

Harassment at Highline

Students open up about sexual assault

By Thunderword Staff

The man would not take no for an answer.

Hiroki, a Highline student, said he repeatedly told the man he was not gay, but the man continued to ask.

Despite his consistent denials, the man began to try to kiss Hiroki, who managed to fend him off.

Hiroki's experience is not unique among Highline students. Many students say they have been harassed, or know someone who has been harassed.

From interviews with 20 Highline students, 13 said they knew someone who has been sexually harassed, while four students said they have been harassed.

Throughout the interviews, many students wanted to remain anonymous.

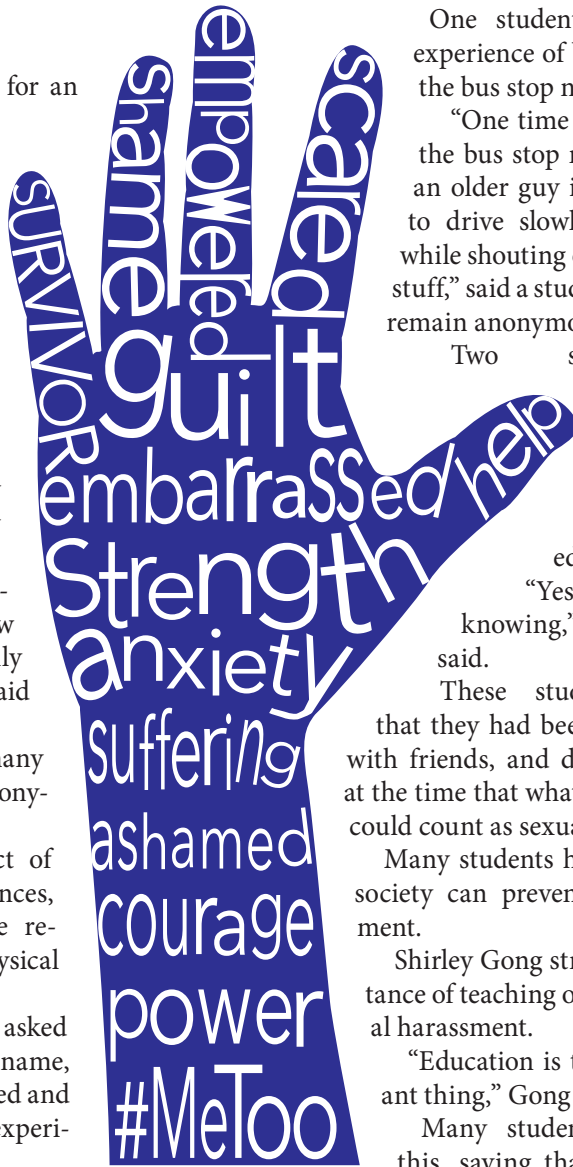
Sexual harassment is the act of making unwanted sexual advances, requesting sexual favors, crude remarks, and other verbal or physical harassment of a sexual nature.

Highline student Ruby, who asked to be identified only by her first name, said she has been sexually harassed and knows of others who have also experienced harassment.

She said that she has worked at a golf course since she was 16, and has received unwanted advances, particularly from older men.

"It's not unheard of," she said.

Ruby said that it is important to be open about confronting it, since it can happen anywhere, and that it is important to educate people about it.



Alyson Freeman/
THUNDERWORD

"We need to add sex education to middle school and high school curriculum," said one student who declined to give her name.

One student recounted her experience of being followed to the bus stop near campus.

"One time I was walking to the bus stop near campus and an older guy in his car started to drive slowly to follow me, while shouting out inappropriate stuff," said a student who asked to remain anonymous.

Two students did

recognize that they had sexually

harassed someone before.

"Yes, but without knowing," Madelyn Healey said.

These students explained that they had been joking around with friends, and didn't understand at the time that what they were doing could count as sexual harassment.

Many students had ideas on how society can prevent sexual harassment.

Shirley Gong stressed the importance of teaching others about sexual harassment.

"Education is the most important thing," Gong said.

Many students agreed with this, saying that education and awareness is key in preventing sexual harassment.

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Highline releases presidential wishlist

By Izzy Anderson
Staff Reporter

The Board of Trustees is looking for presidential applicants who are passionate, approachable, and inspiring.

Dr. Jack Bermingham retired from the position of Highline president last August after more than 10 years. Since then, the Board has been working on the process of finding a replacement.

Dr. Jeff Wagnitz is serving as interim president until the permanent position is filled. He will then resume his previous job as vice president of academic affairs.

The Board of Trustees has now posted a public profile describing the requirements and priorities any candidates for the presidency should have.

These include the ability to communicate well, to be participatory and involved with the Highline community, to have a passion to serve and help others, and to be a strategic and innovative thinker.

The minimum qualifications all applicants must have include a master's degree, at least five years of administrative experience, and past experience teaching in higher education.

"It's a really competitive time for presidents, and very much a supplier market. But so far, so great," said Debre-



na Jackson Gandy, president of the Board of Trustees.

The position is now open for applicants and closes March 2.

The Trustees have also chosen members of the presidential search subcommittee.

The role of the subcommittee in the presidential search is to screen through all the applicants, and then choose three to five to recommend as finalists.

The subcommittee consists of 18 people, including both on-campus and off-campus members.

For the subcommittee, the Trustees "wanted diversity of perspectives, we didn't want everybody to be the same. We [looked for] diversity of experience, background, [and] ethnicity," Gandy said. "Districtwide representation was really important too."

The goal for having a new president on board is July 1 and the official announcement regarding who it will be could take place in May.

"It's moving along according to schedule. We're waiting to see

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Attorney General Ferguson battles against Trump administration



Bob Ferguson

By Mitchell Roland
Staff Reporter

Bob Ferguson did not think he would become a household name. When he filed his first lawsuit against the Trump administration, he said that "he had no idea how big that was going to be."

The lawsuit was in response

to the first Trump travel ban, which restricted travel to the U.S. from seven Muslim-majority countries. This also became known as the Muslim ban.

But the lawsuit began Ferguson's rise as a key opponent to the Trump presidency.

Bob Ferguson is the attorney general of Washington state. A Democrat, he was elected to a second four-year term in 2016.

At a recent Kent Rotary Club meeting, Ferguson was open about his recent activities.

Ferguson has filed 19 lawsuits against the administration and has yet to lose. Six of those lawsuits have been decided, with the other 13 still working their way through the courts. He says he has followed the suits to make sure Trump follows the law like everyone else.

"That's how the system works: Everyone follows the law," Ferguson said.

On sanctuary cities, while he says each city has unique needs and what works for one city may be different than the next one, the federal government oversees enforcing federal immigration

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Over \$23 million to go to Building 26 renovations



Student is carjacked

By Ryan Junt and Mitchell Roland
Staff Reporters

A car was carjacked from the lower portion of the South Parking Lot yesterday. The incident took place at around 1:55 p.m.

The incident occurred when a man approached the victim's car, opened the door and showed a taser while telling the victim to exit the vehicle. The victim obliged and the man drove off in the Silver 2004 Saturn Vue.

The suspect was described by the victim as being a tall black male in a black hoodie. Kent Police report a man matching that description with a taser had stolen a red Dodge Charger earlier in the day a little more than a mile south of campus at South 272 St.

Des Moines Police and Highline Public Safety are investigating the incident.

Public Safety urges people to report incidents as soon as they occur, and to report anything they see as suspicious. The phone number for Des Moines Police is 206-878-3301, and the phone number for Public Safety is 206-592-3218.

Student flashed

A reported indecent exposure incident in the Highline parking lot on Friday morning left the Public Safety department looking for more information.

A female student reported that a man in his mid 20s had exposed himself to her.

After the suspect reportedly made a lewd suggestion, the student immediately left the scene.

The incident took place in the South Parking Lot at 11:45 a.m. The suspect's car was a newer model red Ford Focus.

Public Safety asks that if anyone witnessed that or a similar incident to report it.

Fender benders on the rise

Sgt. George Curtis said minor vehicle incidents continue to be a recurring problem in the Highline parking lots.

"Students are in too much of a hurry," Sgt. Curtis said.

He stressed that students need to "pay more attention."

Sgt. Curtis suggested that if students got to school with a little more time before their class then maybe this would not be as much of a problem.

Highline students to meet legislators

By Chloe Wilhelm
Staff Reporter

An upcoming event sponsored by the Washington Student Engagement Network will allow Highline students to meet with legislators in Olympia to share the importance of fully funding the State Need Grant.

