

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.

Initiative 502 legalized marijuana at the state level, but where it can be sold is regulated at the city level under the criteria set up by the Washington State Liquor Control Board.

"In terms of what cities had to do, cities had to establish where growers and processors would be located, then it's the state who determines who will get a license and then

the city gives a license and permit also and sees where the business would fit within the city," said the Des Moines Community Development Manager Denise Lathrop.

"They [WSLCB] set up a criteria for where we can allow producers, processors, and retailers within the city limits. They left us with limited areas of the city that met the criteria," said Lathrop.

"There weren't many locations in the city where we could do zoning, period," said the Mayor Pro Tem Matt Pina.

"You have to allow for zoning in the city. Since we are a narrow city with schools and churches all along it, it was hard to pick an area so Pacific was that location," Pina said.

"We had to put them (the marijuana zones) in the areas we thought there would be the least impact. We looked at proximity and Pacific is primarily a commerce center which is why we chose that area, we did our best to choose a location," he said.

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

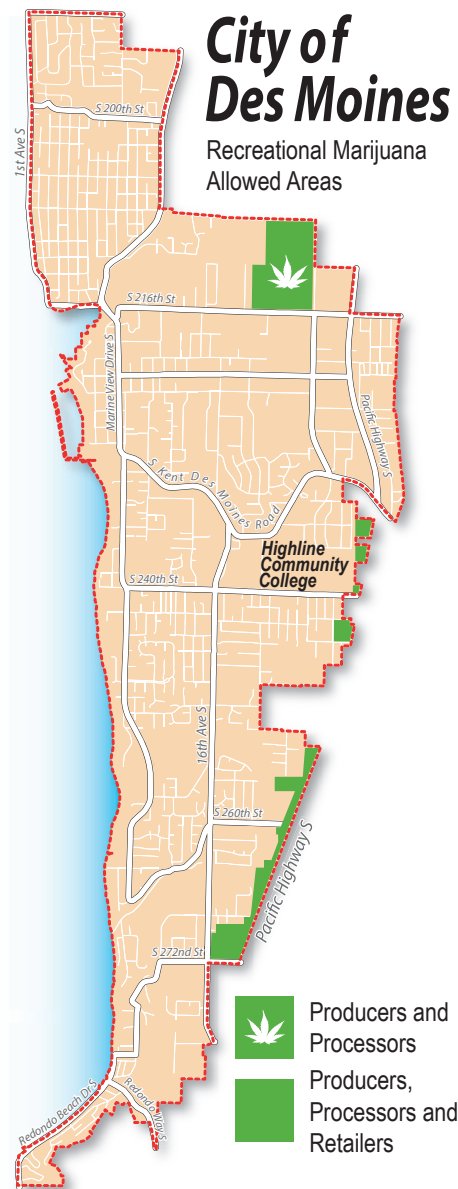
"At the time, we didn't talk about the college itself and we didn't really have any specific conversations with the college," said Lathrop.

Lathrop said that Des Moines published a public notice in the Seattle Times but did not receive any response from the public about their proposed zoning areas.

"Our 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 city understands the college'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.



Aaron Fields/THUNDERWORD

Man gets 17+ months in Highline alum death

By Rebecca Starkey
Staff Reporter

The man who killed Highline alumnus Brenda Gomez-Zapata was sentenced to 17 and a half months in prison last Friday.

Yichun Xu, 20, was sentenced to 17 and a half months in prison and 18 months of community supervision at a court hearing on March 7.

Xu pleaded guilty to one count of vehicular homicide/disregard for the safety of others and three counts of reckless endangerment at a court hearing on Feb. 25.

In November 2012, Xu, a South Puget Sound Community College student from China, ran a stop sign in a Des Moines residential neighborhood and crashed into Brenda Gomez-Zapata's vehicle, fatally injuring her.

"The standard sentence [for this sort of crime] is 15 to 20 months," said Dan Donohoe,

See Sentence, page 20



Sam Hong/THUNDERWORD

Classes such as this anatomy and physiology course fill up quickly in spring as students wait until the last minute to take required classes.

Science classes, waitlists fill fast

By Michaela Vue
Staff Reporter

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 during Spring Quarter. This leaves about 500 students on the waitlist.

