Des Moines marijuana zones surround Highline

Day care center may disrupt city’s plans
By April Pacheco  
Staff Reporter

If any marijuana businesses come to Des Moines they could be very close to Highline.

The marijuana zoning regulated by the city of Des Moines has placed most areas where such businesses can set up shop fairly close to the college, including the college’s child care center.

The city of Des Moines appears to have overlooked that its current marijuana zones encroach within 1,000 feet of the Children’s Home Society’s Early Learning Center located on campus in Building 0.

According to the Washington State Liquor Control Board website, retailers would not be able to “set up a store within 1,000 feet of any elementary or secondary school, playground, recreation center or facility, child care center, public park, public transit center, library, or game arcade that allows minors to enter.”

The zoned areas are along the Des Moines border of Pacific Highway South starting from South Kent Des Moines Road down to South 272nd Street.

The proximity to Highline could affect its strict ban on marijuana as well.

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The proximity to Highline could affect its strict ban on marijuana as well.

“The city had a high amount of voters that voted for marijuana legalization which we think reflected our city’s opinion,” she said.

Regarding Highline’s marijuana policy, Pina said the college understands the city’s policy, but you must be 21 years old to purchase it.

He said he hopes adults who do buy recreational marijuana will use good judgment.

Science classes, waitlists fill fast
By Michaela Vue

Students who put off their science credits in their formula to graduate struggle to get into the sciences they need, Highline science professors say.

About 1,200 students can take either biology or chemistry with lab classes are open.

Department Manager Denise Lathrop.

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Male toker in female restroom

A Highline student reported a male exiting the women’s restroom in Building 30 last Monday. The student reported a male lingering in the hallway and looking in classrooms in Building 30 on the second floor. The student also saw him lighting a skinny brown cigar after exiting the women’s restroom.

He was able to give a description to Campus Security, but they were not able to locate him.

Thieves attempt to steal phone

Highline’s battle with cell phone thefts continued this week when a student reported three males attempting to take her phone in the North Parking Lot on Monday.

One of the males tried to snatch the cellphone from the student, but failed and ran off.

The campus has experienced a significant rash of cell phone thefts since last fall.

Reckless driver gets away

Campus Security called 911 after seeing a Ford Mustang with red stripes and a California license plate doing burnouts and driving recklessly in the North Parking Lot last Friday.

The Ford drove off soon after the police were called.

Are these your lost things?

Time is running out to claim your lost and found items before the quarter is over.

If any of these items belong to you they can be picked up at security office in Building 6.

A battery charger was found on March 2 around 3 p.m. in Building 8.

A light blue umbrella, black Samsung cellphone charger and white ear plugs were found in Building 26 on the 3rd floor on March 2.

A black purse with multiple belongings was found near Building 0 by the bus stop.

A black and gray scarf was found March 3 at noon.

A Washington driver license was found on March 3 at 8 p.m.

Compiled by Brenda Carrillo

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History Seminar returns for spring

By Ed Hones Staff Reporter

Highline will be hosting a series of seminars that aim to help students and community members gain a better understanding of historical events.

The seminars will be held Wednesday afternoons from 1:30 to 2:40 p.m.

There will be eight seminars spring quarter, with the first seminar happening on April 9.

Highline students can receive one credit for attending the seminars using item No. 1336.

History Professor Dr. Tim McMannon is running the History Seminars and said drop-ins are welcome.

“It’s kind of a public service. Everyone is encouraged to attend,” he said.

McMannon said he enjoys seeing students and community members join the seminars.

“It’s not a philanthropic endeavor,” he said. “It’s a service to the college and the community more than anything.”

He said people like his seminars.

“Strangely enough, people enjoy history,” he said.

He said the seminars have a good variety of speakers.

“I bring people from off campus once or twice a quarter and the rest are faculty and staff,” McMannon said.

McMannon is excited about the off campus speakers that have agreed to speak.

“I specifically recruited both off-campus speakers because they have interesting things to say,” he said.

The first off campus talent speaking Spring Quarter will be LorraineMcConaghy, giving a presentation called “The Civil War Experience in the Pacific Northwest.”

“She and I went to grad school together,” he said. “We were TAs together in US History Survey.”

Since then, she has worked at the Museum of History and Industry in Seattle and was the recipient of the Washington State Historical Society’s Robert Gray Medal in 2010.

She has also put together the Civil War Pathways exhibit at Washington State Historical Society in Tacoma,” McMannon said.

LorraineMcConaghy has written two books, Free Body and New Land, North of the Columbia.

The second off-campus speaker Spring Quarter will be Bill Mullins giving a presentation called How Seattle Lost the Pilots.

“I came across his book [Becoming Big League] in the library and bought a copy since then,” McMannon said.

McMannon said he thoroughly enjoyed Mullins’ book.

“His book is about the Seattle Pilots and is very interesting,” he said.

“It’s not just about baseball. It’s about the politics... County vs state vs major league baseball and all the other stuff we don’t usually know about.”

After finishing Mullin’s book, Becoming Big League, McMannon was pleasantly surprised by something he read on the back cover.

“After reading the book I saw he lived in Federal Way. I contacted him, had coffee and we hit it off,” McMannon said.

Other notable speakers include Dr. T.M. Sell giving a presentation called ‘Hammering Hoover, Reinventing Roosevelt: A Reassessment of the Great Depression.’

McMannon said there is a way for anyone to show their appreciation.

“If people enjoy these seminars I ask that they show their support by donating to the History Fund. The History Fund is what we use to show our appreciation for our speakers,” he said.

Donations to the History Fund can be made in Building 99.

Become a leader at this retreat

Students are welcomed to apply for a one day leadership development retreat in April.

The retreat will be on April 11 from 9 a.m. to 4 p.m. at the Beach Park Event center in Des Moines.

The application is available online at http://cls.highline.edu/retreat-spring.php

Obamacare sign up event reminder

The Affordable Care Act sign up event will be this Saturday and everyone is welcomed.

The event will be facilitated by Global to Local and Healthpoint staffs.

As the deadline approaches it’s pertinent to learn about eligibility requirements for Obamcare and Medicaid.

African-American success conference

The Washington Alliance of Black School educators is having their annual conference on Campus.

The event will be on March 14 and 15.

Registration cost is $200 or $225 for both days. Registration is required.

For more information visit http://www.wabse.org.
New class lets students dig into gardening

By Kintasha Jackson
Staff Reporter

Students can get down and dirty and harvest 2 credits this spring.

A new urban agriculture class is designed to exhibit how to grow food organically and in a sustainable way in an urban setting.

SUST 141 Spring Practicum: Urban Agriculture is a hands-on class that will include activities including crop planning, site design and preparation, plant propagation, soil fertility and season-extension techniques.

With some inspiration from students, a group of staff, faculty and administrators decided that this class would be a good fit this spring term.

The inspiration was the growing popularity of having pea-patches and smaller garden plots in yards.

“We have a lot of recent immigrant populations with experience growing vegetables, so learning how to grow here in the Pacific Northwest in conjunction with small business skills seemed logical,” Professor Raegan Copeland said.

What makes the idea behind this class important is learning how to grow your own affordable food as a healthy option or alternative to buying other basic plants and vegetables, Copeland said.

This class will demonstrate how to grow seasonal vegetables as well as herbs and berries.

The school will be providing most materials such as plants, pots and a place to grow the food.

All that is required of students is a good pair of gardening gloves and proper shoes for the environment.

The course is open to all Highline students and can also be taken through Continuing Education. No prerequisites are required.

SUST 141 is worth 2 credits and is offered in the Spring Quarter, as well as SUST 142 and SUST 143, additional 2 credit courses. They will be available in the Summer and Fall quarters.

Courses will include several hours of instruction along with independent work time in the garden plot or greenhouse.

“The full certificate also consists of a 5-credit Lab Science and a 5-credit DGS course. It is wrapped up with a 3-credit course on Food as Medicine that focuses on using nutrition to prevent disease,” Copeland said.

If the certificate is completed by the students, it can be used towards the AAS degree in Small Business/Entrepreneurship.

Groundskeeper Joel McCluskey works over a patch of ground on campus. Facilities is preparing for its Spring Quarter cleaning plans, including both gardening and renovations.

Highline plans for spring cleaning

By Ty Zumwalt
Staff Reporter

Highline will be bringing in not your every day workers for spring-cleaning—bees and goats.

“Due to heavy foot traffic over the ponds will be fenced off for about a week or so while this happens,” he said.

Karen Herndon, facilities project manager at Highline, will oversee some changes to Highline and a big change to Building 27.

“The ponds will be fenced off and other mini projects around the campus include repainting multiple buildings.

“The goal is for the project to be finished by next fall,” she said.

The building will be blocked off so workers will be able to be efficient,” she said.

“The goal is for the project to be finished by next fall,” she said.

The college eventually hopes to renovate Costume Building 26 and Building 16, Herndon said.

Other mini projects around the campus include repainting multiple buildings.

“Building 2 has been in need of a remodel for a while now, and we finally have the plan to get in there and make the necessary changes,” she said.

The building has for the most part not been touched since the 1960s, when the campus first opened.

“Construction will begin toward the end of the spring and occur mostly toward the summer. During this process the building will be blocked off so workers will be able to be efficient,” she said.

