII — The Last Jedi** (PG-13)
Daisy Ridley, John Boyega
4. **The Greatest Showman** (PG)
Hugh Jackman, Michelle Williams
5. **Pitch Perfect 3** (PG-13)
Anna Kendrick, Rebel Wilson
6. **Ferdinand** (PG)
animated
7. **Molly's Game** (R)
Jessica Chastain, Idris Elba
8. **Darkest Hour** (PG-13)
Gary Oldman, Lily James
9. **Coco** (PG)
animated
10. **All the Money in the World** (R)
Michelle Williams, Christopher Plummer
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FW Symphony hopes you love ‘Vienna’

By Winter Dorval
Staff Reporter

The Federal Way Symphony will take you to Vienna next weekend in its first performance at the city’s Performing Arts and Events Center. This concert will be Sunday, Jan. 28 at 2 p.m. “We present annual chamber music concerts for the Federal Way Symphony. This will be our debut performance at the Federal Way Performing Arts Center and we are very much looking forward to it!” said Marjorie Kransberg-Talvi, concertmaster and solo violinist. In what the symphony describes as “an intimate performance with the audience on stage,” the chamber ensemble will present Mozart’s *Duo for Violin and Viola in G Major*; Mahler’s *Quartet for Piano & Strings in A Minor*; and Schubert’s *Piano Trio No. 2 in E Flat Major*.



The Federal Way Symphony will present works by famous composers with a connection to Vienna in their next concert.

“Due to the nature of chamber music, each person is a soloist,” Kransberg-Talvi said. The concert is titled “From Vi-

enna With Love.” “The quality of musicianship, the camaraderie between mu-

sicians, the opportunity to hear live music by masters such as Mozart, Schubert, and Mahler

make this concert special,” said Kransberg-Talvi. The message these pieces send is one of “beauty, poetry, and triumph of the human spirit,” said Kransberg-Talvi. Mozart was an independant musician in Vienna, working as a piano teacher. Mahler was a conductor for the Vienna Philharmonic, and Schubert lived in Vienna his entire life. “People can expect to watch and listen to internationally recognized artists in an up-close and personal manner performing works by genius composers,” Kransberg-Talvi said. “People should come and listen if they enjoy beautiful music of classical period literature performed by renowned artists in an intimate setting,” Kransberg-Talvi said. The address is 31510 Pete von Reichbauer Way S., Federal Way. Tickets are \$39 for adults, \$18 for students with ID, and \$10 for youth (younger than 10). For tickets and more information visit federalwaysymphony.org/20180128.html.



- Top 10 Movies On Demand**
1. **The Mountain Between Us** (PG-13)
Idris Elba
2. **Dunkirk** (PG)
Fionn Whitehead, Barry Keoghan
3. **Kingsman: The Golden Circle** (R)
Taron Egerton
4. **Despicable Me 3** (PG)
animated
5. **Home Again** (PG-13)
Reese Witherspoon
6. **Victoria and Abdul** (PG-13)
Judi Dench
7. **Stronger** (R)
Jake Gyllenhaal
8. **Flatliners** (PG-13)
Ellen Page
9. **American Assassin** (R)
Dylan O'Brien
10. **The LEGO Ninjago Movie** (PG)
animated
Top 10 DVD, Blu-ray Sales
1. **Dunkirk** (PG)
Warner Home Video
2. **Despicable Me 3** (PG)
Universal
3. **Game of Thrones: The Complete Seventh Season** (TV-MA)
Warner Bros.
4. **Kingsman: The Golden Circle** (R)
FOX
5. **The LEGO Ninjago Movie** (PG)
animated
6. **The Mountain Between Us** (PG-13)
FOX
7. **Wonder Woman** (PG-13)
Warner Bros.
8. **Cars 3** (G)
Disney
9. **Flatliners** (PG-13)
Sony
10. **American Assassin** (R)
Lionsgate
Source: *comScore*
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‘Death Day’ has that groundhog feel to it

Happy Death Day (PG-13) – It’s *Groundhog Day* for a new generation, except instead of a narcissist weatherman, our central player is Tree (Jessica Rothe), a narcissist college student. Tree wakes up in the bed of fellow student Carter (Israel Broussard) on her birthday, and she proceeds to prance about campus being shallow and mean all day until she is killed by a masked character on her way to a party in the evening. She wakes up back in Carter’s bed, and is forced to relive the same day over and over –

perhaps to learn a lesson? Perhaps to catch her own killer? The ride is fun and breezy, despite the vehicle’s horror flick exterior. Rothe manages to be both a guilty pleasure, and smartly and hilariously redeeming. *Blade Runner 2049* (R) – In near-future LA, specialized police officers hunt and “retire” rogue replicants (artificial, enhanced humans); they are called Blade Runners. On a day’s mission, Blade Runner Officer K (Ryan Gosling) unearths an explosive secret that has the potential to

unbalance relations between humans and replicants. It leads him to former Blade Runner Rick Deckard (Harrison Ford, reprising). This film is visually stunning, and the story works beautifully both within the matrix of its predecessor or on its own. Gosling expertly delivers a brooding soft heart with steel resolve (see *Drive*), and producer Ridley Scott is already talking about his plans for a threequel. *Loving Vincent* (PG-13) – A letter from Vincent Van Gogh (Robert Gulaczyk) to his brother Theo sits undelivered a year

after the artist’s death. The postman’s son Armand (Douglas Booth) is tasked with delivering it by hand. As Armand struggles to deliver the letter (Theo has since died; his widow’s whereabouts unclear), he is treated to the introspections and recollections (some fond, some envious and some disdainful) of the townspeople who lived with Van Gogh during the remarkable painter’s unremarkable life. This is the world’s first fully painted feature film. And inspired by the painter, its 65,000 frames are individual oil paint-

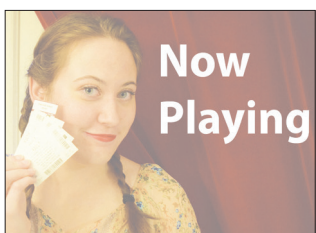
ings on canvas, which took a team of 125 painters to create. Now, that is a feat worth watching. *I, Daniel Blake* (R) – Dave Johns stars as Daniel Blake, an aging widower in Newcastle. After suffering a heart attack at work, he is declared unfit for working by his cardiologist and simultaneously fit to work by the welfare system, which promptly denies him benefits. As he muddles through a 21st century system set up for the computer literate, he makes friends with single mom Katie (Hayley Squires).