The State Need Grant is a program that provides need-based financial aid for college students. Eligibility for the grant is based on income, which must be less than 70 percent of Washington's median income.

Every year since 2009, at least 25 percent of eligible students in Washington did not receive the State Need Grant due to a lack of funding. In 2016, more than 24,000 students did not receive the grant, despite their eligibility.



According to the Student Engagement Network's website, the network is a collaborative effort to help students connect with and educate state legislators about the importance of financial aid.

The event, known as Student Engagement Day, will occur on Feb. 4 -5 and will allow students

to visit Olympia and talk directly to legislators to share their stories and discuss the importance of fully funding the State Need Grant.

The two-day trip will also include training sessions to help students prepare to meet with legislators.

The event will include hotel

accommodations and meals for Feb. 5, which will be covered by the Student Engagement Network. Travel accommodations will include carpooling with fellow Highline students.

Vanessa Primer, Student Government president, is helping organize the event.

"Students' voices are vital, and legislators need to hear their stories," Primer said.

To get involved, students can contact Vanessa Primer by emailing vprimer@highline.edu or calling 206-592-3215.

Students can also visit the Center for Leadership and Service in Building 8, where there is a sign-up sheet at the front desk to receive more information about the event.

For more information, visit <https://m.facebook.com/WashingtonSEN1/>.

Winter Dance highlights ILSC events

The International Leadership Student Council will host a series of events throughout the Winter Quarter.

While all students are welcomed, these events are aimed to help international students grow as people, prepare them for the professional world, as well as make new friends while taking part in fun activities.

So far, the events have included a resume workshop to help international students develop skills to build their resumes, and the Mind Teaser Cafe where students worked together to solve mysteries.

The ILSC will host a stress management workshop on Jan. 30, at 12:30 p.m. in Building 8 in the Mt. Constance room, where they will be de-stressing with therapy dogs along with a free lunch that will be provided.

The ILSC will also host Highline's annual Winter Dance on Feb. 17, in the Student Union and will be free to both students and the public.

This year's theme is "Beneath a Thousand Stars."

Students get to dress up formally, dance, eat, and take pictures in the photo booth.

Students will also partake in the king and queen election and watch a performance from Highline's Dance Club.

Make your own soup workshop

Eating well during flu season can help you stay healthy.

As a part of an ongoing series of workshops, a presentation will be given about winter soups to warm your soul and ward off hunger. The event will be in Building 22, room 104 on Friday, Jan. 26 from 2 to 4 p.m.

Those with questions or who need accommodations are asked



to call 206-592-3526.

Get the flu at the Science Seminar

Colleen Sheridan will give a presentation about the flu season this year at this week's Science Seminar.

The presentation will take place on Jan. 26 from 1:30-2:35 p.m., in Building 3, room 102.

Science Seminars are free and open to the public.

College Transfer Fair offered

If you need help in your transition to a four-year school, you're in luck.

Representatives from more than 25 four-year schools in Washington and several out-of-state schools will be on hand to answer questions and help you prepare for the transition.

The event will be from 9:30 a.m.-12:30 p.m. on Feb. 1 in Building 8 on the first floor.

Writers workshop coming to MaST

The MaST Center is offering a free writing workshop on Feb. 3 from noon to 1 p.m. Leading the workshop will be Highline pro-

fessor emeritus Susan Landgraf.

It will take place at the MaST aquarium at 28203 Redondo Beach Dr. S.

Fashion show to dress for success

The Career and Student Employment Center is looking for student and staff volunteers to model in a fashion show highlighting the advantages of dressing well in the workplace.

The show will take place on Thursday, Feb. 22.

Those interested are asked to pick up their outfits by Wednesday, Feb. 14, at the Seattle Children's bargain boutique in Kent at 215 W Meeker St.

If you would like to buy the outfit after the show, there is a 10 percent discount.

TRANSFER STUDENTS



HOW TO WRITE A PERSONAL STATEMENT

Attend this session and you will learn how to submit a great personal essay with your future transfer admission application.

Learn how to make your application come "ALIVE" with some excellent writing and content tips!

No need to sign up.

THURSDAY, FEBRUARY 1ST | 12:15PM - 1:15PM

MESA CENTER, BUILDING 25, 6TH FLOOR



Artists conception of what Building 26 could look like after renovations have been made.

Building 26 project to resume with new capital budget

By **Chloe Wilhelm**
Staff Reporter

More than \$23 million will be provided to Highline to renovate Building 26 to become the Health and Life Sciences Building, thanks to the House of Representatives passing the Senate version of the capital budget last week.

Senate Bill 6090 will provide a total of \$800 million for funding projects at colleges across Washington, which also includes \$3 million for other repairs and maintenance at Highline.

Barry Holldorf, director of Facilities and Operations at Highline, said that the 40-year-old Building 26 needs to be updated.

“While it has been main-

tained, it requires renovation to improve program function and increase the life and safety of the building,” he said.

Holldorf said that the renovation will include interior remodeling, the demolition of two poor-condition faculty buildings, a new addition for faculty offices, and other site improvements.

For renovation to start, Highline will need to receive a formal notification from the State Board of Community and Technical Colleges, said Holldorf.

“After that, we will need a month to prepare our final bid documents,” he said.

Holldorf said that once this is completed, it will take several more months to get everything started. The best-

case scenario is for renovation to start in April or May, he said.

“We expect the project to run about 16 to 20 months,” he said.

The capital budget will also provide \$2 million for the Des Moines Marina Bulkhead Replacement project, and \$500,000 for the Redondo Beach Rocky Reef Project.

The funds provided for Redondo Beach will allow the removal of toxic underwater material and its replacement with natural material, which will help sea life.

Other local projects the capital budget will fund includes providing \$3 million for the Kent YMCA and \$1 million for the Performing Arts and Event Center in Federal Way.

Winter Wellness to help students live healthier lives

By **Izzy Anderson**
Staff Reporter

Learn how to cook up healthy habits for your mind and body this quarter with Winter Wellness.

Winter Wellness is a brand new series of workshops that focus in on teaching everyone how to physically and mentally take care of yourself through interactive sessions.

The workshops will take place all throughout Winter Quarter starting on Jan. 26 and finishing up on March 16. There are eight workshops total.

Winter Wellness is a product of the Cooking Club and the Unified Club coming together to support the unity and communication between those with and without disabilities, all the while promoting healthier lifestyles through these workshops, said Jennifer Sandler, director

of Access Services.

“Especially in this time of year... we could all use a little bit of something [that will] bring us up and feeling better for a while,” said Mary Howland, achieve support specialist.

Achieve is Highline’s comprehensive post-secondary transition program, created to better prepare individuals with intellectual disabilities for higher education and employment.

The decision to put these workshops into motion was inspired by the Special Olympics program, SOFit, Howland said.

SOFit was created to encourage both people with disabilities and able-bodied individuals to be mindful and intentional about their lifestyles, diets, and exercise, in an encouraging and social setting.

Areas of health that SOFit focus in on are nutritional, social, physical, and emotional health.

“The SOFit initiative really is about inclusion... and learning that we’re all more alike than we are different,” Sandler said.

Future workshops include ones based around yoga, using food as medicine, fitness, stress and relationships, and how to healthily set future goals.

“What we’re also trying to do is further Highline’s mission of being an open and inclusive college,” Sandler said.

The first workshop “Take Stock: Winter soups to warm your soul” begins tomorrow from 2 to 4 p.m. in Building 22, room 104. The Cooking Club is leading it, and will teach students how to cook soups that are healthy, easy to make, and cheap.

“It’s remarkable how well we all get along when it comes to food and [fitness]... It’s our common denominator,” Sandler said.

MLK’s struggle for equality can still be waged today

By **Perris Njenga**
Staff Reporter

This generation has to do the difficult work of radical activism, a theologian told a MLK week audience at Highline last week.

Radical activism is the movement to drastically alter any existing practice, institution, or social system. Speaking on “The Woke King: Re-Imaging Martin Luther King, Jr.’s Beloved Community in a Donald Trump America,” PK Thompson, told students that their generation is a continuum of what Dr. King stood for, including the Black Lives Matter movement happening across the country.

Thompson went on to talk about the negative impact of Trump’s campaign on minorities in America.

“Donald Trump’s campaign focused on white America and used fear of white evangelical Christians that carried his vote,” Thompson said.

He also said it is important to realize religious rhetoric that is divisive and dangerous.