Although enrollment de-

creases from Fall Quarter, science classes increase in sections in Spring Quarter to accommodate more students.

Science classes tend to have longer waitlists because many students need them for pre-allied health, nursing and dental hygiene, said biology professor Gerry Barclay.

General Associates of Arts degrees require the minimum of one non-lab and one lab science class while more specific

degrees increase in science requirements.

Two out of 25 biology with lab classes are open.

Two out of 22 chemistry with lab classes are open.

Two out of three geology with lab classes are open.

Two out of seven physics with lab classes are open.

Microbiology is one of the most popular classes and all

See Waitlist, page 20

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Softball team recruits new players to start the season



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The Commons mall opens Kohl's and plans more improvements



Male taker 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 up a skinny brown cigar after exiting the women restroom.

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

Thiefs 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

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.



Tim McMannon

"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 Lorraine McConaghy, giving a

presentation called "The Civil War Experience in the Pacific Northwest."

"Lorraine and I went to grad school together," he said. "We were TA's 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.

Lorraine McConaghy 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.



News Briefs

Lockers emptied Friday, March 27

Lockers in Building 27 must be cleared by tomorrow.

Building 27 will be under construction for renovation during break.

Anything still in the lockers after Friday, March 27 will be confiscated and donated or thrown away.

For any questions or concerns contact Darin Smith at 206-878-3710 ext. 3308 or dsmith@highline.edu

Get connected to your career

Highline Alumni Relations is hosting an event to provide hiring tips to students.

"Career Connections-How to Get Hired!" will be today from 6 to 8 p.m. in Building 8, in the Mt. Constnace and Mt. Olympus rooms.

The event will be presented by Starbucks District Manager Matt Cohen, followed by a Q & A.

No registration will be required and appetizers will be provided.

For more information, email Madison Gridley at mgridley@highline.edu

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 Health-point staffers.

As the deadline approaches its pertinent to learn about eligibility requirements for Obamacare 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. Registraton is required.

For more information visit <http://www.wabse.org>.

Congratulations

If you're graduating, transferring or taking your new skills to the workforce there are a number of reasons to stay connected to your alma mater, Highline Community College. Networking activities, reunion events and promotions throughout the year are a few of the benefits of being an alum.

KEEP THE CONNECTION

Learn more at alumni.highline.edu

HCC Alumni Relations
HIGHLINE COMMUNITY COLLEGE



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



Emma FitzPatrick/THUNDERWORD

Coordinator Raegan Copeland shows where the new urban agriculture garden site will be, near Building 21.

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 and includes instruction on seasonal food preparation," Copeland said.

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



Emma FitzPatrick/THUNDERWORD

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.

"The time is nearing for the drainage pond to get some attention," said Barry Holldorf, director of facilities.

"We bring in the goats to trim up the place while bees do all the fertilization," he said.

"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.

"Building 27 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 Building 26 and Building 16, Herndon said.

Other mini projects around the campus include repainting multiple buildings.

"The plan is to go from Omaha blue to a more earthy color," she 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 sometimes still 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.

When high school seniors are a priority due to the large number of them applying compared to transfers, why even look at high school course work?

Transfer students should be able to put their high school careers behind them and prove themselves solely on their college course transcripts and extracurricular activities.

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 their prospective university does not accept some of their credits.

At the end of the day the direct transfer agreement is not the problem, the universities are.

Universities cherry pick your transcript and become extremely picky, sometimes completely ignoring the direct transfer agreement, in turn making your university education 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 is very appealing. It's less expensive but can be just as good of an education as one from a four-year school.

Part of the American dream is to attend college in order to live a more comfortable life.

But the fact remains that as long as the process to transfer is full of obstacles, the equal opportunity to receive a higher education will not be so equal.

When going to college gets complicated it makes higher education a more distant reality.

Distracted driving ends with you

Being the only 18-year-old I knew who had been driving for two years with a flawless record, 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 road 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'm 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 initial impact knocked the wind out of me as my car spun uncontrollably on the wet pavement into the incoming lane. At that point I was



Commentary

Kaylee Moran

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 people 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 teens or new drivers 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, reading (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-manual subtasks 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 and 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 a very cautious driver now and I keep all distractions under my control to a minimum. Nothing is more important than the safety of yourself and other drivers around you.