Theater, concerts and shows

Looking for a fun event to kick start your weekend? Here are a few near you.

- Jam out this weekend with Randy Hansen as he plays a Jimi Hendrix Tribute.

The show will be at the Auburn Avenue Theater. Recognized by the Hendrix family, he has played with many famous musicians.



The show will be on Jan. 27 at 7:30 p.m.

Tickets will be \$21 for adults and \$18 for students and seniors.

The address is 10 Auburn Ave, Auburn.

For tickets and more information visit app.arts-people.com/index.php?ticketing=coapa.

- Tap into some fun this weekend in Kent.

The Kentwood Performing Arts Center will be showing "Passing It Forward."

This show will be performed by the Tapestry Dance Company on Jan. 26 at 7:30 p.m.

They are the only professional dance company specializing in tap dance in North America.

The show will explore American history in a fun way.

Tickets will be \$10 for seniors, seniors, and youth.

The address is 10020 SE 256th St, Kent.

For tickets and more information visit app.arts-people.com/index.php?ticketing=kent.

- Bring some magic to your weekend with Laughra-Cadabra.

Steve The Pretty Good Magician will have a show this weekend including audience interaction, music, and magic.

The show will be at 2 p.m. on Jan. 20.

Tickets are \$10.

The address is 10 Auburn Ave, Auburn.

For tickets and more information visit app.arts-people.com/index.



Jason Tang

The Seattle Rock Orchestra performs next week in Kent.

SCALING 'THE WALL'

Seattle Rock Orchestra brings Pink Floyd classic to life in Kent

By Winter Dorval
Staff Reporter

The Seattle Rock Orchestra will be performing Pink Floyd's *The Wall* in Kent this weekend.

The concert will be held at the Kentwood Performing Arts Center.

The Seattle Rock Orchestra formed in 2008, and are approaching their 10-year anniversary.

versary.

The band members were part of their own rock bands, and have classical educations.

"The touring orchestra can be anywhere from 22 to 50 or 60 people, depending on the size of the venue," bassist Scott Teske said.

"We wanted to try to integrate classical music into the rock world," said Teske.

This will be their second Per-

formance at the Kentwood Performing Arts Center.

"We would love to make it an annual thing," Teske said.

"The city of Kent chose Pink Floyd for us to play. They thought it would be a big hit with the people of Kent," Teske said.

Their last concert featured the work of Led Zeppelin.

The Wall is one of the shows that they perform the most,

Teske said.

"It's definitely a favorite of the orchestra to pull out and play."

The concert will be on Jan. 26 at 7:30 p.m.

The address is 10020 SE 256th St., Kent.

Tickets are \$10 for general admission, seniors, and youth.

For tickets, and more information, visit app.arts-people.com/index.php?ticketing=kent.

Answer that dead guy's cellphone at Centerstage

By Winter Dorval
Staff Reporter

Get swept away in murder, mystery, and romance this weekend in Federal Way.

Dead Man's Cell Phone will be at Centerstage.

This will be its first showing at Centerstage.

"We probably won't do this one again for a couple years at least. We try to shake it up, and give the audiences something new," said Trista Duval, artistic director at Centerstage.

The play was written by Sarah Ruhl in 2008, and won a Helen Hayes award.

"The director, John Vreeke, worked at the Woody Mammoth Theater where *Dead Man's Cell Phone* had its world



Trista Duval

premiere. Now he gets to direct it himself," Duval said.

The acting is complicated and it's a complex play so it

doesn't get performed very often, Duval said.

"This play is a study of how we deal with loss, and how different people respond to it," Duval said.

The play shows who the main character is through the people in his life, Duval said.

"The woman sitting next to him picks up his phone, and adopts his life," Duval said.

"It's a dark comedy, with some intrigue, mystery and a kind of noir twist," Duval said.

The play will run from Jan. 26 through Feb. 11.

Showtimes are Thursdays and Fridays at 8 p.m.

Matinees will be 2 p.m. on Sundays, Jan. 28 and Feb. 11, and Saturday, Feb. 10, also at 2 p.m.

"It's very funny, and it goes to some unexpected places. It kind of goes back to the central mystery of who the main character is," Duval said.

The address is 3200 S.W. Dash Point Road, Federal Way.

Tickets will be \$29 for adults, \$25 for military and seniors (65 and older), \$15 for youth (ages 18-25), and \$12 for kids (17 and younger).

For tickets and more information visit www.centerstagetheatre.com/Events.aspx.

Arts News?

Thunderword
@highline.edu

Lady T-Birds rip off three-game win streak

By Jared Murphy
Staff Reporter

Highline's women's basketball has just cooled down from a hot three-game winning streak to start the new year.

The Lady Thunderbirds heated things up with three wins against Skagit Valley, 78-60, Whatcom, 70-62, and South Puget Sound College, 69-43.

Then the Tacoma Titans administered a blast of cold water last Saturday topping the T-Birds, 72-67. Though Coach Daimen Crump has a small team, it is a small team that seems to fight when it matters the most.