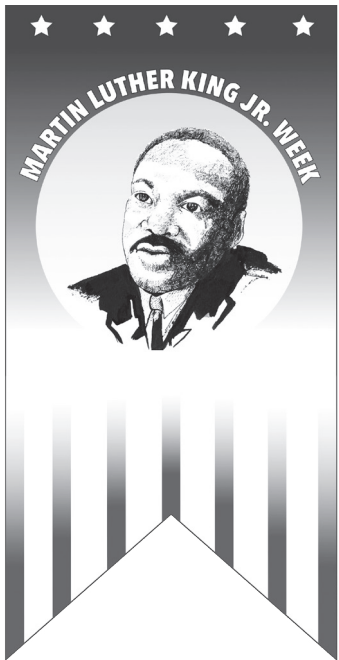
Thompson said that while Christianity has not been good to black people, the message of the gospel gave those who paved the way a sense of hope.

“Once the Roman Empire got ahold of the gospel of Jesus, it was no longer the gospel of Jesus,” Thompson said.

He said people must focus on what’s good in the faith and define who God is by determining who God is not.

The presentation ended with a 20-minute Q&A session.

One student wanted to know what those who are privileged can do to help



and be allies with those who are continuing to fight for equality.

“It starts with re-educating others because I don’t believe all whites who are uninformed are deplorable,” Thompson said.

Another student asked for comment regarding blacks who feel the need to assimilate into a culture that shuns them.

“Part of colonialism is not about excluding others, but about belonging. It causes the want to assimilate because it allows them to think they are at a higher status, the same status as those who colonized,” Thompson said.

Thompson said that racism is profitable, so in order to support those who are oppressed, black-owned businesses must be supported.

Thompson said people today must continue the march Dr. King led.

“If Dr. King was successful in championing civil rights, it is presumed that he would still be alive today,” Thompson said.



Hailey Small/THUNDERWORD
PK Thompson told students last week that their generation will be the ones to carry on Martin Luther King’s message.

The right to protest should be done right

Two lessons can be taken away from last week’s Women’s March.

One is that diversity of voices in the United States right now really is at strength. Another being that protest for the sake of protests are not all that useful.

Protests are a way we can voice our opinion as a people. There is something about people on one accord acknowledging an issue and all standing in solidarity to say they want change.

That said you can’t find a single march or protest, where there wasn’t a sub-group of people rioting to push their own agenda. The Women’s March was no different as such chaos and disarray happened.

Adding chaos and disarray to a protest, while it is your right as a citizen of the U.S., does the exact opposite of promoting change, it just dilutes the message.

The march had a general theme of advocacy, though there were definitely moments when the people just took jabs at Trump and his political agenda. When the march veered more into the shaming Trump portion of the chants, sub-groups took the opportunity to promote their own agenda.

When you incorporate your message with the general theme of a march, that maybe works. When you are using the platform of a march, to shout your half-baked ideas of destroying the government as a whole, while the march is to fight for equality and equity based on gender, it doesn’t work so well.

One protestor shouted that we needed to burn down the country, and destabilize the government enough to kill cops.

Which is no more the answer to the problem than, throwing protesters into jail. Our solutions should ask something of everyone and provide something to everybody.

If you truly want to create a new system, there are so many ways to get involved in making a statement. Marches, protests, boycotts, and picketing are some more frontline ways, but other less labor intensive, and arguably more important ways are using your right to vote, that some of us fought and won unbeatable battles for, to make a change in your local, state, and federal governments.

This includes exercising that right, even when you have to pick the lesser of two evils, in order to protect the most number of people who will be affected, and even more so when you don’t want to. That means others will probably not want to either, and you showing that you’re willing to advocate for justice by way of making critical decisions that may make life suck for some, but not impossible like it is for so many today.

This of course is talking about the past presidential election, but this message can apply to any election, that you realize abstaining from won’t change a fact that the position will need to be filled either way.

Those of you who do vote, make sure that you vote with a mind toward worst of worst and best of best outcomes for your community; compare the odds, and decide based on your conscience. That little voice has to be good for something more than just nagging you to not eat more on Thanksgiving, right?

It is a sounding board. Tap in to it.

For those of you, however, who did brave the rain, wind, and cold to support the march, kudos to you. You added your voice to over a million of others, to say you wouldn’t allow injustice to continue to stand.

Have something to say? Write to us

The Thunderword asks for students and all members of the campus community to voice their opinions on what matters to them. We’re accepting submissions in the form of letters and columns.

Send all submissions to thunderword@highline.edu

Being different has its virtues

Sometimes, it’s good to be big and black.

While the downfalls include: being seen as a threat to society, based solely on my appearance; a generally uncomfortable tall life; the ability to never disappear into the crowd, no matter where I go; subject to constant name changes or even switch ups between me and every other big black guy on the face of this planet.

Although far and few between, there are a couple of strange, but definite advantages.

One such advantage came while I was walking a little ahead of my friend group before entering a train station at night in Seattle.

While lost in my own world, I didn’t notice passing a group of sketchy individuals, or that I was piquing their interest. A friend who was keeping watch from behind, later told me the group pointed at me while I was seemingly travelling by myself.

It was then that I allegedly started getting followed for about a minute before the gentleman reached me. He chose to still keep a bit of distance, but was getting increasingly closer as our conversation transpired. The guy started off by saying how cool he thought my pieces of jewelry were and wondering aloud how much I’d purchased the items for. To which I replied that they were a gift for the holidays and I didn’t know their monetary value.

We had walked down some stairs already and were seemingly alone, though my friends were a little way behind. I had decided not to look at the guy, as I didn’t want to give him the impression that I desired to talk to him more, so while I didn’t see what he looked

Ethnic of love



Jo Robinson

like, he also had no clue what I looked like.

Alone he told me he, in fact, wanted my watch for his birthday, then got suddenly close to me and let me know that his birthday was today. That’s precisely when I knew what was going on.

I finally turned around and looked at him and said “Happy birthday.”

The scary part was that I also finally noticed he had a hand in a pocket, clearly holding on to something as his other hand was free and there was a noticeable difference of tension in it.

Even so, he looked every bit as shocked and appalled as my conservative friend’s grandparents looked on their first time seeing me after previously hearing every detail about me other than my race.

With one hand still in his pocket he turned about, and walked back up the steps, muttering “Man whatever, fuck you,” as if I’d just offended him, for not appearing as he thought I should’ve.

It didn’t matter that I was a college student, weaponless, or reasonably alone with only him at that point. All that mattered was that I looked the part of someone who was not to be trifled with.

My friend did end up joining me within seconds, and told me they were behind, but still vigilant, although, they said, they didn’t fully understand the situation.

One friend then recounted what he’d noticed with the group pointing at me and such, and he that he’d remained closer than the others, but walking quietly to hear our conversation.

Though if there was a lesson in all of this it would be that you should stay close to your friends, as I was entirely too far from my friends that late at night; that it’s smart to put away any jewelry that could attract others eyes, whether they be admiring or envying; and pay attention to your surroundings, as you might not be as big or black as me.



the Staff

“ There’s nothing about him but chad-ness. ” E-Mail: tword@highline.edu

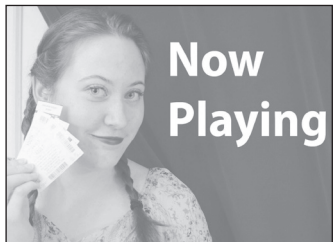
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Local theater fun for all ages

• Explore belly dancing at the Rialto Theater in Tacoma this weekend.

Horrific: A Night Of Horror Themed Belly Dance takes the stage at Rialto Theater.

This is the third themed show performed by the Tacoma Belly Dance.



Now Playing

Winter Dorval

The acts are inspired by horror films, and includes the Northwest's finest performers.

The show will be on Jan. 27, at 8 p.m.

The address for the Rialto Theater is 310 S 9th St., Tacoma.

Tickets will be \$15, \$25, or \$35 per person.

For tickets and more information visit broadwaycenter.org/events/calendar/eventdetail/463/-/horrific-a-night-of-horror-themed-belly-dance.

• Two country legends take the stage at the Pantages theater in Tacoma this weekend.

Lyle Lovett and Robert Earl Keen will be performing an acoustic concert on Jan. 26 at 7:30 p.m.

Lovett has compiled a collection of 14 albums throughout his career, along with four grammy awards.

Keen is in the Texas Heritage Songwriters Hall of Fame, and has over a dozen albums.