“The goal is for the project to be finished by next fall,” she said.

The college eventually hopes to renovate Costume Building 26 and Building 16, Herndon said.

Besides that there is mechanical maintenance between buildings to be done, down drains of buildings need to be replaced, and reskinning of the greenhouse is also part of the plan.

There is some work to be done inside buildings as well. Herndon has plans to replace all the ragged curtains for new, more effective ones.

Besides that there are still some drainage problems on campus that will require digging into the Thunderwalk, across building 14, 15, and 16.

“Due to heavy foot traffic from students we will wait until summer to fix this problem,” Holldorf said.
4-year schools should be transfer-friendly

Transferring to a four-year university from a community college should be easier. When 8.2 million high school seniors send freshman applications compared to 2.5 million students who transfer per year, it’s hard not to feel like transfers aren’t as much of a priority. On average a university will receive 6,000 applications, with higher ranked schools receiving even more, and with the pool of applicants growing, schools have become even more selective. Even now, universities will still sometimes ask for high school transcripts and ACT or SAT scores. Some 56 percent of colleges agree that high school GPA is very important but only 40 percent of colleges agree that earning an associate’s degree is a positive.

Going to a two-year or community college should be treated like what it is, college level classes. High school should have nothing to do with the transfer process.

Universities cherry pick your transcript and become more costly than originally planned. Ultimately universities welcome you as a junior, but leave you as a sophomore or even a freshman.

Attending college is costly so the idea of community college more than original planned. The direct transfer agreement specifically states that universities are supposed to accept transfer students with their associate’s as juniors. But sometimes transfer students will learn far too late that the associate’s as juniors.

Longer courses will not necessarily mean more classes, which means a larger number of them applying compared to transfers, why even going to a two-year or community college should be transfer-friendly.

Distracted driving ends with you

Being the only 18-year-old I knew who had been driving for two years with no look-back policies, you could say I had gotten a little over-confident in my driving. However, driving distracted wasn’t something I was paying attention to.

On Feb. 16, I was driving my boyfriend and I downtown Seattle to have dinner with some friends at the Crab Pot. We were all excited for our fancy dinner and decided that we weren’t going to let the rainstorm stop us from going.

Since I rarely drive downtown because of the chaos and stress it causes me, I didn’t know the area well. I was relying on GPS navigation on my iPhone using a hands free dash mount. As I exited the freeway and entered onto First Avenue, I knew that my turn was coming up in the next few blocks, and inevitably I was paying more attention to the signs and directions than I was to the road and traffic signals.

I was also having a conversation with my passenger and listening to music, which was something I usually did while driving without thinking it could potentially be dangerous. As I was cruising through the clear intersection at about 25 mph, my passenger saw a car coming at him and said in panic, “Oh my god there’s a car coming at us.” In a split second I turned my head, saw the headlights coming at us full speed and before I could even react, the car plowed into the passenger side of my car at about 35-40 mph. The impact knocked the wind out of me as the car spun uncontrollably on the wet pavement into the incoming lane. At that point I was in shock and didn’t know what happened. After getting my car off the road safely and making sure everyone was alright, I realized that both cars involved were totaled. The whole right side of my car was crushed and could’ve seriously injured my boyfriend. But luckily, no one involved had major injuries.

Witnesses said that my light was red when I went through the intersection and that the person who hit us had the right of way. I felt so horrible and stupid. Of course I wouldn’t have went through the intersection if I had known, but I was distracted and unaware of my surroundings.

Neither myself or my passenger were paying attention to the traffic lights and that was a huge mistake. I could’ve killed or seriously injured my passenger and the other people involved.

This was a very scary and traumatizing situation that I know could’ve been avoided if I was paying more attention to my driving and less to the music, directions, weather and conversations that were going on.

I feel like this is a very common issue for all drivers, and especially for teenagers, who feel that they can multitask while driving without any consequences.

Distracted driving is any activity that could divert a person’s attention away from the primary task of driving. All distractions endanger driver, passenger, and bystander safety. These types of distractions include texting, using a cell phone or smartphone, eating and drinking, talking to passengers, grooming (including maps), using a navigation system, watching a video and adjusting a radio, CD player or MP3 player, according to the Official Government Website for Distracted Driving.

Eleven percent of all drivers under the age of 20 involved in fatal crashes were reported as distracted at the time of the crash. Also, engaging in visual-attentional activities was associated with the use of hand-held phone and other portable devices increased the risk of getting into a crash by three times, according to the Official Website for Distracted Driving.

I hope that by sharing my story, someone will avoid making the same mistake I did of not drive distracted. We all make mistakes, big and small, and we should all learn from them.

I’ve learned the hard way, from losing my first car and hurting innocent people, that accidents can happen to anyone at any moment. I’ve definitely learned my lesson and I’m very cautious driver now and I keep all distractions under my control at all times. Nothing is more important than the safety of yourself and other drivers around you.

Commentary

Kaylee Moran

Have something to say?

Have something you want to say to the student body? The Highline Thunderword is asking for students to voice their opinions on what matters to them. We’re accepting submissions in the form of letters and columns. Students may submit thoughts, comments, concerns and complaints on what’s happening on campus to articles written by the Thunderword staff reporters. Letters to the editor should be about 200 words, columns should be no more than 600 words.

Submissions will be published in the next issue of the paper.

Write to us!

Hoary for the play

Dear Editor:

I want to commend Rick Lorig, Amanda Rae and their amazing cast for their wonderful performance. The show was tightly choreographed, well acted, and marvelously witty. I laughed from the outset, but the smiles became bitter as the players reminded me of life’s futility. The production may be comedic, but it certainly is a dark comedy. To what end do we live or die?

I would encourage everyone at Highline to pack out the theater for the remaining productions. After all, it’s not often we can see irony so perfectly played out on stage. This is the last full dramatic production at Highline and it appropriately asks us to reflect, remember, and ultimately deny the intrinsic value of our lives. As with Stoppard’s play, the program will end with the ironic twist that another theatrical production has fallen.

The Bard who penned life into the poetic program has fallen. The others reminded me of life’s futility.

Dodie Wilson,

Highline Math Instructor

the Staff

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Don't be afraid to seek help if you need it

Depression starts like a day at the beach. You begin floating not too far from shore. Your friends and family are in the sun and build sand castles nearby. You wave at them, and they wave back. But every time you try swimming toward them, the waves of the sea pull you in. Soon, no matter how hard you wave or how loud you scream, you can't see who you are. Waves of depression feels like. It was by far the lowest and most significant point in my life.

During this time, I learned all the times I used to believe that turning your back on your past was a pathetic excuse to deny that at the wrong. Dwelling prevents us from finding a balance. We have to acknowledge that the past happened in the past need to stay there. Turning away from the mistakes in the past is to completely let go of the past. I have been told over and over again that things that happened in the past need to stay there. I know many people who live by the rule religiously - they hardly ever acknowledge what happened in the past and focus all of their attention on the future. However, sometimes they make extreme decisions in order to completely let go of the past and they will literally cut people out of their lives and never look back. On the other hand I also know many who live by the complete opposite.

They’re constantly reliving their past and they get so distracted by it that they forget they’re living in the present. All conversation with them involves complaints about how much they regret not saying the right things the first time. Any chance of giving them suggestions to do better next time is denied.

I have lived both ways. I have known both people who look back on things that had already happened. I used to believe that turning your back on your past was a pathetic excuse to deny that at one time or another you were in the wrong. It seemed like an exaggerated form of denial where you completely block off that part of your life and try to act like it never happened.

So I went many years dwelling on things that had already happened. I thought that if I remembered them enough it would give me peace of mind and closure. In fact, it did the complete opposite.

All I wanted to do more than anything was go back and fix the things I hadn’t done right the first time. And yet when I turned away from the mistakes I found it trying to catch up with me in my present, regardless of me trying to stay true to the never-look-back approach. It’s clear now that we need a balance. We have to find a way to juggle between letting go and embracing the mistakes we made.

Dwelling prevents us from getting away, but turning away doesn’t allow us to learn from our choices. We have to acknowledge that we made a mistake and we have to go about life doing our best to make sure it doesn’t happen again. But that doesn’t mean we should be planning our every move.

Whether we like it, the past comes crashing into our shopping carts at Bartell’s, and yards by us as we are cleaning up after our dog in the park. Although my rational brain understands this, nonetheless I know that over spring break I’ll spend too much time rehashing Winter Quarter.

Balancing past, present can make for a better future.

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Games rise above sexism

Recently there has been a feminist uprising against video games, specifically over how girls are represented and oppressed in video game culture. I believe this is unfair. I’m extremely disappointed with the misconceptions of females. Females have about how video games portray them. People like Anita Sarkeesian’s views about the new era of sexism, digital sexism, but lacks the qualities of a true gamer to really have any valid opinion about the games she has grown up with. I believe in digital sexism because video games are not about gender sex. Video games are where people go to escape the real world. Video games are like adventures involving heroes, much like a virtual version of classic fairytales, but they expand past that. Video game companies don’t strive to oppress women. They publish games that they think are good, that people will enjoy. It doesn’t matter if the protagonist is a woman or a man -- either gender can be a hero. Games with a hero plot don’t always involve a damsel in distress. And the ones that do allow the damsel to be a hero. These games include titles such as Portal, Mirror’s Edge, Skyrim and the critically acclaimed The Last of Us. For girls who take digital sexism seriously, then you shouldn’t be playing video games. Like I said before, video games aren’t real life, so get over it. Video games don’t misrepresent females or oppress them because video games are fiction. They aren’t meant to represent anything that is real to begin with.