"I absolutely love my team. We have some fighters. We are at a disadvantage every game," Coach Crump said. "We are the smallest team in the league (roster and height). We get out rebounded every game by double figures. But we still fight and do other things and sometimes we win the battle. I believe it is all because we truly believe in one another. We give our all because we do not want to disappoint our teammates," Crump said.

As the Highline Thunderbirds sit 1-1 in league play, they faced Grays Harbor last night. Results were not available at press time. Coming off the three-game winning streak was big for the morale of the team.

Anytime you can go on a streak it shows big things are capable of happening for the



Jack Harton Photo

Aileen Kaye shows her active hands on defense against a South Puget Sound player.

team. The Thunderbirds were not out of it by far against the Tacoma Titans.

As the Thunderbirds made a big push in the last two minutes of the game led by Aileen Kaye's 23 points. With Kaye's high scoring came Kanani Kremer one rebound shy of a double double.

The Thunderbirds ended

up falling short 72-67. Thunderbirds might be small on the court, but they are a team with something to prove.

"The whole team has stepped up their game and they all understand that they have to lead themselves. The motivation has to come from within, so each individual has done a great job

with leading themselves. Therefore, I cannot [single] out one person," said Coach Crump.

The Thunderbirds are looking to bounce back with a win against a tough team in Grays Harbor. The Chokers are coming off a preseason 14-1 and a strong start of league play at 2-0.

"Our focus for the Grays

Harbor game is to play as a team work hard on every possession and play good basketball. I want the team to embrace the challenge and learn from the experience and have fun. That is our focus," said Coach Crump.

The Lady T-Birds have a home game against Green River College at noon on Jan. 20.

Men's wrestling drops dual, expects to win tournament

By Donnie Moore
Staff Reporter

Men's wrestling will try to stay competitive after a month-long break.

Before winter break, the Thunderbirds competed in a dual with Pacific University where they were able to pull away with the win.

Things started with Jacob Mendoza at 125 defeating his Pacific counterpart, putting Highline up 10-0. Highline, which has been plagued by forfeits, was able to win with a forfeit at 133 and 184, but still gave up two forfeits at 165 and heavyweight.

Emmanuel Daigbe at 197, Ben Gore at 174, Liam Corbett at 157 and Patrick Wheeler at 141 came away with wins by a pin or fall. The final score was 42-12 Highline.

The Thunderbirds continued on to Reno, Nev. on Dec. 17 for the Reno Tournament of Champions, Austin Lister led Highline with a win at 133 against a wrestler from Fresno State, then went on to win over a wrestler



Jack Harton photo

Mitchell Owens picks up his opponent to slam him down and seal the victory for Highline.

from Clackamas. He was later upset in the quarter-finals.

Emmanuel Daigbe dominated the tournament in his weight classification, beating two NCAA D-1 wrestlers to also make the quarterfinals. But Daigbe then opted to sit out the rest of the tournament due to an arm injury.

"They can't miss practice

and need to be disciplined in diet and staying away from inappropriate extra-curricular activities," said Assistant Coach Brad Luvaas about some improvements he wanted to see the wrestlers make.

The Thunderbirds first meet of the new year came this past weekend, against Simon Fraser. This meet was an opportunity for the

wrestlers to get back to competition after a month-long break.

"We have only had one outing since the break and every athlete on our team has improved and made huge gains since the start of the year," said Coach Luvaas.

Mendoza again got Highline off to a great start with a win at 125, and Lister got a forfeit at 133.

But then it was a back and forward battle for the rest of the meet.

Shandon Ilaban was pinned, losing 6 points for the team and the team forfeited at 165. Adrian Avena, Liam Corbett, Ben Gore, Mitchell Owens were all able to come away with wins putting Highline up 22-12.

In the second-to-last match, Emmanuel Daigbe was pinned bringing the score to 22-18 Highline. In the last match Highline forfeited at the heavy-weight and lost 24-22.

Highline also performed in the Boxer Open in Forest Grove, Ore. Highline was aggressive with Liam Corbett and Austin Lister both being finalists.

Jacob Mendoza was a third finalist, but had to sit due to a potential concussion but still was able to get into the finals.

"We don't have hopes, we have expectations, and those expectations are to win the tournament nothing less" Said Luvvas about the upcoming Clackamas Open.

The next meet will be the Clackamas Open next Sunday, Jan. 21 in Portland.

Offensive struggles plague T-Birds

By Mitchell Roland
Staff Reporter

The Highline men’s basketball team has hit a rough patch lately.

As they begin conference play, the team is on a four-game losing streak, and has lost six of its last seven games. The Thunderbirds’ losses have come by an average of roughly 11 points.

Their latest loss dropped them to five wins and 11 losses on the year, and 0-2 in conference play.

Coach Che Dawson said that the team is performing well on defense, but they have to “be much more efficiently offensively.”

The toughest loss for the team came on Dec. 18, as the team fell behind 56-37 after the first half, before outscoring Chemeketa by 17 points in the second half and then losing by two points.

David Harris led the team with 25 points and 10 rebounds in the game, and was five of seven from three-point range.

Their lone win came in a road game against Clark. Highline took a commanding 42-23 lead into halftime, and did not look back. The final score was 83-60.

Harris has been Highline’s hot hand during this seven-game skid, averaging 18.3



Jack Harton photo
Desmond Hudson fights for a rebound against South Puget Sound.

points and 8.3 rebounds a game.

Harris’s best game came in the win against Clark, as he scored 26 points on 11-22 shooting, and made four of eight three pointers. He also added 14 rebounds, four assists, and three steals.

Guard Travis Rice has been a key player off the bench, shooting 45 percent from three-point range and shooting almost exclusively treys.

In a recent game against the South Puget Sound Clippers,

Rice came off the bench to score 15 points on five of seven three-point shooting.