The address for the Pantages Theater is 901 Broadway, Tacoma.

Tickets are \$110 for section A, \$85 for section B, \$59 for section C, and \$39 for section D.

For tickets and more information visit broadwaycenter.org/events/calendar/eventdetail/704/-/lyle-lovett-robert-earl-keen.

• Rediscover a classic family tale with the Velveteen Rabbit Reborn this weekend.

Presented by the Theater On The Square, this play explores a young boy's imaginary adventure with his toy rabbit.

Shows will be on Jan 27 at 1, and 3 p.m.

The address for the Theater on the Square at the Broadway Center for The Performing Arts is 915 Broadway, Tacoma.

Tickets are \$12, and \$22.

For tickets and more information visit broadwaycenter.org/events/calendar/eventdetail/440/-/the-velveteen-rabbit-reborn.

Laugh away the weekend with Laurie Kilmartin at Renton Civic Theater

By Winter Dorval
Staff Reporter

Laurie Kilmartin, author of 45 Jokes About My Dead Dad, returns to perform at the Renton Civic Theater.

The shows will be on Feb. 2 and 3 at 8:30 p.m.

"I love the Seattle area, I visit at least once a year and work a comedy club there," said Kilmartin.

Kilmartin has been a comedian for over 20 years.

She has been on Jimmy Kimmel's show, and was a top 10 finalist in 2009's Last Comic Standing.

She works as a writer for Conan O' Brien, and when she gets her ten hiatus weeks each year, she travels, said Kilmartin.

"I started going to open mics, and I really just liked it," said Kilmartin.



Laurie Kilmartin

Kilmartin's style has been described as to the point, and hilarious paired with her charismatic stage presence.

"It was fun, and challenging on all levels because you are writing and performing your own shows," she said.

She has written one book, and has another titled Dead People Suck coming out on Feb. 13, the day after her performance at the

Renton Civic Theater.

"I am motivated by trying to get a joke to work, and when it does I feel good about myself for about a day.

Then after that it goes away, and I have to get another joke," said Kilmartin.

She worked as a stand-up comedian when she was starting out, in San Francisco, then she worked in New York City.

"Comedians look at an empty notebook and want to fill it up, like most people look at a calendar and want to fill it," said Kilmartin.

She still does stand up comedy a few times a week.

"I always want to provide a great set, and have fun on stage. I do some crowd work, so each set is different depending on the crowd," Kilmartin said.

Kilmartin has faced some challenges throughout her ca-

reer.

"As a woman in comedy, there weren't that many of us for a long time and we were very isolated.

Most of the night clubs were started by the Mafia, and they were probably pretty sexist," said Kilmartin.

She has been writing for Conan O' Brien since 2010.

"Another challenge, in addition to creating new material, is staying healthy. This includes eating healthy, getting enough sleep, which is difficult when you're traveling," said Kilmartin.

The address for the Renton Civic Theater is 507 S. 3rd St., Renton.

Tickets are \$14 for general admission.

For tickets and more information visit rentoncivictheatre.org/.

Take a little sip of 'The Cocktail Hour'

By Winter Dorval
Staff Reporter

The Renton Civic Theater will jump into the weekend with The Cocktail Hour.

It will be showing Feb. 9 to 24.

"It is funny and serious," said Bill Huls, the director.

Set in the '70's, this comedic play was written by A. R. Gurney.

It opens with two main characters, Bradley and Ann, having cocktails before dinner. We are

introduced to their two children who are also present.

As the dinner preparations take longer than expected, the family of four continues consuming alcohol, and arguing with increasing volatility because of it.

"I wanted a dramedy in this time slot. I wanted a not very well-known show by a well-known author," said Huls.

This show premiered in California in 1988.

The author, A. R. Gurney was nominated for a Pulitzer

prize for his play *Love Letters*.

In addition to being a playwright, Gurney taught of Humanities at the Massachusetts Institute of Technology (MIT) from 1960 to 1966.

He began writing plays during his time at MIT, and *The Dining Room* got his career as a full-time playwright going.

Gurney wrote over 30 plays throughout his life.

At this show people can experience "the entertainment of a wonderful show. It is different than anything else we have this

year," said Huls.

This will be its first showing at the Renton Civic Theater.

"It covers some subjects people have to deal with, like skeletons in the closet. Its message is that as serious as life can be, you can still laugh at it and have fun," said Huls.

The address for the Renton Civic Theater is 507 S 3rd St, Renton.

Tickets will be \$17-22.

For tickets and more information visit rentoncivictheatre.org/.

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A band of brothers

Genre-bending We Banjo 3 mows down the Celtgrass

By Winter Dorval
Staff Reporter

Experience a fusion of genres with We Banjo 3's Celtgrass at the Kent-Meridian Performing Arts Center.

They will be performing at the Kent-Meridian Performing arts center on Feb. 9.

"We love the West Coast, we're all big into coffee and Seattle's great for that," said singer and guitar player David Howley.

We Banjo 3 started the genre Celtgrass.

"It's just kind of a derivative of Irish music and American Folk," said Howley.

"Once they ferment together, they form soulful, powerful, driving music that's fun to sing and dance to."

The band formed seven years ago.

The four members are brothers Enda Scahill and Fergal Scahill, and brothers Martin Howley and David Howley.

"We wanted to create a band based around the banjo, and see what we could do with it. We wanted to create something fun

and inspiring," said Howley.

In 2012 they played at the Milwaukee Irish Festival.

"We just kind of knew that the band was changing from a passion project to something more serious," said Howley.

The band has four albums out, one of which is a live album.

"At our shows we want to create a very accessible space, where you aren't just being played to. We want to create an atmosphere where you're part of the band," said Howley.

Their nationwide tour starts with their upcoming show in Kent.

"At our shows we play the greatest hits off of each album. We're going to the studio next week, and we're writing some new music," said Howley.

The band members are from Galway.

"We come from a very small island. We forget that America is a very big place, and it takes a long time to get from city to city. We're on the road a long time when we're touring," said Howley.

They won album of the year



We Banjo 3 will perform in Kent on Feb. 9 at the Kent-Meridian Performing Arts Center.

for *LiveIreland* in 2015.

"We rely a lot on crowd energy. We can play five sets and give 150 percent and the crowd gives back that energy," said Howley.

This is their second tour in the Northwest.

They've enjoyed meeting people from different cultures, and experiencing different food, Howley said.

"Travel can be tough and exhausting, but it's the best way to experience humankind," said Howley.

Haven is one of the songs on their next album, titled *Heaven and Earth*.

"It's geared towards the concept that we all live between the sky and the Earth, regardless of race, gender or religion," said Howley.

"I think our music is a pillar for people to understand this."

They have felt so welcome, and they're so thankful for that, said Howley.

"With every show, we try to make sure we're playing with the audience, not at them, because at our shows they become part of this bigger conversation. We invite them to leave whatever they're harboring, stresses or worries, at the door," said Howley.

All of the band members have been in other bands before We Banjo 3.

"I think the big pull for us all in different bands, is that we are all musicians but in We Banjo 3 we saw an opportunity to transcend what we do," said Howley.

"People have formed friendships, and relationships around our music."

At the end of every tour they fill a tour bus with fans, and take them around Ireland.

"We show them where we got our first gig, where we grew up, and all of our old haunts," said Howley. More than 80 fans are going with them.

"Our music is not about showcasing our music, getting a paycheck and going home at the end of the day. It's more about our story and what we can give back to the world," said Howley.

Their show on Feb. 9 starts at 7:30 p.m. The address for the Kent-Meridian Performing Arts Center is 10020 SE 256th St., Kent.

Tickets are \$26 for general admission, \$24 for seniors(60 and older), and \$15 for youths (25 and younger).

For more information and to purchase tickets visit www.kentwa.gov/residents/parks-recreation-and-community-services/arts/spotlight-series-2016-2017.

Turn film into fame with second student film contest

By Winter Dorval
Staff Reporter

There is still time to submit your film to Highline's second annual film festival.

The second annual student film festival's deadline is Jan. 29, with this year's theme of transformation.

It is free to enter the competition for current Highline students registered for Winter Quarter 2018.

"Last year, a lot of students were intimidated and thought that since they lacked the tools they didn't have a chance," said Sean Puno, one of the judges.

Susan Rich, and Dr. Tommy Kim are also judges for this year's contest.

Rich is an English, and film studies professor at Highline College, as well as a published author.

Dr. Kim is a film studies, and english professor at Highline College.