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.

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

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

Write to us!

Hooray 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 futil-

ity. 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 ulti-

mately deny the intrinsic value of our lives. As with Stoppard's play, the program will end with the ironic twist that another theatrical program has fallen. The Bard who penned life into our language and literature, can no longer find a stage on which to perform.

Rosencrantz and Guildenstern are Dead.

— Dusty Wilson,
Highline Math Instructor

the Staff “

I'm not the hero the newsroom needs,
I'm the one it deserves.

” E-Mail: tword@highline.edu

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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 tan under 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, they can't see you anymore and you can barely see them. Even worse, you're too tired to keep on swimming.

Hopeless and lost at sea--this is what a person with depression feels like.

I, like one in every 10 US adults, once suffered from depression.

It was by far the lowest and



Commentary

Cristina Acuna

most significant point in my life.

During this time, I learned

priceless lessons about life and happiness.

Unfortunately, I also became aware of the harsh social stigma attached to mental illness, and that is something I will not soon forget.

As a society, we lack finesse when we use words such as crazy, psycho and depressed.

Who hasn't heard people call the weather bipolar when it rains after a sunny morning?

I often hear people claim to be depressed over a broken nail or a canceled show, overlooking the avalanche of implications attached to the word.

Depression goes beyond just making you feel blue--it dips your whole life in blue ink.

Food loses its taste. Scents become faint.

Light turns unappealing.

As you fight against the blurring of your senses, you have to deal with unhelpful advice from everyone around you.

"Get over it," some tend to say. "There are people who are dying; lighten up!"

But the thing 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 com-

plain 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 tight grip my personal ocean had on me, I managed to emerge from the water, eager to keep on 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.



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 females have about how video games portray them

People such as Anita Sarkeesian preach 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 I have grown up with.

I don't believe in digital sexism because video games are not about gender or 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.

G a m e s with a hero plot don't always involve a damsel in distress. And the ones that do allow the damsel to be a badass. These games include titles such as *Portal*, *Mirrors 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



Commentary

April Pacheco

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 and get frustrated with the trash talk. It's like playing football and suing for being tackled.

If you're good at playing 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.

Balancing past, present can make for a better future

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 this 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 turned my back on the mistakes I made and I have also opened myself to looking back on them.

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



Commentary

Ipek Saday

anything was go back and fix the things I hadn't done right the first time.

And yet when I turned away from my past, 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 to find a balance. We have to find a way to juggle between letting go and embracing the mistakes we made.

Dwelling prevents us from letting go, but turning away doesn't allow us to learn from our choices.

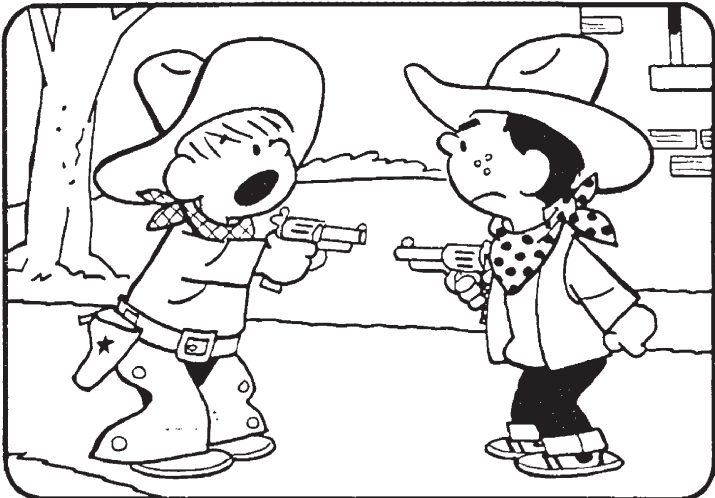
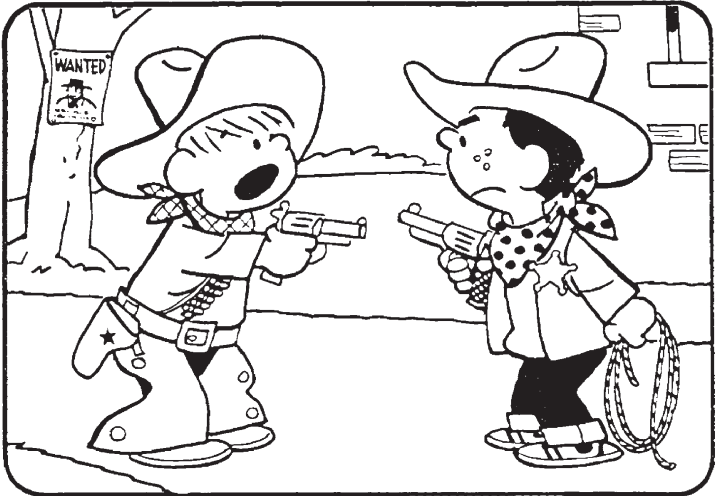
We have to acknowledge that we made a mistake and we have to go about life doing our best to make sure it doesn't happen again.