Of course they strive for realistic graphics in order to be more immersive, but they aim to be different than reality. Another form of digital sexism is female gamers complaining about being mistreated online. In the video game community, everyone calls everyone something insulting. It doesn’t matter if you’re a girl or a boy. It’s not a matter of sex, but a matter of skill. The point is you can’t play video games, then none of the trash talk should matter. It’s a virtual reality, just go kick their ass. If that doesn’t show that video games can empower women, it’s time for a reality check.

Light turns unpealing. As you fight against the blurring of your senses, you have to deal with useful advice from everyone around you.

"Get over it," some tend to say. There are people who are dying, lighten up! But then the other things about mental disorders like depression, according to the Mayo Clinic, is that "depression isn’t a weakness, nor is it something that you can simply snap out of." Though it may all be in your head, it is an actual condition that requires treatment like any other.

It doesn’t help the patient when people diminish their situation by using terms like “Depressed,” “OCD,” and “Schizo” to justify their mood or complaint about their habits. While these may be just words to you, they represent years of struggle and a persistent stigma to many.

After receiving the medical and emotional help I needed, I was strong enough to swim to shore on my own. And despite the fact that my own personal ocean had on me, I managed to emerge from the water, eager to keep going.

As far as I can tell, all you need to do when you’re lost at sea is to keep on breathing and paddling away. Even if you don’t know where you’re headed, you’ll reach the shore at some point—and the dry sand will feel better than ever.

— Cristina Acuna is a staff reporter for the Thunderword.
1. TELEVISION: What was the name of the coffee shop featured on the sitcom “Frasier”?
2. U.S. STATES: What is the United States’ northernmost state capital?
3. FOOD AND DRINK: What are crudites?
4. THEATER: What was the first rock musical to play on Broadway?
5. LANGUAGE: What is logorrhea?
6. LITERATURE: Who wrote the novel “The Spy Who Came in from the Cold”?
7. GENERAL KNOWLEDGE: About what percentage of people are left-handed?
8. GEOGRAPHY: What is the smallest country in the world with a coastline?
9. ANATOMY: In human beings, how long is the average interval between eye blinks?
10. FAMOUS QUOTES: Who once said, “A word to the wise ain’t necessary — it’s the stupid ones that need the advice”?

Answers:
1. Cafe Nervosa
2. Juneau, Alaska
3. Raw vegetables often served as appetizers
4. Hair
5. Excessive wordiness
6. John Le Carre
7. 10 percent
8. Monaco
9. 2-10 seconds
10. Bill Cosby

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March is National Peanut month! It’s time to celebrate America’s most popular nut. The peanut plant probably originated in South America. European explorers first discovered peanuts in Brazil. Tribes in central Brazil also ground peanuts with mazate to make a drink. Peanuts were growing as far north as Mexico when the Spanish began their exploration of the New World. The explorers took peanuts back to Spain, and from there traders and explorers spread them to Asia and Africa. Africans were the first people to introduce peanuts to North America beginning in the 1700s. Peanuts were grown in Virginia in the 1800s as a commerical crop, and used mainly for oil, food and as a cocoa substitute. At this time, peanuts were regarded as a food for livestock and the poor, and were considered difficult to grow and harvest. Peanuts became important after the Civil War when Union soldiers found they liked them and took them home. Both armies subsisted on this high-protein food source. Their popularity grew in the late 1800s when PT Barnum’s circus wagons traveled across the country and vendors called out, “Hot roasted peanuts!” to the crowds. Peanuts also became popular at baseball games. In the early 1900s, peanuts became a significant agricultural crop when the boll weevil threatened the South’s cotton crop. Following the suggestions of noted scientist Dr. George Washington Carver, peanuts served as an effective commercial crop, and, for a time, rivaled the position of cotton in the South. For this recipe, you will need the following:

1. Preheat oven to 350 F. Spray an 8-by-8-by-inch baking dish with butter-flavored cooking spray.

2. In a large skillet sprayed with cooking spray, saute cabbage, celery, onions and carrots for 10 minutes or until tender. Stir in corned beef, noodles and Swiss cheese. Add mushroom soup, mayonnaise, mustard, and black pepper. Spread mixture into prepared baking dish. Bake for 30 minutes. Place baking dish on a wire rack and let set for 5 minutes. Divide into servings.

3. Set candy thermometer in place and continue cooking, stirring frequently, until temperature reaches 300 F to 310 F (hard-crack stage), 20 to 25 minutes. (Once temperature reaches 220 F, it will rise quickly, so watch carefully) Stir in peanuts.

4. Remove from heat and stir in baking soda (mixture will bubble vigorously, gradually) and pepper; mix well. In a second dish, combine mustard powder, cayenne pepper, salt and pepper; mix well. In a third dish, combine brown sugar, honey and salt; mix well.

5. Dip each piece of chicken in the flour mixture, then in the honey-mustard mixture, and finally in the peanuts to coat.

6. Place the chopped peanuts in a third dish. Dip each piece of chicken in the flour mixture, then in the honey-mustard mixture, and finally in the peanuts to coat.

7. Heat butter and the olive oil in a 10- to 12-inch skillet; until butter is melted and foamy. Add the chicken and cook over medium-low heat until cooked through and golden brown, 4 to 5 minutes per side. Makes 4 servings.

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For peanut Brittle:

1/4 cup peanut butter
2 tablespoons honey
2 tablespoons packed brown sugar
1 1/2 cups peanuts
1 cup granulated sugar
1/2 cup light corn syrup
1/2 cup water
1 tablespoon peanut butter
1/2 cup chopped nuts
1/2 teaspoon vanilla extract

Combine the sugar, peanuts, butter and vanilla extract in a shallow pan. Stir well to combine. Place the pan on the stovetop and heat over medium heat, stirring constantly, until the mixture comes to a soft ball stage (234°F on a candy thermometer). Remove from the heat and spread the mixture into a large pan. When the mixture is cool enough to touch, stir in the peanuts. Allow the mixture to cool completely before breaking into small pieces. Store in an airtight container.

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By Kaylee Moran
Staff Reporter

You will have an opportunity to save a life at Highline on April 16.

Puget Sound Blood Center will be hosting a blood drive in Building 8 in the Mt. Constance/Mt. Olympus room from 9 a.m. to 3 p.m. Walk-in donors are welcome or you can sign up online beforehand at www.psbcd.org/drives.

Puget Sound Blood Center comes to Highline twice a year, once in the fall and once in the spring.

“Highline is a very supportive school. Last year we had 131 registers and collected enough to save the lives of 400 people,” said Maggie Xitco, donor recruitment representative for Puget Sound Blood Center.

“We [Puget Sound Blood Center] are an independent, community based and non-profit organization and we serve patients in 70 hospitals and clinics from Vancouver to Bellingham,” Xitco said.

Puget Sound Blood Center provides all the blood for Harborview Medical Center, the only level one hospital in Washington, Seattle Children’s Hospital and for cancer care, said Xitco.

Donating blood is very important, she said.

“One unit [pin] of blood can save three lives,” Xitco said.

Almost everyone in good health can give blood.

“You have to be at least 16 years old [with parent’s permission] and there is no maximum age requirement. You go through a mini physical first to make sure you are in good enough health to donate,” Xitco said.

Blood is precious and isn’t always readily available so donating is the only way to help those in need.

“The sad truth is that one-quarter of us will need a blood transfusion at one point in our life. There is no way to manufacture blood. The only way is through volunteer donors,” Xitco said.

“Every two minutes someone in Western Washington needs blood. We need to collect 900 units every day to keep up,” Xitco said.

Blood donations can help a variety of patients in need.

Red blood cells can be separated for trauma patients; plasma is used for burn; and hemoephilia patients and platelets are used for cancer patients, Xitco said.

Taking less than an hour out of your day to donate blood is an easy way to help save lives.

The whole process will take 45 minutes to an hour. The donation process is only seven to 10 minutes.

“The majority of the time is spent registering in computers [unless you go online ahead of time], then you answer private questions, get a mini physical and a screening area before being allowed to donate,” Xitco said.

“Once you are done you can go into our ‘canteen’ where you get juice and cookies and snacks. We have trained people there making sure everyone is doing well and then you can get checked out in about 10 minutes.”

“You have nothing to be worried about if you’re giving blood, because you will be in good hands.

“Donating blood is an extremely safe and easy process. We always use brand new, sterile and disposable needles,” Xitco said.

One person can have a huge impact so don’t underestimate the importance of your blood donation.

“People often say ‘they don’t need my blood’, but one person can have a huge impact. We get a lot of our donations from college-aged students,” Xitco said.

There are some common myths and misconceptions about donating blood that have been busted.

“There is no deferral or wait period if you’ve had a tattoo or piercing,” Xitco said.

However, you can only donate once every 56 days, she said.

Donating blood is also good for your health.