Sean Puno

"The first winner was a catalyst. After that, they realized that they didn't have to be a filmmaker, have expensive equipment, or be in school for filmmaking to win."

Kelsey Parr, last year's winner for the film *"The Home Within,"* is in Los Angeles continuing her film career.

Some of the submissions in last year's contest were recorded

on people's phones, said Puno.

"We were excited to do the first contest, but we didn't know what the outcome would be, if we would get any submissions," said Puno.

This year's contest requires films to fall between 2 minutes 30 seconds and 5 minutes.

"Last year there were more rules, and challenges, which we thought impeded the creative process," said Puno.

"We are trying to encourage creativity, and focus on that rather than overcoming a chal-

lenge," Puno said.

They wanted to create awareness of the film industry, and appreciation for the power of film, said Puno.

"The best films have interesting stories, and they go through some sort of conflict," said Puno.

Highline has had film festivals in the past. The first was in 1965.

"If you put feelings and emotions into your film, someone will empathize with it. As long

as you are sharing your own experiences, those are the ones that hit home," said Puno.

Prizes are \$250 for first place, \$125 for second place, \$100 for third place, and \$75 for fourth place.

Films can be submitted at highlinefilmfestival.blogs.highline.edu/.

For more information, visit highlinefilmfestival.blogs.highline.edu/.

Go Figure!
answers

5	x	6	-	7	23
-		+		÷	
2	+	1	x	1	3
x		x		+	
4	x	3	+	9	21
12		21		16	

Weekly SUDOKU
Answer

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

King Crossword
Answers
Solution time: 25 mins.

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



Rosie Delrosario Photo

Sharon Ajayi takes a mid-range shot up the middle.



Rosie Delrosario Photo

Kanani Kremers puts up a 3.

Lady T-Birds step up against Green River

By Jared Murphy
Staff Reporter

Highline's women's basketball team may be short in stature, but they are becoming long in determination. After falling just short to Grays Harbor 76-70 on Jan. 17, they came up with the solid 46-34 win against Green River on

Jan. 20. Highline now sits at 2-2 in league play hoping to go for two wins in a row. Height disadvantages means they have to focus on different things to excel. "One thing we're focusing on is rebounds. We're a smaller team, so we can try and eliminate second chance shots. We just need to be more disciplined

and aggressive," said Guard, Jahnnna-Marie Kahele-Madali. The strategy apparently worked in the Green River game. Highline shot 22.9 percent, but Green River only shot 22.4 percent for the game with a season high of 24 turnovers. Sharon Ajayi, with 18 points and 13 rebounds, led the T-Birds. Her work off the glass is a

strong key point the Highline Thunderbirds are working to capitalize on, Kahele-Madali said. "We need to improve on a lot of things, but communication is key. We play really well when we play together and talk to each other. Our chemistry off the court is great. So just transplanting that onto the

court will help," Kahele-Madali said. The next game was Jan. 24 at Pierce College. Pierce was also 2-2 in league play going into the game. Results were not available at press time. The Lady T-Birds return to action Saturday night at 5 p.m. at Lower Columbia in Longview.

Wrestling team battles opponents, flu

By Donnie Moore
Staff Reporter

The Highline wrestling team performed well at the Clackamas Open last weekend, despite missing half the squad to the flu. The open featured a great showing by Emmanuel Daigbe, weight class, 197, he was able to score 13 points for Highline, taking third in the tournament and winning four different matches. The first came with a fall over by Brayden Schultz of Umpqua Community College. Schultz went down in 0:23 seconds. The next win came by a fall at the 1.04 mark of Kristopher Kranich, who goes to school in Simpson, Calif. The final few matches that he competed in consisted of winning by a forfeit and by winning another match by fall before he finally was defeated by Morgan Smith from Simon Frasier. "We [never] know how well they are prepared until they wrestle. They have put the work in," said Assistant Coach Brad Luvaas. The next big Highline performer from the open was Adrian Avena, 149, obtaining 6 team points but was unable to place.

He was able to take down two people, one being Even Castillo of Clackamas, by pin at 4:15. Avena won again in round 2 by a fall over by Nick Valadez of San Francisco State University, at the 2:47 mark. He then lost to two different wrestlers from Oregon State University. Austin Lister, 133, also did not place but managed to get the team 5.5 points, winning two of four matches by falls. The first came over Alex Pastrana of Grays Harbor College. The second win was over Kaleb Raber of Warner Pacific College in 0:40 seconds. He forfeited the last two matches because of an injury. Tucker Wooding, 133, finished with 4 team points and did not place, taking a win at the 6:51 mark over Clay Johnson, who was unattached to a school. Wooding lost to Devin Poppen of Southern Oregon University and Kobe Olson of Umpqua Community College, both by injury defaults with the flu. The T-Birds travel to Roseburg, Ore. for the Umpqua Dual this Saturday, Jan. 27. Last time they met, Highline won, 42-12. The coach has a lot of confidence about this meet. "I am not worried about the next dual," Luvaas said.

ON YOUR TURF ON YOUR TIME

Got sports news?
thunderword @highline.edu

T-Birds rip off back-to back wins

By Donnie Williams
Staff Reporter

The Highline men’s basketball team recovered from a four-game losing streak with back-to-back wins, moving them up to fourth place in the NWAC West.

Highline has a 7-11 overall record, with a 2-2 record in conference play.

Last Wednesday, Highline dominated at its home court against Grays Harbor, winning 83-73. Grays Harbor attempted to stop Highline from gaining any momentum by running a full court press for a majority of the game but it backfired, causing Highline to play more as a team.

The T-Birds finished with 13 assists overall as a team, and were led by Neil Green, who had five.

For the first time in five games Highline outrebounded the opposing team, which was a huge factor in their win. Highline had 14 turnovers, and maintaining possession or getting the ball back was vital.

Head Coach Che Dawson said he pleased by the effort, but that there is always room for growth.

“We have played with a lot more energy on the defensive end,” Coach Dawson said. “We continue to focus on getting better at rebounding the bas-



David Harris drives to the rack against Green River.

Jack Harton photo

ketball.”

The men were able move the ball around enough to find holes in the aggressive Grays Harbor defense and set themselves up for some much-needed scores.

Coach Dawson said team play has been on an upward trend.

“[We have] shared the ball much better offensively,” Dawson said.

David Harris put on a show Wednesday, finding openings repeatedly, leading all scorers with 27 points.

On Saturday, Highline protected home court again with a win over Green River, 87-68.

Highline dominated the boards again, crashing the glass to outrebound opponents for a second straight game. David Harris led the team in rebounds, grabbing 13 of the team’s 46 rebounds.

The T-Birds sported a well-balanced offensive game plan that saw multiple players in double digits; Coby Rothwell with 14 points, Harris with 19, Weston Vandenhazel with 10,

Steffun Singleton with 13, and Robert Hester with 11.

Both teams had regular appearances at the charity stripe, but Highline came out on top with their 88.9 percent from the line compared to Green River’s 75 percent.

The results of the game against Pierce were unavailable at press time. The men next play against Lower Columbia away, on Saturday Jan. 27, then they are at home versus Centralia on Wednesday Jan. 31.

How much does free speech really cost?

At what point does your right to free speech eclipse the ability of employers to employ whoever they want?

We might find out, as former San Francisco 49ers quarterback Colin Kaepernick has filed a collusion lawsuit against the NFL and all 32 of it’s owners. Kaepernick is set to have his first hearing in February.

Kaepernick, who is currently a free agent, made headlines by sitting during the national anthem in a preseason game on Aug. 24, 2016.

After public outcry, Kaepernick began to kneel for the anthem on Sept. 1, 2016 as a more respectful way of protest. That season was Kaepernick’s last stint in the NFL, in which he passed for 2,241 yards with 16 touchdowns and 4 interceptions.

Through two weeks, the 2017-18 playoffs have featured quarterbacks so bad, they wouldn’t make the team at Highline, and we don’t actually have one. Here is a list of the quarterbacks that threw a football at any point during the playoffs: Tyrod Taylor, Nathan Peterman, Nick Foles, Case

Super Phan



Colin Phan

Keenum, Drew Brees, Blake Bortles, Ben Roethlisberger, and Tom Brady.

Aside from Roethlisberger, Brady and Brees, the rest of that list is made of journey-men backups, and just plain old bums. The Eagles, Jaguars, and Bills desperately needed an upgrade at quarterback all year.