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 jogs by us as we're 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.

HOCUS-FOCUS BY
HENRY BOLTINOFF



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CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How quickly can you find them? Check answers with those below.

Differences: 1. Poster is reversed. 2. Holster is missing. 3. Bullet belt is missing. 4. Gun is moved. 5. Star is missing. 6. Rope is missing. 7. Star is missing.

Weekly SUDOKU

by Linda Thistle

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

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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- TELEVISION: What was the name of the coffee shop featured on the sitcom "Frasier"?
- U.S. STATES: What is the United States' northernmost state capital?
- FOOD AND DRINK: What are crudites?

- THEATER: What was the first rock musical to play on Broadway?
- LANGUAGE: What is logorrhea?
- LITERATURE: Who wrote the novel "The Spy Who Came in from the Cold"?
- GENERAL KNOWLEDGE: About what percentage of people are left-handed?

King Crossword

ACROSS

- "Wow!"
- Sphere
- Auto pioneer Henry
- Pinnacle
- Fish eggs
- Great Lake
- Ocean-going vessel
- CBS crime-solving series
- Easily angered person
- Swiss mathematician
- "Of course"
- Fellow
- Harsh
- Ideological conflict
- Move like 38-Across
- Author Umberto
- Historic period
- Franks
- Starsky's partner
- Kanga's kid
- Chance
- Spotless
- Rarity in Hell?
- Trouble
- Jason's ship

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			

- Teen's facial woe
- Peculiar
- Go sightseeing
- Bellow
- Golf ball holder
- Fencing sword
- Fruitful
- Verbal
- Get up
- Antelope's playmate
- Transaction
- "A mouse!"
- Cattle call?
- "Be quiet!"
- Excessively
- Suitable
- IV measures
- Drench
- Curved line
- "Hurray!"
- Id counterpart
- Bureau compartment
- Chaplin's
- O'Neill
- "2001" computer
- Latest news
- Teeming throng
- Burn somewhat
- Crazy
- Sicilian spouter
- Relinquish
- Let fall
- Chills and fever
- Bygone times
- Youngster

DOWN

- Long cut
- Reverberate
- Send forth
- Gentle breeze
- Killer whales
- Crucifix
- canto

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Even Exchange by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|-----------------------|-----------|---------------------|-----------|
| 1. Chess move | — — E — — | Barnyard baby | — — I — — |
| 2. Literary medium | — — — S — | Investigate | — — — B — |
| 3. Precious medal | — I — — — | Serving tray | — A — — — |
| 4. Place a bet | — — G — — | Thirst quencher | — — T — — |
| 5. Talk excessively | — — B — — | Dangling ornament | — — U — — |
| 6. Fad | — — — Z — | Yearn | — — — V — |
| 7. Gordon of comics | — — A — — | Poker hand | — — U — — |
| 8. Mr. Mitty | W — — — — | Bridle | H — — — — |
| 9. Kite-flying season | — — — — G | Short distance race | — — — — T |
| 10. Mason's material | — — — C — | The very edge | — — — N — |

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- GEOGRAPHY: What is the smallest country in the world with a coastline?
- ANATOMY: In human beings, how long is the average interval between eye blinks?
- FAMOUS QUOTES: Who once said, "A word to the wise ain't necessary -- it's the stupid ones that need the advice"?
- Answers:
 - Cafe Nervosa
 - Juneau, Alaska
 - Raw vegetables often served as appetizers
- HAIR: Excessive wordiness
- JOHN LE CARRE: 10 percent
- MONACO: 2-10 seconds
- BILL COSBY: Bill Cosby

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Peanut month spotlights tasty recipes

March is National Peanut month! It's time to celebrate America's most popular nut.