In the game, the Clippers took an early double-digit lead, before Highline stormed back to take a lead with 1:13 left in the first half. This lead did not last however, as the Clippers made a buzzer-beater at the end of the first half to take a one-point lead into the break.

The Thunderbirds again took the lead early in the second half, before the Clippers

switched to a full-court press defense, which Highline struggled to adjust to.

The result was the Clippers taking a 12-point lead with 5:34 left in the game, and culminated in a Highline timeout after a stolen inbound pass and a shot made by the Clippers.

Highline was unable to make the necessary adjustments after the timeout, and fell to the Clippers 80-65.

The Clippers’ win was a team effort for them, as four of their starters scored double digit points.

While the Thunderbirds are young, Coach Dawson does not pin all their struggles on that, saying that many teams at this level are young.

“We have to be tougher mentally to deal with the tough schedule we have,” Dawson said. “We need to understand that to be the best, it takes work, perseverance, commitment and a collective purpose.”

Highline continued conference play with a home game against Grays Harbor last night. Results from the game were not available at the time of publication.

The Thunderbirds next play Saturday at 2 p.m. against Green River in the Thunder Dome on campus. The team then takes on Pierce College on the road on Wednesday at 8 p.m.

3835
14514

Scoreboard

Women’s Basketball

WEST		
Team	League	Season
Grays Harbor	2-0	14-1
Lower Columbia	1-0	11-6
Tacoma	1-1	2-4
S Puget Sound	1-1	6-9
Pierce	1-1	5-10
Highline	1-1	5-10
Centralia	0-2	7-8
Green River	0-1	5-8
EAST		
Team	League	Season
Columbia Basin	5-0	14-4
Walla Walla	4-0	16-1
Treasure Valley	3-1	8-7
Wenatchee Valley	2-2	11-6
Big Bend	2-3	13-5
Yakima Valley	2-3	12-5
North Idaho	1-3	10-6
Spokane	1-3	10-5
Blue Mountain	0-5	1-15
NORTH		
Team	League	Season
Everett	2-0	13-6
Bellevue	2-0	12-6
Skagit Valley	1-1	6-10
Olympic	1-1	4-9
Shoreline	0-0	0-4
Whatcom	0-1	5-9
Peninsula	0-1	2-11
Edmonds	0-2	3-13
SOUTH		
Team	League	Season
Umpqua	3-0	16-0
Clackamas	3-0	12-3
Lane	3-1	11-5
Mt. Hood	2-1	5-8
Linn-Benton	2-2	7-9
Portland	2-2	6-9
SW Oregon	0-3	3-11
Chemeketa	0-3	2-12
Clark	0-3	0-14

Men’s Basketball

WEST		
Team	League	Season
S Puget Sound	2-0	11-6
Lower Columbia	2-0	10-6
Tacoma	2-0	5-8
Centralia	1-1	5-12
Grays Harbor	1-1	3-12
Highline	0-2	5-11
EAST		
Team	League	Season
Wenatchee Valley	4-0	11-5
Spokane	3-1	13-4
Walla Walla	3-1	13-4
North Idaho	3-1	13-4
Yakima Valley	3-2	12-6
Treasure Valley	2-2	6-9
Bid Bend	1-4	8-9
NORTH		
Team	League	Season
Edmonds	1-1	13-4
Everett	1-1	13-4
Bellevue	1-1	12-5
Peninsula	1-1	11-6
Olympic	1-1	11-4
Whatcom	1-1	8-8
SOUTH		
Team	League	Season
Portland	4-0	15-2
Umpqua	2-1	11-5
Clackamas	2-1	10-6
Linn-Benton	2-2	12-5
Lane	2-2	10-6
SW Oregon	2-2	8-8
Chemeketa	1-2	10-5
Clark	1-3	5-10

Hey coach, I think I tore my ACL

Many circumstances rob the sports world of talent.

In the 1970s, the NBA lost an unquantifiable amount of talent due to a cocaine fueled drug craze.

Today, the NFL loses a plethora of talent due to concussion and head trauma studies – but that’s only a small part of the bigger picture. The leading culprit that denies the sports world talent is injuries.

Careers full of promise are much too often ended before they can start or abruptly put to a stop because of major and nagging injuries. Blow-out knees, back and neck injuries, horrific injuries where a bone might break through skin – you name it – I’ve seen it all.

One of my favorite NBA players, Brandon Roy, was a victim of a career ending injury. Roy had the potential to be an all-time great, but was forced to retire during the 2011 season due to not having much cartilage left in his knees.

It’s bad enough to see that careers are taken from us as sports fans on the professional level, but when careers are taken before they have the chance to materialize, I find that all the more egregious.

Super Phan

Colin Phan

I was able to speak to a friend whose career was put to an end due to injury. Coming out of high school, my friend who asked to be left anonymous, was a touted recruit to play cornerback at the next level.

He had offers on the table from several big-name programs like Boise State. But injury forced him to step away from the game of football.

“I didn’t quite have the grades to accept those Division One scholarships, so I ended up hav-

ing to play junior college ball,” he said. “But after I finished junior college, I was getting ready to put together some tape for scouts and I got plantar fasciitis, which ended my career.”

His story is one that is filled with deep regret of what could’ve been. A classmate of mine and a member of the Highline men’s soccer team, Cody Parke, also faced the same adversity.

Parke was an up-and-coming player whose skills looked like they would land him a shot to play elsewhere after graduating from Highline. But an injury-marred season took away those prospects.

“I was injured for most of the season, and set to come back during the playoffs,” Parke said. “But I ended up getting in a car crash and that was it for my season.”

But for Parke, that wasn’t the worst of it, as his soccer career came to an abrupt end.

“I can’t run for more than two minutes without my calves burning up,” Parke said. “I’m not pursuing anything in soccer anymore right now. I’m just going to school to be a firefighter.”