The Eagles and Bills quarterbacks in particular were hit by injury, and Bortles had an

frustratingly tepid season. So why didn’t any of those teams go out and get an established veteran quarterback with Super Bowl experience in Kaepernick?

For example, Peterman has an 0-6 career interception ratio, whereas Kaepernick owns a 72-30 ratio. And he still can’t get a job?

My gut feeling is that Kaepernick is still getting unfairly blackballed. Even though the anthem protests are no longer a hot and controversial topic, Kaepernick is still taking heat from NFL owners for it.

The debate over Kaepernick’s blackballing hasn’t stopped. I was sitting in class last week, two classmates and I got in a barbershop-esque debate about it.

One of them, a white student, Shawn Lehn, had a broader perspective than I was expecting to get out of the conversation.

“Clearly Kaepernick is getting blackballed by the NFL and NFL owners,” Lehn said. “Put this in perspective, as a white man in America, I can totally see that Kaepernick is

losing opportunity due racial tensions and divisions. I mean Kaepernick, who’s been to the Super Bowl and has playoff experience, can’t get a job, but T.J. Yates is still employed? That’s ridiculous.”

Yates is a backup quarterback for the Houston Texans. Yates notched 4 starts with a 0-4 record to go with 4 touchdowns and 3 interceptions.

I agree wholeheartedly with Lehn, but our other classmate, Wilkens Dolce, an African-American student, had insight that I agreed with as well.

“Sure, as a black man in America, I totally think it’s unfair Kaepernick doesn’t have a job. But are we forgetting how bad he looked his last year in San Francisco? I think he deserves a job in the NFL for sure – he’s one of the 32 best quarterbacks in the league. But maybe it’s not all about the protest,” Dolce said.

Are there several factors that are causing Kaepernick’s unemployment? I would say so, but the one thing that is undeniable, is the fact that Kaepernick is being denied opportunities he deserves.

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Scoreboard

Women’s Basketball

WEST		
Team	League	Season
Grays Harbor	4-0	16-1
Tacoma	3-1	4-4
Lower Columbia	2-1	12-7
Highline	2-2	6-11
Pierce	2-2	6-11
Centralia	1-3	8-9
S Puget Sound	1-3	6-11
Green River	0-3	5-10
EAST		
Team	League	Season
Columbia Basin	7-0	16-4
Walla Walla	6-0	18-1
Yakima Valley	3-3	13-5
Wenatchee Valley	3-3	12-7
Treasure Valley	3-3	8-9
Big Bend	3-4	14-6
North Idaho	2-4	11-7
Spokane	1-5	10-7
Blue Mountain	0-6	1-16
NORTH		
Team	League	Season
Everett	4-0	15-3
Bellevue	3-1	13-7
Olympic	3-1	6-9
Skagit Valley	2-1	8-10
Shoreline	0-0	0-4
Whatcom	0-3	5-11
Edmonds	0-3	3-15
Peninsula	0-3	2-13
SOUTH		
Team	League	Season
Umpqua	5-0	18-0
Clackamas	5-0	14-3
Lane	4-1	12-5
Linn-Benton	2-3	7-10
Mt. Hood	2-3	5-10
Portland	2-4	6-11
SW Oregon	1-4	4-12
Chemeketa	1-4	3-13
Clark	1-4	1-15

Men’s Basketball

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

Weekly SUDOKU

by Linda Thistle

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

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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- MYTHOLOGY:** What was the name of the chariot-driving Greek sun god?
- MOVIES:** What was the first movie that Elvis Presley appeared in?
- LITERATURE:** Which Russian author wrote the novella *Notes from Underground* in the 19th century?
- GEOGRAPHY:** In what mountain range is Mount Everest located?
- HISTORY:** When was the Woman's Peace Party organized in the United States?
- MUSIC:** What famous singer/songwriter won the Pulitzer Prize for Literature in 2016?
- U.S. PRESIDENT:** Who was the only president to serve two nonconsecutive terms?

- ANATOMY:** What is the largest internal organ in the human body?
- GOVERNMENT:** What was the first capital city of the United States?
- AD SLOGANS:** What popular drink was advertised as "pure as sunlight" in 1927?

- Answers
1. Helios
2. Love Me Tender
3. Fyodor Dostoyevsky
4. Himalayas
5. 1915, in response to World War I
6. Bob Dylan
7. Grover Cleveland, 22nd and 24th president
8. Liver
9. Philadelphia
10. Coca-Cola

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		-		23
-		+		÷	
	+		x		3
x		x		+	
	x		+		21
12		21		16	

1 1 2 3 4 5 6 7 9

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King Crossword

ACROSS

- "Mamma Mia!" group
- Apprehend
- Colorful fish
- Clay-rich soil
- Blunder
- Portrayal
- Democrat or Republican
- Radiate
- Faucet
- Arouse
- Fireworks reaction
- Delany or Carvey
- Venomous viper
- Zodiac cat
- Passenger
- Prosperous time
- Knock
- Pepsi competitor
- Soothe
- Tatter
- Actor Danson
- A long time
- Bugging device
- Tranquil
- Pencil end
- Impulse carrier
- Multiple marriage
- Expectorate

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
18								19	20			
				21				22				
23	24	25		26		27		28			29	30
31			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				59			

- Ailing
- Malaria symptom
- Pop
- Oklahoma city
- Untouchable Eliot
- Curved path
- Wide
- Occurring naturally
- Bikini pattern?
- Lotion additive
- Chopped
- Implement
- Card game for two
- Lawyers' org.
- Scale member
- Edwin Land's company
- Rowing need
- out a living
- Primary color
- Purplish
- 30-Down
- Kneecap
- Longing
- Indiana city
- Brownish tone
- Heathen
- Back talk
- World's fair
- Wise one
- Ostriches' kin
- Deli loaves
- On in years

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ARIES (March 21 to April 19) You might feel bolder as each new success falls into place. But caution is still advised through the end of the week. Until then, a step-by-step approach is best.

TAURUS (April 20 to May 20) That cooperation you request could come at too high a price. Since few can beat the Bovine at being clever and resourceful, why not see what you can do on your own?

GEMINI (May 21 to June 20) Aspects favor a quieter time spent getting closer to the people who are especially important to you. There's always much more to learn and appreciate about each other.

CANCER (June 21 to July 22) The concerned Crab will act to resolve workplace misunderstandings before they get out of hand and cause more-serious problems. Co-workers rally to support your efforts.

LEO (July 23 to August 22) What the Big Cat might see as a disturbing act of disloyalty might just be a failure of communication on both sides.



Take time for mediation rather than confrontation.

VIRGO (August 23 to September 22) Be more patient with those who seem unwilling to accept your version of what's right. The fact is, there's a lot more to learn on all sides of this issue.

LIBRA (September 23 to October 22) It should be easier to assess the facts you'll need to make an important decision. But don't commit if you still have doubts. There could be more you need to know.

SCORPIO (October 23 to November 21) Your excitement level remains high as you continue working on that new project. Expect some setbacks. But on the whole, all will move pretty much on schedule.

SAGITTARIUS (November 22 to December 21) It might be wise to be more prudent with expenses right

now. But your financial situation should soon clear up, and you could be back shopping, happily as ever.

CAPRICORN (December 22 to January 19) You might prefer sticking with your current schedule. But some newly emerging information could persuade you to consider a change. Keep an open mind.

AQUARIUS (January 20 to February 18) You might want to reject a suggested change. But it could be wise to go with the flow, at least for a while. You can always return to your first plan if you like.

PISCES (February 19 to March 20) You're bolstered by both the practical and poetic sides of your nature as you maneuver through some unsettled emotional situations. Things ease up by week's end.

BORN THIS WEEK: People reach out to your generosity and wisdom, and consider you a treasured and trusted friend.

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Tea helps you get a good night’s sleep

Like many adults, I sometimes have trouble going to sleep or staying asleep. Sleep researchers have determined that as many as two-thirds of Americans don’t get enough sleep. The Centers for Disease Control and Prevention has called insufficient sleep a “public health epidemic.”

Contrary to common belief, sleep is not a time when the mind and body shut down.

According to the National Sleep Foundation, “sleep is an active period in which a lot of important processing, restoration and strengthening occurs.” Sleep serves critical functions, and it is necessary for optimal health and well-being.

Over time, lack of sleep can lead to stress, depression, and mental and physical exhaustion. We know that when we’re not well-rested, we don’t perform at our best. Most adults need seven to nine hours of sleep each night. Some people may need as few as five hours or as many as 10 hours of sleep. Children need even more.