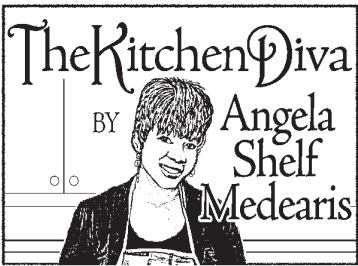
The peanut plant probably originated in South America. European explorers first discovered peanuts in Brazil. Tribes in central Brazil also ground peanuts with maize to make a drink.

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 commercial 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 prominent 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.



There is evidence that ancient South American Inca Indians were the first to grind peanuts to make peanut butter. In the United States, Dr. John Harvey Kellogg (of cereal fame) invented a version of peanut butter in 1895. Peanut butter was first introduced at the St. Louis World's Fair in 1904. It is believed that the U.S. Army popularized the peanut butter and jelly sandwich, using them for sustenance during maneuvers in World War II.

Americans average more than six pounds of peanut products each year. Peanut butter accounts for about half that total -- with \$850 million in retail sales each year.

Despite the fact that peanuts are high in fat, they are still an excellent food choice because they provide a variety of important nutrients. Peanuts contain protein, fiber and healthy monounsaturated and polyunsaturated fats, all of which improve health and lower the risk of chronic disease.

A study of more than 15,000 peanut consumers determined that they had higher levels of vitamin A, vitamin E, folate, magnesium, zinc, iron, calcium and dietary fiber than people who did not eat peanuts. These nutrients are needed by the body to function properly.

Peanuts play a role in lowering blood pressure and chole-



Spicy peanut-crusted chicken perks up an ordinary chicken meal.

sterol, and improving longevity and performance. Peanuts help prevent chronic diseases such as heart disease, diabetes and cancer.

Studies have shown they can decrease lipid levels and may reduce inflammation, a cause of chronic disease. Researchers also have found that mortality decreases as the frequency of eating nuts like peanuts increases.

In addition to all of these wonderful benefits, peanuts are affordable and easy to find, making them a great addition to a nutritious diet. This recipe for Spicy Peanut-Crusted Chicken adds a healthy crunch to boneless, skinless chicken breasts or thighs.

SPICY PEANUT-CRUSTED CHICKEN

- 1/2 cup flour
- 1 tablespoon poultry seasoning
- 1 tablespoon garlic powder
- 1 teaspoon cayenne pepper
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1/2 cup prepared mustard
- 2 tablespoons honey

- 2 cups dry roasted peanuts, finely chopped
- 4 boneless skinless chicken breasts or thighs, or a combination of both
- 2 tablespoons butter
- 2 tablespoons olive oil

1. In a pie pan or shallow bowl, combine flour, 1/2 tablespoon poultry seasoning, and a 1/2 teaspoon each of garlic powder, cayenne pepper, salt and pepper; mix well. In a second dish, combine mustard and honey with remaining 1/2 teaspoons of garlic powder, cayenne pepper, salt and pepper.

2. 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.

3. 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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County Mayo casserole sets all eyes to smiling

My Irish eyes start smiling just thinking of this simple but grand main dish for St. Patrick's Day.



by JoAnna M. Lund

For this recipe, you will need the following:

- 2 cups chopped cabbage
- 1/2 cup chopped celery
- 1/2 cup chopped onion
- 1 cup shredded carrots
- 2 (2.5-ounce) packages 90 percent lean corned beef, shredded
- 2 cups cooked noodles, rinsed and drained
- 3 (3/4-ounce) slices reduced-fat Swiss cheese, shredded
- 1 (10 3/4-ounce) can reduced-fat cream of mushroom soup
- 1/4 cup fat-free mayonnaise
- 1 teaspoon prepared mustard
- 1/4 teaspoon black pepper

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

2. In a large skillet sprayed with cooking spray, saute cabbage, celery, onion and carrots for 10 minutes or until tender. Stir in corned beef, noodles and Swiss cheese. Add mushroom soup, mayonnaise, mustard and black pepper.