“People have this perception that donating blood is unhealthy, which is absolutely false. It’s actually very healthy to donate. Your body produces new healthy blood cells faster when you donate more often,” Xitco said.

When you donate blood, it doesn’t last forever and that’s why frequent donations are so important.

“People think we can freeze blood and that it lasts forever. But this really the shelf life for blood is very short,” she said.

Red blood cells have a shelf life for about 42 days, platelets last for five days and plasma is the only thing that can be frozen but only for a short amount of time, she said.

Another fascinating fact about donating is that you “burn 650 calories for one unit of blood,” Xitco said.

For those of you who feel discouraged about donating blood because of a fear, there’s no shame in that, she said.

“It’s not for everyone,” Xitco said. “If you’re thinking it’s even a possibility, I encourage you to try it because it’s so easy. But if you’re really afraid of needles, don’t do it.”

If you’re considering donating, you should give it a try because it’s a great experience.

“Everyone should try it once in their life because its so simple and so powerful. After the first time donating it gets easier,” Xitco said.

“It’s pretty empowering to know that something so simple, and one hour of your time can be life changing for someone,” Xitco said. “It takes a little courage and love.”

### Exercise can help boost your mood, professor says

By Colleen Berge
Staff Reporter

You are one workout away from a good mood, a Highline professor said at last week’s Science Seminar.

“As little as 10 minutes could leave you in a better mood, and studies show the mood boost from exercise can last one to 24 hours,” said Darin Smith.

Smith is the Physical Education department coordinator at Highline, teaching personal training classes.

With anxiety and depression being the most common mood disorders in the country, everybody should be exercising regularly, Smith said.

State anxiety is anxiety caused by a situation. Trait anxiety is anxiety that is part of a person’s personality, he said.

Both types of anxiety can be decreased with regular exercise, and exercise prevents people from developing mood disorders to begin with.

“Exercise burns the anxious energy people with anxiety have. It also provides a distraction from the events causing the anxiety,” Smith said.

Anti-depressants target neurotransmitters in the brain. But exercise regulates these neurotransmitters naturally, he said.

Neurotransmitters manage dopamine, norepinephrine, and serotonin, which are the chemicals that control our alertness, concentration, and satisfaction.

When these chemicals become imbalanced, mood disorders can develop.

In addition, fatigue, weight gain, and low self-esteem can be related to an imbalance in these chemicals.

Exercise can change all of this, Smith said.

If exercise is a part of a person’s daily routine, they are much less likely to develop anxiety or depression disorders, he said.

Studies have even shown exercise to be as effective as the antidepressant Zoloft. In some cases, exercise shows longer lasting results than the drug itself.

Exercise will not only improve your brain chemistry, but also the thoughts you have about yourself. Self-confidence can easily be boosted by a small increase in exercise.

“You may be tired and sweaty, but at least you will feel good,” Smith said.

With anxiety and depression affecting more people in the 18-45 years category than any other group of people, making exercise a part of your routine is the key to avoiding these mood disorders.

Exercise also decreases your chances of heart disease, cancer, and obesity.

Just 10 minutes a day could turn your emotional and physical health around, Smith said.

Science Seminar will be returning the second week of Spring Quarter.
Haynes offers artful theory

By Bailey Williams

A former Highline student is returning to spread her theory.

Art Theory, that is. Shurvon Haynes is a local artist whose art reflects her past, present and future as an African-American female artist.

This exhibit is colorful and spontaneous, said Haynes. Haynes’ artwork will be on display for the whole month of March in the fourth floor of the Library.

Haynes’ art ranges from impressionist and abstract paintings, to small-scale art installations.

“There is not just one way to create art,” said Haynes. Haynes works with many different media and said that her work is just as important as what it is considered "traditional artwork.”

“My art work is not just on a canvas and there isn’t just one particular theme,” Haynes said. Haynes compares her artwork to reading a magazine. “When you turn the page in a magazine there’s always something different. My artwork is like that,” she said.

Inspiration is all around us, said Haynes. “I take the ideas I have in my head and bring them to life. I get a lot of my inspiration from clothing because I love fashion. I take elements from different outfits I see and translate that into my work,” she said.

Seeing the finished product is Haynes’ favorite part. “Sometimes what I start out with is completely different then what I end up with. Sometimes it’s even better than I imagined,” she said.

Like most of us, Haynes has high hopes for herself. “I want to fully complete this show. I see what direction I will go. I want to continue to create art and become better and better every time,” Haynes said.

Haynes wants everyone to feel the freedom to express themselves through their creativity. She said to “always, always, always hold on to your own creative process.”

“Be open to advice and be willing to learn,” said Haynes. “But, don’t let anyone take away your creativity.”

“If you are doing something you enjoy, keep doing it. If someone says to do something else, here’s my advice, no, no, no, and no,” she said.

Haynes’ artwork is free and open to the public. “The art I create is for all people to enjoy. I want to inspire people and help them learn about their own creativity,” said Haynes.

The exhibit will be open until the end of March during library hours, Monday-Friday, 10 a.m.-5 p.m., Saturday, 10 a.m.-5 p.m., and Sunday, 2 p.m.-9 p.m.

Hayline’s Chorale takes on Broadway

The Turtle Building may be as far off Broadway as you can get, but Highline’s Chorale will present a program of show tunes to rival the Great White Way.

The Chorale will perform solos and ensembles from historic shows today at 12:15 and at 7:30 in Building 7.

The program will be a combination of pieces from Little Shop of Horror’s lively “Skid Row” to Wicked’s chilling “Defying Gravity.”

A piece from The Music Man, The Book of Mormon and Morons will also be performed as well.

The show is open to the public, said Dr. Sandra Glover, director of the Chorale.

“Put that in bold,” she said. The concert is free and Dr. Glover said she wants everyone to attend.

The students in the Chorale will perform with costumes from the era the show was made in, she said. “They have to tell what was happening in that time era and put it into the show,” Dr. Glover said.

The students were required to write a small essay about the importance of the show they chose to do. “The experience for the students was educational,” said Dr. Glover. “This experience was also entertaining for the students.”

The Chorale will perform so-called parody. The show begins on Friday March 14 and runs Thursdays at 7:30 p.m., Fridays at 8 p.m., Saturdays at 2 and 8 p.m. and Sundays at 2 p.m. The show is for adults 18 and over, tickets are $30 for adults, $25 for ages 25 and under, $28 for military and $28 for seniors. For more information visit centerstageattheatre.com.

Highline’s Drama Department presents Rosen- crantz and Guildenstern Are Dead for two week- ends. The show will be performed on March 14 and 15, 7 p.m. in Building 4, room 122. Playwright Tom Stoppard takes two minor characters from the play Hamlet and spins them off into their own story in Rosencrantz and Guildenstern Are Dead. It sort of navigates the events of Hamlet, said drama instructor Rick Lorig. Tickets can be purchased at the door and are $8 for general audience and $7 for students.

Once a month the Auburn Avenue Theater presents Comedy at the Ave. Three comedians will perform at the Auburn Avenue Theater, 10 Auburn Ave., on March 14 at 7:30 p.m. General admission tickets are $17, $15 for students and seniors. To purchase tickets visit www.brownpapertickets.com/ event/433802 or call Au- burn Parks, Arts and Rec- reation at 263-931-3043.

Centerstage Theater will present Cuff Me: The Fifty Shades Musical Parody. The show be- gins on Friday March 14 and runs Thursdays at 7:30 p.m., Fridays at 8 p.m., Saturdays at 2 and 8 p.m. and Sundays at 2 p.m. The show is for adults 18 and over, tickets are $30 for adults, $25 for ages 25 and under, $28 for military and $28 for seniors. For more information visit cencerstageattheatre.com.

Contact Bailey Williams

bwilliams@highline.edu
By Joséu Chavez
Staff Reporter

Out of pain and suffering, the children of Uganda have separated themselves from the corruption and instead spread joy and love to others around the world.

This upcoming Friday, March 14, the Watoto Children’s Choir will be performing at the Des Moines Normandy Christian Church at 6:30 p.m.

Canadians Gary and Marilynn Skinner founded Watoto in 1994 to address the Ugandan orphan crisis, said Amber Sakis, spokeswoman for Watoto Children’s Choir.

"Each of the children in the choir has suffered the loss of one or both parents. They live in Watoto Children’s Villages where they receive the care and nurture they need to grow up as productive citizens of their own country," Sakis said.

Watoto currently provides quality care and long-term education for more than 2,500 orphaned and abandoned children with the goal to have 10,000 children being cared for in Watoto Children’s Villages by 2023, Sakis said.

There are currently three established Watoto Children’s Villages in Kampala, Uganda, and Gulu, Sakis said. Since 1994, 56 choirs have toured internationally, presenting Watoto’s vision and mission through music and dance. This has given over 1,000 children the chance to tour with the Watoto Children’s Choir, Sakis said.

"The Watoto Children’s Choir is a beautiful example of what can happen when someone who has been through a tragedy still chooses to use their life to bless others," Sakis said.

"These children have experienced so much in life already, but choose to still have joy and in showing that joy to others through song and dance they are able to help more children in their country," Sakis said.

There are 22 children in the choir, Sakis said.

Watoto sends out different choirs for every tour so that more children can enjoy the experience, Sakis said.