Injuries are just like natural disasters. We can prepare and

be ready for them, but there’s just no way to stop them.

As sports fans, this is demoralizing to hear. Who knows if the next Michael Jordan just blew his knee out?

There’s talent we’ll never be able to see materialize or develop, and it’s quite disheartening.

Colin Phan is managing editor of the Thunderword. His football career was derailed by a bruised ego.

Got
sports
news?
thunderword
@highline.
edu

Weekly SUDOKU

by Linda Thistle

		9	7					6
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8			1	9		3		
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5				1		6	4	

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. **LITERATURE:** Which 18th-century statesman and inventor sometimes used the pen name “Silence Dogood” in his writings?
2. **GEOGRAPHY:** How many emirates make up the United Arab Emirates?
3. **AUTOS:** What does the name Volkswagen mean in German?
4. **U.S. PRESIDENTS:** Who was the first Roman Catholic to become vice president of the United States?
5. **ARCHITECTURE:** What is the location of the Pitti Palace, built mainly during the Renaissance?
6. **MOVIES:** What was the name of the monkey in the Disney movie *Aladdin*?
7. **GOVERNMENT:** Which amendment to the U.S. Con-

- stitution guarantees a speedy public trial for criminal offenses?
8. **MUSIC:** In the song *The Twelve Days of Christmas*, what was the gift on the seventh day?
9. **U.S. STATES:** What is the smallest state in land area?
10. **HISTORY:** What Greek statesman was considered the greatest of all orators?

10. Demosthenes
9. Rhode Island
8. Swans
7. Sixth Amendment
6. Abu
5. Florence, Italy
4. Joe Biden
3. The people's car
2. Seven
1. Benjamin Franklin

Puzzle answers
on Page 12

GO FIGURE! by Linda Thistle

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

DIFFICULTY: ★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

	-		x		21
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x		x		+	
	x		-		21
30		18		24	

1 2 2 4 5 6 7 8 9

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King Crossword

ACROSS

- 1 Nasty insect
- 5 Badly lit
- 8 Error
- 12 Chills and fever
- 13 Kreskin's claim
- 14 Docket entry
- 15 In reverie
- 17 Anger
- 18 Dine
- 19 Sternward
- 20 Dissuade
- 21 Firmament
- 22 Stop — dime
- 23 Augment
- 26 Firm
- 30 Needy
- 31 Hockey milieu
- 32 Concept
- 33 Get
- 35 Pry
- 36 Singer
- 37 Droop
- 38 Cut corners
- 41 Huge
- 42 Greek cross
- 45 Actress Gilpin
- 46 "... twilight's last —"
- 48 Privy to
- 49 Boxer
- 50 Pedestal occupant
- 51 Chinatown gang
- 52 Witness

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48					49				50			
51					52				53			

- 53 Say it ain't so
- 16 Shark variety
- 34 Mischievous one
- 20 Modern-day evidence
- 35 Long story
- 21 Like some video on the Web
- 37 Prolonged attack
- 22 Praise in verse
- 38 Skewer
- 23 Spring mo.
- 39 Gambling game
- 24 Buck's mate
- 40 Press agent?
- 25 One of the Seven Dwarfs
- 41 Sad
- 26 High card
- 42 Ocean motion
- 27 Commotion
- 43 In due time
- 28 Modern (Pref.)
- 44 Homely
- 29 Spigot
- 46 Navig. aid
- 31 Wall climber
- 47 Central

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ARIES (March 21 to April 19) You're eager to take on that new opportunity opening up as January gives way to February. Now all you need to do is resist quitting too early. Do your best to stay with it.

TAURUS (April 20 to May 20) Doff a bit of that careful, conservative outlook and let your brave Bovine self take a chance on meeting that new challenge. You could be surprised at how well you do.

GEMINI (May 21 to June 20) You might not want to return to the more serious tasks facing you. But you know it's what you must do. Cheer up. Something more pleasant soon will occupy your time.

CANCER (June 21 to July 22) As you dutifully tidy up your end-of-the-month tasks, your fun self emerges to urge you to do something special: A trip (or a cruise, maybe?) could be just what you need.

LEO (July 23 to August 22) Your achievements are



admirable as you close out the month with a roar. Now you can treat yourself to some well-earned time off for fun with family or friends. (Or both!)

VIRGO (August 23 to September 22) Be sure you know the facts before you assume someone is holding back on your project. Try to open your mind before you give someone a piece of it.

LIBRA (September 23 to October 22) You might feel comfortable in your familiar surroundings, but it might be time to venture into something new. There's a challenge out there that's just right for you.

SCORPIO (October 23 to November 21) Your love of things that are new gets a big boost as you encounter a situation that opens up new and exciting vistas. How far

you go with it depends on you.

SAGITTARIUS (November 22 to December 21) That recent workplace shift might not seem to be paying off as you expected. But be patient. There are changes coming that could make a big difference.

CAPRICORN (December 22 to January 19) While few can match the Goat's fiscal wizardry, you still need to be wary in your dealings. There might be a problem you should know about sooner rather than later.

AQUARIUS (January 20 to February 18) Easy does it when it comes to love and all the other good things in life. Don't try to force them to develop on your schedule. Best to let it happen naturally.

PISCES (February 19 to March 20) A surprise decision by someone you trust causes some stormy moments. But a frank discussion explains everything, and helps save a cherished relationship.

This soup will get you past flu season

Cold and flu season has arrived with record numbers of sick children and adults.

There are antiviral medications available for the flu, but to be effective they must be taken within two days of the onset of symptoms.

If in spite of all your efforts you become ill, take good care of yourself. Get plenty of rest, drink lots of fluids and pay attention to your symptoms.

A flu shot is the best way to keep from getting some strains the flu, or to at least lessen its intensity if you do catch it. If can't get a flu shot, a pneumonia shot can protect you against this potentially serious flu complication.