3. 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 4 servings.

• Each serving equals: 289 calories, 8g fat, 16g protein, 36g carb., 983mg sodium, 3g fiber; Diabetic Exchanges: 2 Meat, 1 1/2 Starch/Carb., 1 Vegetable.

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A baking soda and water mix is great for tile floors if you want a quick mop up. If a lot of your floors are tile, do yourself a favor and invest in a steam mop. They clean and sanitize, leaving your floors brilliant.

Cookies, brittle make peanuts come alive

Peanut Butter Cookies

Great as an afternoon snack or special treat to sneak into a paper bag lunch. If you like, instead of crosshatching the cookies with a fork, lightly press mini nonmelting chocolate-covered candies into the top of each cookie before baking.

- 1 1/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup creamy peanut butter
- 1/2 cup butter or margarine (1 stick), softened
- 1/2 cup packed brown sugar
- 1/4 cup granulated sugar
- 1 large egg
- 1/2 teaspoon vanilla extract

1. Preheat oven to 350 F. In small bowl, combine flour, baking soda and salt.

2. In large bowl, with mixer at medium speed, beat peanut butter, butter, brown and

Good Housekeeping

granulated sugars, egg and vanilla until combined, occasionally scraping bowl with rubber spatula. Reduce speed to low. Add flour mixture and beat just until blended.

3. Drop dough by heaping tablespoons, 2 inches apart, on two ungreased large cookie sheets. With fork, press criss-cross pattern into top of each cookie. Bake until lightly browned, 15 to 20 minutes, rotating cookie sheets between upper and lower oven racks halfway through baking. With wide spatula, transfer cookies to wire racks to cool completely.

4. Repeat forming and baking with remaining dough. Makes about 36 cookies.

• Each cookie: About 100 calo-

ries, 3 g protein, 9 g carbohydrate, 6 g total fat (2 g saturated), 13 mg cholesterol, 114 mg sodium.

Peanut Brittle

Nibble this old-time treat on its own, or crush it and serve over ice cream. For variety, try other nuts, such as almonds or cashews.

- 1 cup sugar
- 1/2 cup light corn syrup
- 1/4 cup water
- 2 tablespoons butter or margarine
- 1 cup salted peanuts
- 1/2 teaspoon baking soda

1. Lightly grease large cookie sheet.

2. In heavy 2-quart saucepan, combine sugar, corn syrup, water and butter; cook over medium heat, stirring constantly, until sugar has dissolved and syrup is bubbling.

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); immediately pour onto prepared sheet. With two forks, quickly lift and stretch peanut mixture into 14-by-12-inch rectangle.

5. Cool brittle completely on cookie sheet on wire rack. With hands, break brittle into small pieces. Layer between waxed paper in airtight container. Store at room temperature up to 1 month. Makes about 1 pound.

• Each ounce: About 146 calories, 2 g protein, 22 g carbohydrate, 6 g total fat (2 g saturated), 4 mg cholesterol, 103 mg sodium.

Blood drive gives opportunity to save lives

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.psbcc.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 [pint] 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 West-



Volunteer donors are encouraged to give blood at this spring’s blood drive at Highline. The blood center visits Highline at least twice a year, and credits students for their generous support.

ern 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 hemophilia 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 do it 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, when 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, then 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 somebody,” Xitco said. “It takes a little courage and love.”

Exercise can help boost your mood, prof says

By Caitlin 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 courses.

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



Highline professor Darin Smith explains the benefits of exercise.

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
Staff Reporter

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 impressionistic 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