The choir leader for the performances held in the West Coast is Robert Sendegeya.

"I think that anyone who attends a ‘Beautiful Africa’ performance will walk away with a smile on their face after experiencing the song and dance of the children of Uganda," Sakis said.

"The choir is vibrant, full of life and always a joy to see,” Sakis said.

Watoto Children’s Choirs have toured Canada, the United States, Europe, the United Kingdom, Australia, New Zealand, Hong Kong, Asia, Uganda, South Africa, Israel and Brazil, Sakis said.

In May 2012, the choir had the privilege of performing for the Queen of England during her Diamond Jubilee Celebration.

Funding for Watoto is made possible through free will offerings at the end of each performance as well as donations from individuals, businesses, churches, groups and communities, Sakis said.

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Russian nesting dolls tell the tale in ‘Tolstory’

By Bailey Williams
Staff Reporter

A local playwright has written a show to appeal to the child in all of us.

Tolstory, by Dr. T.M. Sell, a Highline professor who teaches political science and journalism, with music by Nancy Warren, head of the hospitality and tourism management, and costumes by Melissa Seli who works in the Institutional Advancement department, opens April 3 at 206-870-6527, weekdays, 8 a.m. to 6 p.m. at the Des Moines Beach Park Auditorium.

The show opens on April 3 at the Des Moines Beach Park Auditorium. The show runs through April 4, 5, 11 and 12 at 7 p.m. and April 6 and 13 at 2 p.m. at the Des Moines Beach Park Auditorium, 22030 Cliff Ave. S.

Tolstory is a play with a little bit of pedantic lectures, they comically frac -

doesn’t it?”

However, the play is far from dull, said Chapman.

"The dolls are funny, clever and a little nuts. So instead of giving Katarina pedantic lectures, they comically frac -

ture old legends and fairy tales to get their point across," she said.

See the show because it’ll be a great time, Chapman said.

"We sing, we joke, we flirt with the audience. It’s fun. You may get a little misty at some points, but that’s life right?” she said.

Tolstory is an all-female cast playing all or both roles, animals, and mythical creatures, Chapman said.

"This gives the actresses an opportunity to pull out all the stops and let their imaginations run wild. There are some very thoughtful moments, but most of the time we get to play," she said.

"This is one of T.M.’s best written plays. The actresses are incredibly talented and fun to watch," said Hicks.

"The play is touching and has so many stories within it that capture your attention right away and make you laugh. It will make you feel like a kid again.”

The message of this play is very positive and upbeat, said Chapman.

"Life is a journey, the path is dark and confusing at times, but if you stay focused on the things that really matter, you will find your way,” she said.

There are scenes that are relatable to everyone in the audience, said Hicks.

"This show reminds me of the importance of friends and how imagination and story telling can help one cope with difficult situations we have in our lives," she said.

Chapman said she read the script and was hooked and said that everyone else will be too when they see the play.

"It’s not the typical play, but then again it is a T.M. play,” said Hicks.

Tickets are $20 and are available at www.brownpapertickets.com, and through the City of Des Moines at the Des Moines Field House Recreation Office, Monday- Friday, 8 a.m. to 6 p.m. 1000 S. 220th St. Credit card purchases may be made by phone by calling the city Parks and Recreation Department at 206-870-6527, weekdays, 8 a.m. to 6 p.m.
T-Birds seek less muscle, more hustle

By Ryan Macri
Staff Reporter

Highline’s softball team revamped their recruiting efforts this year in hope of better results than last season.

The Lady T-Birds finished with a record of 18-20 in 2013. Last year, the coaching staff recruited girls that could hit for power.

This year they went after players who are more athletic and could slap the ball, said Scott Dillinger, head coach of the softball team.

“There’s a much better work ethic this year,” said Dillinger.

“One of our strengths is athleticism. We can run down balls in the gap that last year would not have been caught, and make more plays up the middle,” he said.

The team may lack some power this year due to more athletic girls and fewer big hitters, and won’t be able to rely on the big home runs anymore, Dillinger said.

The Lady T-Birds are lacking depth as a team and that may have some concern for the season. “Depth is always a concern at this level,” he said.

“You can recruit 18 girls, but by the time the season starts you can be cut down to 13 girls,” Dillinger said.

Throughout fall ball and some non-league games, women who aren’t getting as much playing time as they’d like, sometimes end up deciding they have better things to do and quit before the season starts, he said.

Although Highline does have some depth issues as a team, one area they do have depth in is their pitching staff.

Five of the 13 girls on the team pitch, including returning sophomore Kayla Andrus.

Andrus had a record of 8-10, with a 4.64 ERA, while pitching about 50 percent of the innings last year for the Lady T-Birds.

“We hope we don’t have to rely on Kayla as much this year,” said Dillinger.

While being a key part of Highline’s pitching last year, Andrus can also swing the bat. Last year she hit with .333 average with five home runs.

Along with Andrus, the Lady T-Birds have three other sophomores on the team: Larissa Henderson, Courtney Lightner, and transfer from Green River, Kylie Goodwin.

Highline played Bellevue College March 9, and lost 19-5. The Lady T-Birds had a doubleheader against Olympic yesterday, with results unavailable at press time.

Highline next plays the University of Idaho Club team March 15 at home at 11 a.m. Next they’ll play on March 19.

Hayley Craddock winds up on the mound in a game against Olympic on Wednesday.

Sports Night raises money for Des Moines youth

By James Ford Jr.
Staff Reporter

School pride, civic pride, and loyalty to your favorite sports team is a religion for some, and on March 21 it will be the theme for the 11th Annual Sports Night which raises money for disadvantaged children in the city of Des Moines.

Sports Night is an event that raises money for the Parks and Recreation Department to help provide programs such as soccer, basketball, and baseball for the children of Des Moines.

The department also offers its KHAOS programs, Camp KHAOS is an all day summer camp, while Club KHAOS is an after school program during the school year.

Both offer a variety of programs to keep kids active.

None of these programs are possible to have without help from the community.

“We feel that every solid neighborhood has a strong and successful parks and recreation department and we are working very hard to provide for that the residents of Des Moines,” said Recreation Coordinator Ralph Thomas.

The parks department has had some obstacles in raising funds.

Competition of other events has been the biggest issue for the department.

“It feels like every school or organization is doing an event, people of the community arehit so many times a year by people asking for donations or attending events you almost feel bad to even ask,” said Thomas.

This year’s Sports Night encourages all to represent for their respective sports teams by wearing their school or team colors.

Seahawks fans are also encouraged to wear their green and blue.

The fundraiser is all about having fun and making a lot of noise for your team, Thomas said.

“We are trying to have a fun relaxing event, where folks can come and show off where they might of went to school or where their allegiance lies,” said Thomas.

The fun will include prizes, auctions, buffet, casino games, beer & wine, and a 50/50 raffle.

The raffle in particular, celebrates the Seahawks success this past year, and will give people a chance to help the Parks and Recreation Department out with the scholarship program.

The tickets are green and blue and, ask all those 12th man fans “pump it up to 13 for the kids”

“To the department, every dollar counts so if someone wants to donate $5 here’s an opportunity to do so and have a chance to earn 50% of the bank,” said Thomas.

If you cannot make the event that is ok, you can still help these disadvantaged children out by buying a 50/50 raffle ticket before the event take place.

There are 1,000 $5 raffle tickets, if all is sold you could win $500.

Sports Night will be held at Des Moines Field House, 1000 S. 220th in Des Moines.

Tickets for the 21+ and over event tickets are $50 per person and $375 per table. The event will run from 6-11 p.m.
Lady T-Birds prepare for next season

Jimmy Keum
Staff Reporter

For the Highline women’s basketball team, spring is a time to re-focus and improve for next season.

With the season over, freshman guard Kayla Ivy plans to take a week off from training.

“It’s good to relax for a bit after the grind of a long season,” said Ivy.

Following Clark and Lower Columbia, Highline finished the season third place in the West Division with a 10-6 division record and a 19-11 record overall.

Ending the season, Highline suffered two close losses in the NWACC Championship Tournament last week.

The team lost their two tournament games by a total of five points.

“We don’t want to have that feeling of being so close but coming up short again,” Ivy said.

With a young core of players, Highline will use the spring to rest, but also make improvements.

“The offseason is a time for players to work on their skills,” said Ivy.

With three players graduating, the Lady T-Birds know there will be a need for improvement.

“We want to continue to get better,” said 5’10 freshmen guard Jada Piper, who led the team in scoring this year at 13.76 points per game.

The Lady T-Birds will use open gyms and scrimmages with new recruits to stay sharp during the offseason.

“We’re looking forward to getting back on the court together and competing,” Piper said.

Highline will also use individual workouts and weightlifting to improve.

Five or six days a week, Piper spends time in the gym shooting and working on her skills, she said.

“We want to use the time in the gym to push each other,” freshmen guard Ivy said.

The Lady T-Birds will also try to improve off the court relationships this offseason.

“We didn’t come together as a team as much as we should have,” said Piper.

With all but three players returning, Highline will look to bond with each other and create a stronger team synergy next season.

“A lot of our losses this season came from mental mistakes and team chemistry issues,” Piper said.

The Lady T-Birds will look to come together for one common goal.

“We have enough talent,” Piper said. “We just need to come together as a team.”