Check with your or your child's health care provider before you get any of these shots.

While there are no guarantees, there are some things you can do to reduce your chances of becoming ill:

- Wash your hands often, particularly when you are around people who have colds or coughs.
- Avoid touching your eyes, nose or mouth. This is a common way that germs spread.



Depositphotos.com

Chicken noodle soup served with lemon and ginger heavily assists with illnesses.

• Cover your mouth and nose with a tissue when coughing or sneezing.

• Avoid close contact with people who are sick. And if you're sick, stay home. Keeping your distance from others will protect them from getting sick too.

• Sanitize utensils, toys, equipment and furniture. This can help reduce the spread of colds, which then reduces your risk of developing more serious complications like pneumonia.

If you're generally in good health, your immune system is better able to fight off illnesses. Get plenty of rest, exercise, eat right and learn how to manage your stress.

Chicken soup is an old remedy for fighting respiratory illnesses; however, some recent scientific tests show that it actually may have medicinal value.

Chicken soup has been found to be more effective than other hot liquids to increase the movement of nasal mucus. It also improves the function of cilia, tiny hairlike projections in the nose that prevent contagions from entering the body.

Eating chicken soup also inhibits the movement of a common white blood cell called neutrophils that defends against infection.

By inhibiting the migration of these infection-fighting cells throughout body, chicken soup

essentially helps focus the cells to reduce upper-respiratory cold symptoms.

This recipe for Chicken Noodle Soup with Lemon and Ginger will help you through this frigid flu and cold season!

CHICKEN NOODLE SOUP WITH LEMON AND GINGER

- 1 lemon
- 1/4 cup chopped fresh cilantro or flat-leaf parsley or basil leaves
- 1 teaspoon finely grated fresh ginger
- 2 serrano chiles, stemmed, halved and seeded
- 6 cups homemade or canned low-salt chicken broth

4 ounces fresh Chinese egg noodles (look in the produce section of your supermarket) or 4 ounces dried vermicelli noodles

1 medium carrot, cut into small coins

1 to 2 tablespoons fish sauce

1 boneless, skinless chicken breast half, cut into 1/4-inch-thick slices (this is easier if the chicken is partially frozen)

1. Finely grate 1 teaspoon of zest from the lemon and put in a small bowl. Add the cilantro, parsley or basil leaves and the ginger, and mix together. Cut the zested lemon in half and squeeze it into a small bowl to get 3 tablespoons of juice. Thinly slice two of the chile halves crosswise.

2. In a large saucepan, bring the broth to a boil over medium-high heat. Add the lemon juice, noodles, carrots, fish sauce and the 2 remaining chile halves to the boiling stock. Reduce heat, cover and simmer the soup until the noodles are almost cooked, about 3 minutes.

3. Remove the chile halves. Stir in the chicken and chile slices and return to a boil. Remove the pan from the heat, making sure the chicken slices are just cooked through. Taste and add a touch more fish sauce, if you like. Divide the soup evenly among four serving bowls. Divide the cilantro mixture among the bowls, stir and serve. Makes 4 servings.

Chicken pot pie for any occasion

Loaded with chicken and lots of hearty root vegetables, this healthy pot pie makes the perfect family meal.

- 1/4 teaspoon dried thyme
- Salt
- Pepper
- 1 1/2 pounds chicken breasts
- Olive oil cooking spray
- 1 large onion
- 1 can lower-sodium chicken broth (1 3/4 cups)
- 2 clove garlic
- 5 medium parsnips
- 3 medium carrots
- 3 stalk celery
- 6 sheets frozen phyllo
- 2 tablespoons cornstarch
- 1/2 cup water
- 2 cup frozen peas
- 1/4 cup finely chopped fresh flat-leaf parsley

1. Preheat oven to 425 degrees F.
2. Sprinkle thyme and 1/4 teaspoon each salt and freshly ground black pepper evenly over chicken. Lightly coat 12-

Good Housekeeping

inch skillet with olive oil spray and heat on medium-high. Add chicken in single layer and cook 3 minutes or until lightly browned, turning pieces over once halfway through cooking; transfer to plate.

3. To same skillet, add onion and 1/4 cup chicken broth. Cook 5 minutes or until browned, stirring and scraping up browned bits. Add garlic and cook 1 minute, stirring. Stir in parsnips, carrots and celery, then add remaining 1 1/2 cups chicken broth. Heat to boiling on high. Cover, and reduce heat to maintain simmer. Cook 10 minutes or until vegetables are tender-crisp.

4. While vegetables cook, place 1 phyllo sheet on work surface; spray lightly with olive oil spray. Top with another sheet. Repeat with remaining phyllo sheets and olive oil



Chicken pot pie is both nutritious and delicious.

spray, lightly coating top sheet with olive oil spray.

5. In small bowl, stir cornstarch into water to dissolve; stir into vegetable mixture and simmer 2 minutes or until thickened, stirring occasionally. Stir in peas, chopped parsley, reserved chicken, 1/2 teaspoon salt and 1/4 teaspoon freshly ground black pepper. Heat to simmering, then transfer to 13- by 9- by 2-inch baking dish. Center phyllo on top, tucking in edges if necessary; then cut 5 slits in phyllo.

6. Bake 15 minutes or until phyllo is golden brown. Garnish with parsley to serve.

Chow down on some Chili Cheesy Biscuit Casserole

Here's a change for you chili lovers. It's like getting your chili and cornbread all in one dish.