Both children and adults can use naps to get the total number of hours of rest they need. The

focus here is on ways that adults can meet their need for rest. Your body has a regular rhythm. Your body and your brain will tell you when you need rest. Use this information to set a regular time to go to bed and get up. Maintaining this simple routine will help supply your body with the energy it needs each day. Sleep cannot be stored. Bodies need rest on a regular basis.

- Here are some tips for improving your sleep:
- Most people find that the environment of the room is important to sleeping well. Usually people want the room dark, cool and quiet.
 - Some people use a nap to get the extra sleep they need. Sleep experts suggest limiting an adult nap to less than 45 minutes and taking it before 4 p.m. to ensure that you can still get a full night’s sleep.
 - Watch what you eat and drink in the evening. Foods and drinks that are high in protein, caffeine or sugar can keep you awake. Liquids can cause you to have to get up to use the bathroom during the night.
 - Exercise has been found to be beneficial for sleep, especially for increasing quality of sleep and decreasing certain problems such as sleep apnea. Even small amounts of exercise during the day could help. For most people, some exercise is better for sleep than no exercise at all.



Depositphotos.com

Herbal lettuce tea with soothing honey can be very restful.

- Avoid excitement before bedtime. Instead, try reading, taking a warm bath or shower, or adopting some other routine to help you relax.
 - When traveling, try to keep your normal eating and sleeping routine. You might find it easier to adjust to a different time zone by adapting your sleeping times before you leave home.
- These foods may improve the quality of sleep:
- Walnuts – Good source of tryptophan, a sleep-enhancing amino acid that helps make serotonin. Walnuts also contain

their own source of melatonin, the “body clock” hormone that sets your sleep and helps you to fall asleep faster.

Almonds – Rich in magnesium, which helps you to stay asleep and also builds bones.

Tart Cherry Juice – Naturally boosts levels of melatonin.

Dairy – The brain uses the calcium and tryptophan found in dairy foods such as milk, yogurt and cheese to manufacture sleep-triggering melatonin.

Crustaceans – Shrimp and lobster are a great source of the sleep-inducing amino-acid

tryptophan. Honey – It’s natural sugars raise our insulin slightly, allowing tryptophan to enter our brains more easily. Lettuce – Contains lactucarium, which has sedative properties. This unusual tea recipe is a natural way to help you get a good night’s sleep.

- ‘LETTUCE’ SLEEP TEA**
- You can double or triple this recipe, and refrigerate the tea and re-heat a serving each night as desired.
- 2 1/2 cups water
 - 3 to 4 large lettuce leaves
 - 1 tablespoon of lemon balm (dried), or two dozen fresh leaves, or 2 herbal lemon balm tea bags
 - 1-2 teaspoons honey

1. Using a small pot, pour in water, add lettuce leaves, and bring to a boil over high heat, about 15 minutes. Remove pot from the heat. Add fresh or dried lemon balm or the lemon balm tea bags, cover, and let steep for 30 minutes.
2. Strain the tea and pour into a sealable container. Discard the lettuce leaves and the dried herbs or tea bags. Pour a serving of the tea into a cup, stir in the honey, and drink 1 hour before going to bed. Refrigerate any remaining tea, reheat, and add honey before drinking. Makes 2 servings.



Cod chowder keeps you warm

A creamy winter warmer made with potatoes, fennel, carrots and chunks of codfish.

4 slices bacon

3 medium carrots, each cut lengthwise in half, then crosswise into slices

1 large (1 pound) fennel bulb, diced, or 3 celery stalks, diced

1 medium onion, diced

3 medium (1 pound) all-purpose potatoes, peeled and cut into 1/2-inch cubes

3 bottles (8 ounce) clam juice

1 can (14 1/2 ounce) chicken broth (or 1 3/4 cups home-made chicken broth)

1 bay leaf

1 (1 pound) cod fillet, cut into 1 1/2-inch pieces

1 cup half-and-half or light cream

1. In 5-quart Dutch oven or saucepot, cook bacon over medium heat until browned. Remove bacon to paper towels to drain; crumble.
2. Discard all but 2 tablespoons bacon fat in Dutch oven. Add carrots, fennel and onion, and cook until lightly browned, 6 to 8 minutes, stirring occa-

Good Housekeeping

sionally. Add potatoes, clam juice, chicken broth, and bay leaf; heat to boiling. Reduce heat to low; cover and simmer 10 to 15 minutes until vegetables are tender.

3. Add cod; cook, covered, 2 to 5 minutes until fish flakes easily when tested with a fork. Carefully stir in half-and-half; heat through. Discard bay leaf. Serve soup with crumbled bacon. Makes about 10 cups of soup or 5 main-dish servings.

Double-Chocolate Cherry Drops

The slight tartness of the cherries provides a delicious contrast to the double dose of rich chocolate from semisweet chunks and cocoa.

- 1 3/4 cups all-purpose flour
- 3/4 cup unsweetened cocoa
- 1/4 teaspoon salt
- 1 cup (2 sticks) butter or margarine, softened

- 1 cup sugar
 - 1/4 cup light corn syrup
 - 2 teaspoons vanilla extract
 - 1 large egg
 - 8 ounces semisweet or white chocolate, cut into 1/2-inch chunks
 - 1 cup dried tart cherries
1. Heat oven to 350 F.
 2. On waxed paper, combine flour, cocoa and salt.
 3. In a large bowl, with mixer at medium speed, beat butter and sugar until creamy, occasionally scraping bowl with rubber spatula. Beat in corn syrup, vanilla and egg until well-mixed. At low speed, gradually add flour mixture; beat just until blended, occasionally scraping bowl. With spoon, stir in chocolate chunks and cherries.
 4. Drop cookies by rounded measuring teaspoons, 2 inches apart, onto ungreased cookie sheet. Bake cookies 10 to 11 minutes or until tops are just firm. Transfer cookies to wire rack to cool. Repeat with remaining dough.

Quick oat kolaches to enjoy with friends

You couldn’t ask for a better “out of the oven” warm treat to share with friends, whether they live next door or are from across the country.



- 1 3/4 cups baking mix
 - 6 tablespoons margarine
 - 1 cup quick oats
 - 1/4 cup Splenda Granular
 - 1/4 cup fat-free milk
 - 1 egg, or equivalent in egg substitute
 - 1 teaspoon vanilla extract
 - 1/4 cup spreadable fruit (any flavor)
1. Heat oven to 400 F. Spray a large baking sheet with butter-flavored cooking spray.
 2. In a large bowl, combine baking mix and margarine. Stir in oats and Splenda. In a small bowl, combine milk, egg and vanilla extract. Add milk mixture to baking mix mixture. Mix just until combined.
 3. Place mixture on a large piece of waxed paper and knead lightly until smooth. Roll dough 1/2-inch thick and cut into 12 (3-inch) rounds. Place rounds on prepared baking sheet. Make an indentation in center of each and spoon 1 teaspoon spreadable fruit into indentation. Bake for 10 to 12 minutes. Place baking sheet on a wire rack and allow kolaches to cool. Serves 12.



Hailey Small/THUNDERWORD

Club fair fares well

The LatinX Club and the Dance Club were just two of dozens of clubs at Tuesday's Club Fair. Top, LatinX members Samuel Gaspar, Oscar Saucedo, Abe Gaspar, Steven Cunningham (top), Anais Zurita (bottom), and Leo Ramirez greet visitors to their booth. At right, Dance Club members, Kyle Cotton and Xavier Martinez get down.



Senators making an effort to resolve student loan debt

By Chloe Wilhelm
Staff Reporter

Consumer protections would be extended to student loan borrowers under a new bill being debated in the state Senate that would establish a student loan bill of rights.

According to the Senate Higher Education and Workforce Committee, Senate Bill 6029 would establish a Student Education Loan Advocate to help student loan borrowers and provide information on loans.

The bill would also prohibit third-party loan services from using practices that misrepresent loans or encourage students to make decisions that may worsen their financial situation.

Last week, the bill passed the committee with a 7-2 vote.

Now the bill must pass the Ways and Means Committee, which considers the budget and how much the bill will cost.

According to the bill's fiscal note, it will cost the state roughly \$1.5 million.

State Sen. Karen Keiser, D-Des Moines, serves on the Ways and Means Committee and is supportive of the bill.

"I am well aware of the problem of student indebtedness, and support efforts such as SB



6029, to reduce the financial stress on students at Highline and our other colleges and universities," she said.

Sen. Keiser said she believes that the main obstacle will be SB 6029's cost.