The two tournament losses served as a learning experience for the Lady T-Birds.

“We will be better prepared for tournament play next time around,” Piper said.

Highline’s roster may be changed, but their goals for next season remain unchanged.

“We want to win it all,” Piper said.

Learn how to grow food in your yard or other small space. Includes courses covering soil science; social justice and food security; food as medicine; and practical, hands-on skills needed to create an edible garden.

Three NEW Classes Offered Spring 2014

SUST 141: Spring Practicum: Urban Agriculture

Prepares students to grow food sustainably and organically in an urban environment. The course places emphasis on site design and preparation, crop planning, plant propagation, soil fertility and season extension techniques.

Credit option will be based on the current tuition schedule.

Register for: Item 2138

Non-credit option for spring quarter. Ask for details

Two additional offerings:

General Science 101: Backyard Science (counts as a Lab Science)

DGS 116: Food Justice (counts as Social Science)

Contact: Raegan Copeland at rcopeland@highline.edu for more information

The college provides equal opportunity in education and employment and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, marital status, creed, religion, or status as a veteran of war. Prohibited sex discrimination includes sexual harassment (unwelcome sexual conduct of various types).
By Amy Sato
Staff Reporter

Federal Way’s The Commons mall may not be common anymore with improvements coming in the next couple of months.

Last week, The Commons had its grand opening for a nearly 60,000 sq. ft. Kohl’s department store that will serve as one of the mall’s anchor tenants.

“Kohl’s was one of the top 10 googled retailers in 2013, and we are happy to welcome such a highly desirable anchor store to The Commons,” said Tiffany Archibald, marketing director for the mall.

And Kohl’s is just the beginning of many enhancements planned for The Commons in the coming months, she said.

“It is thrilling to be in the midst of so much positive activity at The Commons. Kohl’s opening is just one phase of the larger plan that will take [the mall] to the next level,” Archibald said.

“Kohl’s is an ideal addition to The Commons and our community because they offer shoppers a wide variety of merchandise categories with a focus on value,” Marketing Manager Cynthia Stanley-Lee said.

“Keep your eye on The Commons as we move forward to our next phase of redevelopment,” Stanley-Lee said. “Announcements of more new stores and property enhancements are on the horizon.”

The Commons is planning to add new retailers. It will also have a new kid’s play area, revitalized parking lot, upgraded lighting and updated furnishings and amenities throughout the mall.

And the mall’s commitment is not limited to improving its retail capabilities, Archibald said.

“The Commons is committed to supporting the community in which we do business,” she said.

Free tax help available at Highline

By Brenda Carrillo
Staff Reporter

United Way of King County is offering free tax help at Highline for low-income households before the April 15 deadline.

The organization has trained 800 volunteers to offer free tax help at 19 locations throughout the county.

Some 25-30 volunteers will be assisting, including several of Highline’s accounting students.

“This is not just available for students but also community members or even their parents,” said Yuri Kim, the manager of United Way’s Basic Needs Program.

The help is available for any household making less than $51,000, Kim said.

United Way is offering to do taxes at Highline Outreach Center on Wednesdays, 4-8 p.m. and Saturday 10 a.m.-2 p.m.

Kim said there are a few things required for people to bring to make things easier and quicker. This includes their social security card, photo ID and all tax statements (W-2 form, 1099 form, Social Security income form, etc.)

“Some students forget about that two month job they had over summer and don’t remember to bring in the W-2 form,” Kim said.

Other things that can help the process and increase the chance to get more money in return is providing child care information, bank statements and a copy of last year’s tax returns, Kim said.

Students can consider the total cost spent of tuition, books, supplies, equipment and transportation according to the IRS website.

Kim said that students receive a 1098-T tuition statement every year from Highline regarding payments that should also be added when filing taxes.

“Students don’t need to have physical receipts of the books or expenses they have purchased for school, an estimate is enough,” Kim said.

United Way has helped community members for the past 12 years and has made this service available at Highline for three years now.

The volunteers speak multiple languages.

“All taxes are double checked by tax experts before being filed,” Kim said.

The volunteers speak multiple languages.

“Students must have an adjusted gross income that is less than $80,000 or less than $160,000 for joint filers.”

Low-income families may be eligible for a credit refund of up to $1,000.

United Way has helped close to 9,500 clients this year and has helped to refund $17 million back to clients overall this year.

Kim said if people feel comfortable enough to do their taxes on their own, they have the option to do so online at www.myfreetaxes.com/kingcounty.

Don’t miss potential student tax deductions

With the tax return deadline coming up, students should be aware of potential tax breaks they may be eligible for.

The American Opportunity Tax Credit is a partially refundable tax credit that can grant students up to $2,500 to spend on their undergraduate tuition and fees.

To earn the credit, students must have an adjusted gross income that is less than $130,000 for joint filers.

Low-income families may be eligible for a credit refund of up to $1,000.

The Lifetime Learning Credit offers a non-refundable credit of up to $2,000.

Students must have a adjusted gross income of less than $53,000, or less than $125,000 for joint filers.

To be eligible, students must have an adjusted gross income of less than $60,000, or less than $107,000 for joint filers.

The Tuition and Fees Deduction can give up to $4,000 toward tuition expenses and fees.

Students must have a adjusted gross income of less than $65,000 or less than $130,000 for joint filers.

To receive the maximum amount possible, students must have adjusted gross incomes of less than $53,000, or less than $125,000 for joint filers.

The Student Loan Interest Deduction offers up to $2,500 for interest paid on federal or private higher education loans.

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Wasting food leads to wasting money, study shows

Don’t Toss Food Before It’s Time
We throw away a lot of food both at the retail level and at home - for a lot of reasons.

On the retail level, food can be discarded because of damage (dented cans), overstocking, unpurchased holiday foods, spillage and blemished foods.

At home, we throw away food for even more reasons, including spillage, lack of knowledge about preparation and portion sizes, the aging of fruits and vegetables, uneaten holiday foods and confusion over “use by” versus “sell before” versus “sell by” dates on packaging. (Unfortunately there are no federal regulations regarding the date information except on infant formula. Some states require date information, but it’s not uniform.)

The Department of Agriculture has completed a major study on food loss, and it has come to some startling conclusions about how much food we throw away in one year.

On the consumer level: fresh fruit, 9.5 billion pounds; fresh vegetables, 12.8 billion pounds; poultry, 3.9 billion pounds; eggs, 2.1 billion pounds; fish, 1.5 billion pounds; milk, 10.5 billion pounds.

Per individual, that means:
- fresh fruit, 40 pounds; fresh vegetables, 59 pounds; poultry, 13 pounds; eggs, 7 pounds; fish, 5 pounds; milk, 34 pounds

When it comes to the calorie value of food that’s thrown away, it’s likely that much food is thrown away simply because of the confusion over the dates. The Department of Agriculture explains:

Sell-by date - How long the store can display the product for sale.

Best if used by (or before) - Use before this day for best flavor or quality.

Use by date - The last date the product is safe to use.

For more information, look for Food Product Dating on the Department of Agriculture website: www.fsis.usda.gov.

David Uffington regrets that he cannot personally answer reader questions, but will incorporate them into his column whenever possible. Send email to columnistnp2@gmail.com.

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New legislator, Highline alum, finds her way

By Ed Hones
Staff Reporter

One of the newest members of the state House, Rep. Mia Gregerson, D-SeaTac passed her first bill and is enjoying the process.

Rep. Gregerson, a Highline alum, said the passage of her first bill marks a milestone in her political career. “It’s another landmark for me – like when I was appointed to the House, and when I was sworn in,” she said. “I hope to do a lot more here that helps out the people I represent, and the state as a whole.”

The measure, House Bill 2723, adds safeguards for homeowners and makes other adjustments to the Foreclosure Fairness Act, the 2011 law that protects borrowers from predatory and unscrupulous practices by lenders in home foreclosures. The measure was supported by lenders and housing advocates and was approved unanimously.

The bill now moves to the Senate.

Rep. Gregerson said they still have fun in the House. “There is a funny hazing ritual they do in the House. If it’s your first bill getting passed, they make it look like your bill is getting unanimously voted against until the last second when they change their votes to pass it,” she said.

Rep. Gregerson said the hazing process didn’t get to her. “My friend June had it happen to her first, so I knew what was going to happen,” she said. She said her fellow representatives have been very welcoming.

“Everyone has been overwhelmingly supportive, helping me learn and putting me on committees,” Rep. Gregerson said.

Among the committees Rep. Gregerson serves on are the Local Government, where she is vice chairperson, Higher Education, and Community Development, Housing and Tribal Affairs. “Education is extremely important,” she said. “The health and well being of our community comes from our education.”

Rep. Gregerson said she is excited to be doing what she is doing. “I am passionate about social justice and making sure issues have a positive effect on the intended group,” she said.

Orwall makes progress on suicide-prevention measures

By Ed Hones
Staff Reporter

A bill that will require health care professionals to get added training in suicide prevention has passed the state Legislature and awaits the governor’s signature.

The bill is part of a multiyear effort by State Rep. Tina Orwall, D-Des Moines, who has been pushing to get more support for suicide prevention efforts for several years.