- 1/2 cup finely chopped onion
- 1/2 cup finely chopped green bell pepper
- 1 (14 1/2 ounce) can diced tomatoes, undrained
- 1 (15-ounce) can kidney beans, rinsed and drained
- 1 tablespoon Brown Sugar Twin or Splenda Granular
- 2 teaspoons chili seasoning
- 1 cup Bisquick Heart Smart Baking Mix
- 3 tablespoons (3/4 ounce) shredded Kraft 2 percent Cheddar cheese
- 1 teaspoon dried parsley flakes
- 1/3 cup fat-free milk
- 1 egg or equivalent in egg substitute
- 1 tablespoon plus 1 teaspoon yellow cornmeal
- 1. Heat oven to 400 F. Spray



an 8-by-8-inch baking dish with butter-flavored cooking spray. In a large skillet also sprayed with cooking spray, saute onion and green pepper for 5 minutes. Stir in undrained tomatoes, kidney beans, brown sugar and chili seasoning. Spoon mixture into prepared baking dish.

2. In a medium bowl, combine baking mix, Cheddar cheese and parsley flakes. Add milk and egg. Mix well to combine. Spoon batter over kidney bean mixture. Evenly sprinkle cornmeal over top. Bake for 20 to 25 minutes. Place baking dish on a wire rack and let set 5 minutes. Divide into 6 servings.

Money for VA relocation isn't going to right place

While Department of Veterans Affairs chief David Shulkin is doing a good job, there is one place he needs to focus his laser gaze: relocations and the cash paid out to those who move within the VA ... and those who pocket the money.

VETERANS ★ POST ★

by Freddy Groves

A recent VA Office of the Inspector General report details — on many pages, covering many years -- how one VA employee managed to get piles of money in a relocation that he never made.

Let's call him Dr. A. Years ago, Dr. A applied for a VA job clear across the country. He was paid nearly \$20,000 for Temporary Quarters allowance. His boss approved the change of position. Furthermore, Dr. A's salary was dramatically increased because different geographical regions have varying base salaries depending on the cost of living.

But Dr. A didn't move. He stayed where he was, at the heftier salary, and telecommuted. Basically, he phoned it in. He did put in two days a week at his home location, while, on paper, living on the other coast. This went on for over three years.

When the jig was finally up, Dr. A claimed not to know he'd been given nearly \$20,000 in relocation money (all of it within one month). His wife thought it was his annual bonus.

Technically he was assigned to the other coast, where he also supposedly lived. How then could he claim travel money for traveling to his own home? During the time he was living on one coast and claiming to live on the other, Dr. A also made dozens of trips on the government dime. The VAOIG, as of this writing, has handed it back to the VA with recommendations.

Dr. A owes the government a lot of money. Unfortunately, he's likely not the only VA employee cashing in this way.

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DACA students keep financial aid

By **Chloe Wilhelm**
Staff Reporter

OLYMPIA — Undocumented students in Washington would not lose their financial aid eligibility if the DACA program is eliminated by the federal government, according to a new bill in the Legislature.

House Bill 1488, also known as the Washington Dream Act 2.0, would make sure these students remain eligible for financial aid, which includes programs such as the College Bound Scholarship.

DACA, Deferred Action for Childhood Arrivals, is an immigration program that was introduced by the Obama Administration in 2012.

For immigrants who came to the United States when they were minors, the program allows a renewable two-year period of deferred action and work permit eligibility.

Currently, the program supports approximately 800,000 people, known as Dreamers.

Rep. Drew Hansen, D-Bainbridge Island, introduced the bill during a press conference in here last week.

"There are students in Washington who are eligible for financial aid or resident student status for in-state tuition because of DACA," said Rep. Hansen. "If DACA goes away, then



Drew Hansen



those students will not be eligible anymore."

Rep. Hansen said the goal is to make sure that students will still receive financial aid, regardless of what the Trump administration does with DACA in the future.

Joining Rep. Hansen at the press conference was Michael Schutzler, the CEO of the Washington Technology Industry Association. He discussed how the bill relates to the technology industry in Washington.

Schutzler said 70 percent of the venture capital companies in the United States were formed by immigrants. "Dreamers want to serve this country because it's the only home they've ever known," he said. "We should do all we can to help them succeed."

Daniella Murguia, an undocumented student attending University of Washington-Bothell, also discussed the importance of the bill. Not only

would it help her pay for college tuition, but it would also help her younger sister, she said.

"My younger sister signed the pledge for [the] College Bound Scholarship, however she cannot access [it] for the same reason: her status as undocumented and not having DACA," she said. "We all deserve access to higher education."

She said that a lack of financial aid has led to personal challenges, particularly for her older sister.

"My older sister is the one who has had the toughest experience with aid for college, where she couldn't access money for several years," Murguia said.

She explained that her sister almost had to drop out of the University of Washington-Seattle due to lack of aid.

Graciela Nuñez, a recent graduate of the University of Washington-Seattle and a DACA recipient, stressed the importance of receiving finan-

cial aid, as well as the consequences of ending DACA.

"As an American, it's difficult to think of my presence as a temporary and scrutinized commodity," she said. "This is a step in the right direction."

At the press conference, she urged attendees to remember that the work being done to support undocumented students does not end in Legislature.

"I do want to urge everyone in this room that the battle does not end here," she said. "It extends outside the Legislature and extends into our country to echo the words from the elected officials."

A version of the bill passed the State House Appropriations Committee in 2017 before being re-introduced in the current legislative session.

The current bill had a hearing last week in the Higher Education Committee, and was scheduled for a committee vote on Wednesday.

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W



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Budget

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“There is an expectation that we won’t change the capital budget,” said state Rep. Zack Hudgins, D-Tukwila.

Rep. Mike Pellicciotti, D-Federal Way, also anticipates that the budget will include funding for Building 26, as did a spokesman for Sen. Karen Keiser, D-Des Moines.

“I supported the inclusion of Highline’s Building 26 in the Capital Budget,” Rep. Pellicciotti said.

“The House of Representatives has previously passed this budget, and I look forward to the Senate approving this improvement to campus when they approve the Capital Budget,” said Pellicciotti.