"The biggest obstacle will be budgetary," she said. "We will somehow need to find the money to fund this effort in order to pass and implement this bill if it becomes law."

At a public hearing earlier this month, Sen. Kevin Ranker, D-Orcas Island, led a discussion regarding SB 6029.

"It is absolutely critical that everyone has the opportunity to better themselves and educate themselves," he said.

Sen. Marko Liias, D-Lynnwood, testified on behalf of

the bill and shared information regarding student loan debt.

He said many consumer protections for financial institutions don't cover student loan servicing companies. "This bill would extend those protections," he said.

Sen. Liias also expressed concerns about student loan debt in Washington and nationwide.

"Around 800,000 Washingtonians owe \$24.4 billion in student loans," he said.

He said that the people repaying student loans, 62 percent are putting off retirement savings, while 53 percent are waiting to buy a house and 21 percent are delaying marriage.

"This is the first step in correcting a challenge that's across our economy," he said.

Students voice their issues on Advocacy Day

By Byron Patten
Staff Reporter

Highline students will go to Olympia today to school legislators and senators on issues important to them.

The students will attend Advocacy Day to pitch legislative agenda issues such as open educational resources, basic education for kindergarten through associates degree, capital projects, and undocumented students.

Advocacy Day is held during each legislative session, providing not just students, but all constituents the opportunity to meet with legislators and discuss policy and legislation that might affect them.

Hundreds of people from all over the state are expected to be in attendance to meet with their representatives for the event.

"Overall we're not hoping to convince them," Speaker of the Caucus Astrid Diaz Duenas said in regard to the representatives, "but to have them realize our students' stories with the selected legislative items."

Student Government has selected its four major talking points based off relevance to the students at Highline and the general consensus of Washington Community and Technical College Student Association, a cohort of student leaders from colleges around the state.

The agenda topic of open educational resources will provide students with lower cost alternatives to current educational materials, such as textbooks.

K-AA is the move to include technical certificates or associates degrees under basic education, providing government funding to students at those levels.

With President Trump's moves to end Deferred Action for Childhood Arrivals and other rights of previously protected undocumented students, students around the state are wanting equal and continued resources available to students with undocumented status.

The final topic, capital projects, deals with infrastructure around the state, including funding for renovations on Highline's campus.

The remaining budget towards renovations on Building 26 was recently approved, but students believe the capital projects is still an issue.

"Building 26 is funded," Highline Student Government President Vanessa Primer said, "but there isn't enough money to repair other issues on campus; of

which there are many."

For example, there is the elevator in Building 6, which has been broken for a year.

"It's one of the oldest elevators in Washington," Primer said. "My friends who are disabled have to walk all the way around the building just to get to the right floor."

Some of these topics were discussed by students during Fall Quarter at a Highline hosted event, the Legislative Breakfast, where representatives came to hear students share experiences and requests.

Duenas said that Advocacy Day is almost a sequel to the Legislative Breakfast, only this time it is even more one-to-one, as only a few students will be speaking at a time.

Student government officials say that all issues are relevant, though open resources seem to be the most applicable to students on campus.

"The others can be specific to certain student populations, but most if not all students understand the essentials of having affordable textbooks and classroom supplies," Duenas said.

Today, the selected attending students will be practicing their talking points. With only 15 minutes available per meeting, the students will need to be quick in their speeches.

"So far it has been easy getting appointments with all our representatives," Duenas said. "But our biggest difficulty will be time."

To combat the problem, Student Government has decided on limiting each meeting to two topics.

"Every topic will eventually be talked about with a representative," Duenas said, "but this allows us to focus and develop each topic per meeting."

This move to limit talking points also takes into consideration each legislator and senator's interest in bills, something that can be tracked on the Washington State Legislature webpage.

"The more relevant the issue is to their [representatives'] current interest, the better our chances are at moving them," Primer said.

Despite only a small group able to attend this week, Duenas encourages all students and constituents to get involved where they can.

"Anyone can do this," Duenas said. "All governmental offices have an open-door policy. They cannot deny you if you want to speak with them on policies and issues important to you."

Ferguson

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laws.

Sanctuary cities are cities that do not actively enforce federal immigration laws, and do not coordinate with the federal government to deport undocumented immigrants.

Ferguson said that “there is no requirement on Kent to enforce immigration laws.”

“The federal government enforces immigration laws,” Ferguson said.

Ferguson is also gearing up to fight the Federal Communication Commission’s decision to repeal net neutrality. He has joined the lawsuit with 21 other attorney generals from around the country.

While he said he doesn’t file a suit unless he thinks he can win it, he admitted that “no football team wins every game they play.”

His willingness to fight the administration has placed him on the TIME 100 most influential list, a list he doesn’t think he belongs on. His brother called him up soon after the list was announced to say he wasn’t even the most influential in his family.

Ferguson said he doesn’t let his personal beliefs influence his reading of the law, either. An opponent of the death penalty, soon after being elected he instructed his team to continue to fight for it in court proceedings because it was the law.

When marijuana was legalized, his office wrote a legal opinion that cities don’t have to sell marijuana if “they don’t want to.”

In fact, when Ferguson was elected, he kept all five assistant attorney generals onboard under him. Those five assistants served under the previous Attorney General Rob McKenna, who happens to be a Republican.

His work doesn’t just come on fighting the administration, he works on consumer protection too, he said.

When an out-of-state company was sending fraudulent notices to Washington companies ordering them to pay \$125, he acted. Roughly 2900 businesses followed and sent their money to the company that was pretending to be from Olympia.

Other states had settled against the same company for far less than he thought it was worth, Ferguson said.

He told his team they were not going to settle, and to take it to trial. The result: each business got their money back, the company had to pay all legal fees, and was fined \$1.2 million.

Ferguson’s office makes money for the state. Not a dime of tax payer dollars goes to him, and they return money each year to the state.

His latest fight comes as he sues the biggest pharmaceutical company in the country in response to the opioid epidemic.

On average, two people a day die in Washington due to the epidemic, he said.

He argued that for years Purdue Pharmaceutical encouraged doctors to overprescribe people. When people came back addicted, Ferguson said that doctors were told they were suffering from “pseudo addiction,” and to prescribe more.

“It’s truly heartbreaking,” he said.

Ferguson said that there are enough opioids handed out in Washington each year for every man, woman and child to have a 16-day supply.

“That’s going to be a lengthy case,” Ferguson said.

He is also proposing new rules that would limit the number of pills handed out to patients. When Ferguson had dental work done as a child, he was given a 30-day supply of opioids for the pain, something he said he did not need.

Ferguson said he did not know how the pharmaceutical executives slept at night.

Assault

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“I don’t think it’s going to end without consideration and proper education about the effects it has on people,” Highline student Seth Davis said.

Other students stressed the importance of holding others accountable.

It’s important to make sure there are consequences for people who have sexually harassed others, said one Highline student.

Some students said that it is important to not place blame on the victims.

“Stop making it seem like the victims’ fault in any way,” Highline student Ana Rios said.

Other students also spoke of the importance of support groups. In the community it is important to have counseling that everyone should

know about, said one student.

Highline has a strict policy against any form of sexual harassment. All reports or complaints will be forwarded to the chief Human Resources officer.

If you have witnessed or have been a victim of sexual harassment, please contact Human Resources by calling 206-592-3601 or emailing hrstaff@highline.edu.

As for Hiroki, he did not wait for further harassment.

“I left him alone and got in my car, then left,” Hiroki said.

He said that he also told the man to stop aggressively approaching other people.

Hiroki urged others to become more informed.

“People need to know more about sexual harassment,” he said, “even though it’s a sensitive issue.”

Reporters Chloe Wilhelm, Jillian Gamache, Perris Njinga, and Sam King contributed to this story.

Search

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how it goes [because] the more that respond, the richer the pool, the better,” Gandy said.

Three listening sessions were held in December at on- and off-campus locations. The purpose of these were to let people vocalize what they were looking for in Highline’s president.

“We had tons of people come to those live events and listening sessions, we had 170 people. I think that’s a strong representation,” said Gandy. “People were vocal. That was really wonderful too.”

A webpage has been set up to keep the public informed on the latest updates of the search, highline.edu/presidential-search/. The webpage features updated news, the presidential profile on what is expected from candidates, and information on consulting firm Gold Hill Associates.


“We haven’t been through anything like this in over a decade, so there might be questions people have. Hopefully [we] can be as transparent as possible,” Gandy said.

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