The State Senate passed Orwall’s measure, House Bill 2315, unanimously. It requires many health care professionals to complete six hours of training in youth suicide screening and referral as a condition on their certification.

Orwall said these measures are about saving lives above all else. “We know that with early interventions suicide can often be prevented. In a person’s darkest hour, when they have the courage to reach out for help, they will get the help they need and deserve. This bill [HB 2315] is about saving lives,” Rep. Orwall said.

“It takes a lot for someone to ask for help. I want to make sure that they can receive that help when they ask and that providers are well equipped,” she said.

Orwall has had a busy session, with another measure, HB 2164, now awaiting the governor’s signature after Senate passage last week.

Supported by the King County Prosecuting Attorney’s Office, the Washington Defenders Association, the Sheriffs and Police Chief’s Association, and the American Civil Liberties Union, the bill requires juveniles who illegally possess firearms to participate in early intervention programs.

“Are we using every opportunity to make sure these kids are getting the treatment they need? This was the question we asked ourselves during the interim,” said Rep. Orwall.

“Instead of waiting until they have committed several offenses or a serious crime to send them to the adequate program, let’s intervene early to keep these troubled kids from repeating the pattern,” she said.

State Rep. Mia Gregerson speaks on behalf of her first bill.

State Rep. Tina Orwall intervene with students struggling with suicidal thoughts, by requiring certified school nurses, school social workers and school counselors to complete training in youth suicide screening and referral as a condition on their certification.

Orwall said these measures are about saving lives above all else. “We know that with early interventions suicide can often be prevented. In a person’s darkest hour, when they have the courage to reach out for help, they will get the help they need and deserve. This bill [HB 2315] is about saving lives,” Rep. Orwall said.

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Rep. Gregerson said she is excited to be doing what she is doing. “I am passionate about social justice and making sure issues have a positive effect on the intended group,” she said.
ESL professor teaches so students can survive

By Joséú Chavez
Staff Reporter

When Dr. Lijun Shen looks at her class of ESL students, she knows where they’re coming from.

"When I was learning English in China, I learned British English and the course was taught by a Chinese teacher, so the English I heard in the U.S. when I first arrived was hard for me to understand," Shen said.

Dr. Shen was born in Shanghai. She came to America in 1986 to attend the University of Washington, where she earned her master’s degree in teaching English as a second language. She also earned her doctorate with emphasis in teaching ESL.

She learned English during school in China, but most of her intensive learning came when she studied at UW. She said she studied very hard and picked up the language by being around people who spoke English.

Before she came to America she taught English as a foreign language in China.

"ESL is teaching English to immigrants in the United States. When you go to another country to teach English, that is teaching English as a foreign language (EFL)," Dr. Shen said.

"In ESL and EFL classes, the instructor does not speak the country’s native language; they only speak English," Dr. Shen said.

But she does think it will help the instructor if they know the foreign language.

"Dr. Shen sees many ESL students who are struggling in this country and one of the biggest obstacles for them is the language barrier.

Her mission in life is to share her knowledge with them.

"With my experience and expertise, I teach them what they need to know in order to survive in this country," Dr. Shen said.

She came to Highline in 1997 to teach ESL classes. At first she taught academic ESL, which is a class for ESL students to learn English for the purpose of surviving in colleges and universities, and about four or five years ago she switched to teaching a reading class that is only for ESL students.

She has been teaching ESL for more than 25 years.

"Dr. Shen has taught at Shoreline Community College, Renton Technical College, and she is teaching a class at Seattle University for students earning their master’s degrees in ESL instruction.

For those pursuing a career as an ESL teacher, Dr. Shen said, "The training prepares you not to focus on the language of the students. You learn the teaching processes, the teaching methodology, the teaching principles, and when you finish your teaching English as a second language degree, you will have the knowledge on linguistics and all the approaches on how to teach ESL.

She said that after the student receives his or her training, they will be able to teach any students whose first language is not English.

Salary depends on experience and the institution that the ESL teacher is teaching in. Most teachers would agree they are not completely satisfied with their pay, but Dr. Shen said she doesn’t do it for the money, she does it to help the students because they are the future of this country.

"Other jobs cannot compare to teaching jobs in terms of making a personal impact in people’s lives. It is really gratifying when years later you meet one of your students in a supermarket and they are really happy to see you and they are so thankful for what you have taught them," Dr. Shen said.

She also said teaching ESL is challenging.

Dr. Shen works with students both inside and outside the classroom and helps them with everything else that comes with the language, like families, students’ emotions, and their motives.

"ESL students have different backgrounds. Some students came from countries that were at war and had many social problems, so I am not only helping them learn English but also helping them with their personal issues. It is very rewarding," Dr. Shen said.

She believes learning the language of the country you are living in is very important.

"It will help you with your personal improvement and it will help society communicate better. Sometimes you can’t find translators when you need them the most and that is why it is important to learn English," Dr. Shen said.

In the ESL program there are different levels. Level one is very basic and level five is the most advanced learning level.

"How fast [students] progress depends on their own learning process. Some students learn very fast and some learn very slowly. It also depends on their background and age," Dr. Shen said.

"According to research, if students want to get from the beginning level to proficiency level it will take about five to seven years," Dr. Shen said.

She said she loves working at Highline and plans to stay here for a long time.

This time our rentals are mostly private and community special events, arts events, weddings and receptions and large corporate events," she said.

When the Dining Hall is completed, it will have the potential to draw thousands of visitors and tourists with more events, which may help improve the income of the historical district, improve economy for local businesses, and draw more attention to the Marina district.

"Construction will take place in 2014, we don’t have a contractor yet, we are still in the design and permitting stages, the building is scheduled to open on January 2015," Thorell said.
Crunch time for finals

Students hunker down on campus to study and prepare for finals that are coming up next week. These students have found a quiet sanctuary in the Library to focus on their textbooks. With a week long spring break quickly approaching, students will soon be able to enjoy some fun in the sun.

Secondary pupils invade campus for Science Olympiad

By Caitlin Berge
Staff Reporter

Highline will be overrun with teenage scientists this Saturday. Middle school and high school students will have the chance to show off their intellectual abilities at the upcoming Science Olympiad.

Highline will be hosting the competition on March 15 from 8:30 a.m. to 3:30 p.m. “We are expecting 500-550 students along with 150 coaches and parents,” Judy Mannard said. Mannard is an engineering and physics instructor at Highline, and is also coordinating the Olympiad. She is seeking 15 volunteers to help the even run smoothly. Volunteers will help with registering students and proctoring exams. The Olympiad is split into two parts. Competitors will first build a device to fit a list of specifications. Volunteers will verify that the devices meet specifications, and record data about the device’s performance.

The second part of the competition is the study event. Students have been studying and preparing to take the Olympiad’s exam all year. Previous participants say they enjoy celebrating their “nerdiness,” Mannard said. These kids take the competition very seriously, Mannard said.

Teams that do well in this competition will advance to the state competition in Spokane, Mannard said.

Mannard is looking for volunteers to take either an 8:30 a.m. to 12:30 p.m. shift, or an 11:30 a.m. to 3:30 p.m. shift. If you would like to participate, contact Mannard at jmannard@highline.edu.

Cyber Defense Competition provides challenges, opportunities

College students from around the Pacific Northwest will have the chance to flex their cyber muscles during the 7th Annual Pacific Rim Collegiate Cyber Defense Competition. Scheduled for March 22 and 23 at Highline Community College, the event provides students with real-world challenges while maintaining a corporate network that cannot be replicated in a typical classroom.

This type of competitive practice gives students better training and preparation for the workforce. “With the recent stories on data security breaches—such as the recent data breach that compromised Target customers’ credit card numbers—it would be good for the public to know that our students are out here learning how to deal with just those sorts of issues,” says Dr. Amelia Phillips, Highline Computer Information Systems faculty member and the Regional Director of the event.

Teams from 13 colleges and universities are scheduled to participate in the annual competition: DeVry University (Federal Way), Evergreen State College (Olympia), Green River Community College (Auburn), Highline Community College, ITT Technical Institute (Boise, Idaho), Lewis and Clark College (Portland, Oregon), Linfield College (McMinnville, Oregon), University of Idaho (Moscow, Idaho), Western Washington University (Bellingham), Whatcom Community College (Bellingham) and the University of Washington, which will send teams from each of its three campuses (Seattle, Bothell and Tacoma).

Each team consists of between six and eight students with a cap of two graduate students on each team. Students from at least one high school will observe the competition and learn what is involved, with the hope that the students will compete in next year’s regional competition.

During the competition, students may be dealing with power outages, network installations or other challenges while being under attack by professional hackers, says Phillips. The hackers will be trained professionals from government agencies, National Guard, Navy’s Space and Naval Warfare Systems Command and local industry.

Open to two and four-year colleges and universities in Washington, Oregon and Idaho, the Pacific Rim Competition serves as the regional competition for the National Collegiate Cyber Defense Competition.

The Pacific Rim region boasts national status with the University of Washington Seattle winning both the regional and national competitions in 2011 and 2012. This year’s national championship is scheduled for April 25 to 27 in San Antonio, Texas.

This is Highline’s fifth year hosting the regional event. Using the computer labs on Highline’s campus, the students in the competition will need to maintain a company network that has been designed by the Idaho State University NIATEC graduate students—complete with security flaws—while they are being attacked.