Rep. Mia Gregerson, D-SeaTac, is supporting the funding of Building 26 as well.

Gregerson said that more than 100 hours have been spent in total trying to move the budget on the Democratic side.

“There is no reason we shouldn’t be working towards this,” she said.

The bill has been referred to the House Capital Budget Committee, but no action has been scheduled as of Wednesday.

Budget bills tend to have later deadlines, so the bill could be moved at any time throughout the session.

King Crossword

Answers

Solution time: 21 mins.

W	A	S	P	D	I	M	S	L	I	P
A	G	U	E	E	S	P	C	A	S	E
D	R	E	A	M	I	N	G	R	I	L
E	A	T	A	F	T	D	E	T	E	R
		S	K	Y	O	N	A			
A	D	D	T	O	A	D	A	M	A	N
P	O	O	R	I	C	E	I	D	E	A
R	E	C	E	I	V	E	S	N	O	O
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S	K	I	M	P	B	I	G	T	A	U
P	E	R	I	G	L	E	A	M	I	N
I	N	O	N	P	U	G	I	D	O	L
T	O	N	G	S	E	E	D	E	N	Y

Weekly SUDOKU

Answer

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

Go Figure!

answers

4	–	1	×	7	21
+		+		+	
2	+	2	×	8	32
×		×		+	
5	×	6	–	9	21
30		18		24	

MLK

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ably, not much has advanced beyond the way it is executed, Reader said.

“Let’s talk about how far we’ve not come,” Reader said, leading into a comparison of the three evils Dr. King saw in the world: militarism, capitalism and racism.

And today, nuclear warfare is an imaginary game, walls are used to keep others out, and NFL players won’t be renewed or endorsed for exercising their right to kneel during the national anthem, Reader said.

The presentation transitioned into a spoken word performance on people’s blindness to current problems.

“Perception is your enemy, if you think things have changed,” Reader said.

Students were encouraged not to doubt themselves with comments like, “should we,” but rather to act.

Reader asked the audience what issues are relevant to them and students spoke out about DACA, voter suppression, private prisons and police brutality among other things.

For each of these issues and many more, they are in need of “accomplices” rather than allies, Reader said, because accomplices cannot back out.

To be an ally is to support, but only that. An accomplice is connected and aligned with the cause. They move together through the ups and downs, Reader said.

As accomplices, students can begin by teaching themselves, Reader said.

History is skewed, forever changing depending on who you hear it from and in current institutions not everything can be trusted as truth, Reader said.

Students committed to learning about themselves can empathize with why someone might kneel to the National Anthem or highlight the essentials of diverse higher education staff, he said.

Most of all, students were urged by Reader to speak out.

“Silence is condoning,” Reader said. “If something doesn’t feel right, speak out.”

In closing, students were asked to find their “drum major instinct”, Reader said, referring to a line in a speech by Dr. King.

Drum major instinct refers to the human instinct to excel and overall be No. 1.

Reader said that instinct should be applied to a good cause.

Excel in something that works for the greater good, Reader said. Something that

might make a difference in the long run, such as civil rights.

The presentation ended with a 30-minute Q&A session.

One faculty member wanted to know how students and faculty can keep the momentum of calling out injustices.

In order to keep momentum, you have to have a strong circle, Reader said.

He also spoke on the importance of educating students in order to empower them.

“The momentum will continue as long as we continue to educate ourselves,” he said.

Liz Word, a Communications faculty member, asked about how students can find their unique voice, and regularly use it.

“In terms of finding your voice... first know your story,” Reader said.

He encouraged students to put themselves in spaces where they can tell their stories and speak up.

If you don’t tell your story, someone else will, he said.

One student asked about how someone can speak up without being silenced or looked down upon.

“If it was easy, everyone would be doing it,” Reader said.

He told students to remember to not worry about the end product and to be confident in their own skin.

“Speak the truth... speak your truth,” he said.

Race

continued from page 1

away, telling me to go back to my country,” Botello said.

Some students said that they have faced discrimination based on their race and religion.

Farhiya Guled, who has been at Highline for one year, identifies as Somalian and said that she feels that she is treated differently based on religion more so than race, because she regularly wears a hijab.

Paradoxically, a few of those interviewed said that they, too, treat others differently based on race.

“As humans we judge people every day, whether we want to [or not], it’s instinct,” Highline student Kianna Fiorito said.

For Gigi Xu, a student of Asian heritage who has attended Highline for roughly 14 months, the prospect of treating people of another race differently was puzzling. “Why? There’s no reason to,” Xu said.

Student Antonio Pineda said that he has noticed that he has white privilege.

“Most people don’t know I’m Mexican, [but] I’m treated like I am only white,” he said.

As far as solving the problem of racial discrimination and division goes, students had ideas on how to ensure equality in today’s society.

Among the most popular answers were to educate each other about different cultures, share experiences with their struggles, and to have better overall communication.

First-year Highline student Robel Gebremichael said that change should start with yourself.

“It starts with acknowledging that we don’t treat everyone the same,” Gebremichael said.

“It would be so cool if we can learn more about other cultures. I think sometimes miscommunication can be a problem. We need to learn more,” student Aladezhda Pilipchuk said.

Highline student Sydney Victor said she feels focusing on ethnicity is dividing people.


“My high school has all these clubs for different races and it’s completely OK, but would it be OK to have a white club? No,” she said.

Victor said she feels as though racial protests and ethnicity clubs are dividing people up.

Second-year nursing student Kally Dytioco said people “need to stop judging each other based on skin color.”

For student Andre Eneliko, the important thing is “to not be a bystander, to be part of the solution.”


Reporters Perris Njenga, Aysha Edmonds, Sami Al-Aloosi and Jared Murphy contributed to this story.




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