They will need to secure the operating systems, email servers, websites and other parts of a business network. They must also update their websites, create new user accounts and perform other standard business activities while delivering excellent customer service to irate customers who call in.

The primary objective of the competition is to provide students with real-world challenges. The second objective is to give potential employers—the sponsors—a chance to observe students under pressure. As part of the two-day competition, breakfast and dinner events will be held to allow students to do short interviews with the sponsors and allow sponsors to talk to those students they may be interested in hiring. Sponsors include Boeing, Microsoft, Cobalt Strike, Spawar, Splunk, T-Mobile, U.S. Department of Homeland Security and VMware.
Garden creates a planting community

By Amy Sato
Staff Reporter

Would-be gardeners interested in growing their own – and we’re not talking marijuana here – can sign up for pea patches at the Sonju Community Garden in Des Moines.

Des Moines has operated a community garden for four years now, and it continues to grow in popularity.

Daisy Sonju and her family donated the 10 acres of land for the gardens to the City of Des Moines in 1996.

“The first season for the garden was in 2010 and has been an ongoing project for the community since then,” said Kim Richmond, Sonju Community Garden’s Project Manager.

“It was set up as both a community garden and pea patch because I didn’t want to have one without the other,” she said.

“For me, starting the garden I didn’t want one or the other and we’ve got a great partnership with the food bank and wanted to give back to them by having the community garden and growing food for them,” Richmond said.

“Volunteers for the garden help maintain the orchard on the property,” she said. “Some of the apple trees are 50 years old and to be able to have the old varieties is really cool. And we’ve planted new trees as well.”

“The pea patch is where you rent a plot for a year to grow your own plants,” Richmond said.

“Since many people live in apartments around the area or just don’t have enough yard space it’s a great option for them.”

“If people are wanting to start their own pea patch at the garden I am already getting calls for pea patches,” Richmond said. “To get your own patch either call or email me. They can also get ahold of the Des Moines Parks and Recreation to rent a patch.”

“Rent a pea patch, contact Richmond at kim@tongsongfarms.com or call (206) 878-4995. “Since many people buy large bags of seeds and have extra that could go bad, the seedling swap could be a great way to trade with people who have their extra seeds,” Richmond said.

“I guess the biggest draw is to provide people the space to grow things and to teach them how to plant and grow their own plants,” she said. “And hopefully this year we will have classes for people to learn how to grow their own things.”

“The goal for the garden would be to integrate with a lot of different aspects of the community which include: Highline, the food bank, the Des Moines Parks and Recreation, Parkside Elementary, gardeners, volunteers, and many other groups in the area,” Richmond said.

“We also want to be able to keep expanding within the neighborhood and throughout the area.”

“The garden is at 24728 16th Ave. S.”

Instructor says goodbye
Highline, hello Texas

By Cristina Acuna
Staff Reporter

Professor Dr. Craig Hurd-McKenney is leaving Highline for a Texas university, but he won’t actually leave the Seattle area.

After 13 years of teaching English at Highline, Dr. Hurd-McKenney has accepted a full-time position as a Business/Technical Writing instructor in the Zachry Department of Civil Engineering in the Dwight Look College of Engineering at Texas A&M University.

“It’s been such a great learning experience,” Dr. Hurd-McKenney said. “In the time here, I’ve made huge personal progress in both of those things.”

He thanks former professor Larry Blade for having taken a chance on a “young and dumb, but energetic” teacher back in 2001.

“It is not necessarily that I want to move on, but I have always promised myself that when opportunities came to me I would always seriously consider them and never just say no to begin with,” Dr. Hurd-McKenney said.

Although his new position is for a university in Texas, he will be teaching the class online.

“I am going to be doing a lot of video work. We’re utilizing skype, so we really will be having conversations,” Dr. Hurd-McKenney said. “I think that is [the biggest challenge]; how do you connect with somebody in a substantial way when you don’t ever see them?”

Making meaningful connections with faculty and students is something he’s taking away from his time at Highline.

“The biggest lesson I will take from Highline is that it is immensely important to get to know someone on a personal level,” he said. “The longer that I was here, the more I saw that if I wasn’t connecting with them [students and faculty] on a personal level, I wasn’t doing my job because it has everything to do with understanding where people are coming from.”

He explained that though his students are sad to see him go, they are also excited for him.

“I think a lot of them are sad that they can’t sign up for additional courses with me but they also understand that opportunities don’t come along all the time,” Dr. Hurd-McKenney said. “A lot of people are afraid of change, of having to learn a new environment, but that has never been something that has worried me.”

Apart from his time as a Highline instructor, this also marks the end of his four-year involvement with the queer community on campus.

“That has been a huge part of what has kept me involved here on campus,” Dr. Hurd-McKenney said. “I want to see that work continue. We can’t let ourselves become complacent. We know there’s homophobia and ignorance everywhere. You can become educated on this issues and get it.”

“That work doesn’t stop just because we got one little thing,” he said. “We can always do more to make the campus safer and more comfortable.”

As part-time faculty, Dr. Hurd-McKenney said that the most meaningful connections he made at Highline were with students, which is what he will miss most when he is gone.

“Having interacted with so many cool students over the last years, I will probably miss the students the most because as a part-timer we don’t always see everybody on the instructional, staff side,” he said.

“I’ve worked with such a variety of people from 16 to 80 years old. Just the different life experiences and watching how people share those stories and themselves,” Dr. Hurd-McKenney said. “That’s what I’ll miss.”

He thanked several people who positively impacted his time at Highline. Among them were Sunny Ybarra, Benjamin Montoya, Angi Caster, Lauri Spivey, Allison Green, and the Highline administration.
NEW NONPROFIT MANAGEMENT CERTIFICATE (19 CREDITS)

For people who would like to start a nonprofit organization or who are seeking a career in the nonprofit sector, and for those already working or volunteering for nonprofit organizations who want better knowledge of the legal, strategic, financial and marketing “best practices” for sustaining and growing their organization.

- Legal 120 Nonprofit Law - 5 credits
- ACCTG 128 Nonprofit Corporation Accounting - 5 credits
- BUSN 238 E-Marketing - 5 credits

AND
4 credits in Fundraising for Nonprofit Organizations*
- HOST 109 Fundraising Event Planning - 2 credits
- BUSN 157 Grant Writing - 2 credits
- BUSN 158 Cultivating Individual Donors – 2 credits

All of the courses qualify as elective credits for the Associate of Applied Science Degree in Entrepreneurship. Legal 120 & Acctg 128 qualify as electives for an AAS in Paralegal Studies. The courses are also available to the public through HCC Continuing Education.

*The Fundraising part of the certificate consists of 3 options but only 2 of the 3 courses are required to earn the certificate.

The college provides equal opportunity in education and employment and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, marital status, creed, religion, or status as a veteran of war. Prohibited sex discrimination includes sexual harassment (unwelcome sexual conduct of various types).
About 2,000 students take a math class per quarter, making Dusty Wilson a professor to teach it.

“Start taking math early and take it every quarter until you are done,” Wilson said. Professors recommend students who are on the waitlist to attend the class on the first day. The waitlist for Spring Quarter closes on March 30.

The Math Department, the Math Department has fewer math classes in the spring than in fall due to a decline in enrollment.

You (students) have to take more English requirements than math but most people are not at 100,” Dusty said.

A general associate of arts degree only requires a 5-credit math class above 100, but 15 credits in English.

“Many students, whether they are Running Start students or already graduated from high school, come to Highline taking below 100 level math classes in the fall and winter. In Spring Quarter these students are then able to take classes like Math 111,” Wilson said.

“Start taking math early and take it every quarter until you are done,” Wilson said. Professors recommend students who are on the waitlist to attend the class on the first day. The waitlist for Spring Quarter closes on March 30.

The Biology Department tries to accommodate to more students whenever possible. Biology 212 and 213 were added and are still open.

“Xu would likely face deportation after he completes the sentence,” Donohoe said.

Prohibited sex discrimination includes sexual harassment (unwelcome sexual conduct of various types).

The Biology Department the largest on campus, Wilson said.

The reason is because most students do not go to Highline prepared to take a 100 or above level math class.

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“Many students, whether they are Running Start students or already graduated from high school, come to Highline taking below 100 level math classes in the fall and winter. In Spring Quarter these students are then able to take classes like Math 111.”

“The majority of our students would not take math if we did not require them,” Wilson said.

Similar to the Biology Department, the Math Department has fewer math classes in the spring than in fall due to a decline in enrollment.

Not only are the fields that require these classes in demand, but also the professors to teach them.

Barclay said qualified microbiology professors are often hard to find.

The limit on classes also depends on the amount of lab space available. There are 25 to 30 lab classes for biology every quarter, sharing four labs.

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“It’s hard to schedule in the afternoon because students have to work,” Barclay said.

Signing up for sciences classes in the spring may also be difficult due to the reduced number of classes. Fall Quarter normally has more classes because more students enroll in fall.

The Math Department on the other hand is more flexible with students on the waitlist.

“We can just add sections,” Math professor Dusty Wilson said, if waitlists are long enough to fill another class and if there is a professor to teach it.

About 2,000 students take a math class per quarter, making the Math Department the largest on campus, Wilson said.

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