Shurvon Haynes

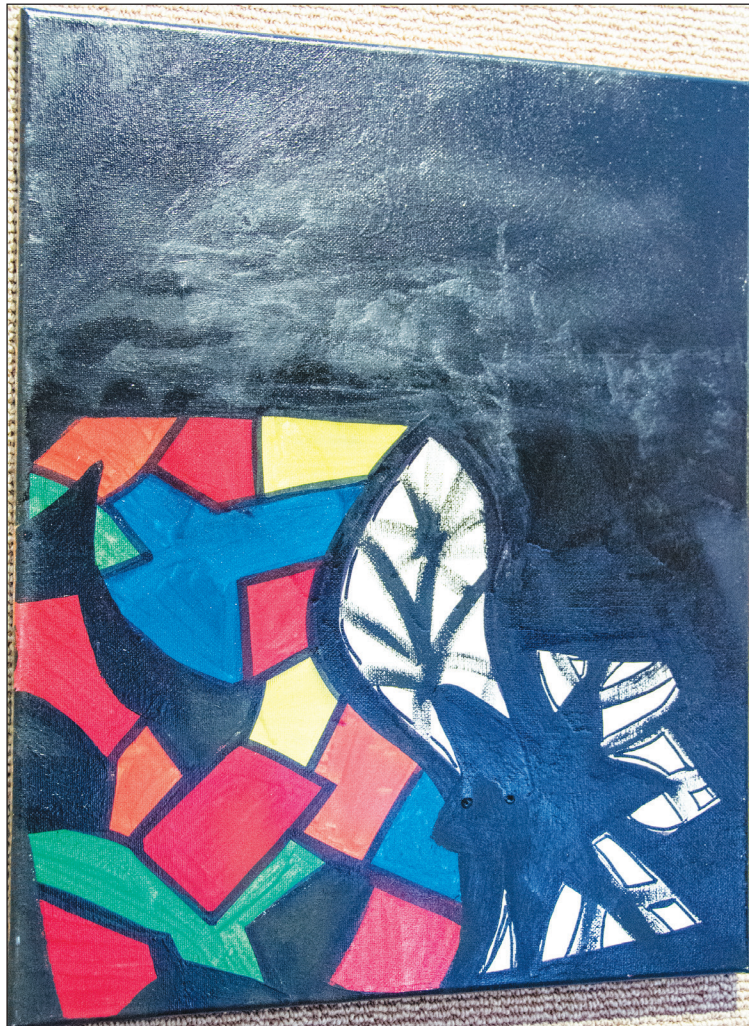
her work is just as important as what is considered "traditional

artwork."

Haynes has always been creative, but she said she started making art on a consistent basis in 2009.

Each piece that is on display in the gallery is different, she said.

"I used different materials, style, and painting techniques.



Pieces by former Highline student Shurvon Haynes have found a temporary home on the fourth floor of the Library.

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 series. Then, I will see which direction I will go in. 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, 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, 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, 7 a.m.-9 p.m., Saturday, 10 a.m.-5 p.m., and Sunday, 2 p.m.-9 p.m.



- Highline's Drama Department presents *Rosencrantz 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 Auburn Parks, Arts and Recreation at 253-931-3043.

- Centerstage Theater will present *Cuff Me: The Fifty Shades of Grey musical 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 only, tickets are \$30 for adults, \$25 for ages 25 and under, \$28 for military and \$28 for seniors. For more information visit centerstagetheatre.com.

- All the way from the heart of Harlem in New York City, the Harlem Gospel Choir brings foot-stomping, hand-clapping blues, jazz, and gospel spirituals to Kent. They have performed for Nelson Mandela and have shared the stage with artists such as Bono, Sinéad O'Connor and Diana Ross. The choir will perform on Saturday, April 5 at 7:30 p.m. at the Kentwood Performing Arts Center, 25800 164th Ave. SE. General admission tickets are \$28, \$25 for seniors, and \$15 for youth. To purchase tickets visit app.arts-people.com/index.php?show=37164. For more information on the Harlem Gospel Choir visit harlemgospelchoir.com.

Got arts news?
Contact Bailey Williams
bwilliams@highline.edu

Highline 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 others will 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



Sam Hong/THUNDERWORD

Highline's Chorale students prepare for tonight's free retrospective musical performance.

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."

WATOTO CHILDREN'S CHOIR

Singers turn tragedy into melodies

By **Josué 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 Wototo Children's Choir will be performing at the Des Moines Normandy Christian Church at 6:30 p.m.

Canadians Gary and Marilyn 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



The Watoto Children's Choir travels around the world and will perform at the Des Moines Normandy Christian Church, 908 S 200th St, on March 14 at 6:30 p.m.

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.

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 Sell who works in the Institutional Advancement department, opens April 3 with a pay-what-you-will showing.

All proceeds will help benefit Highline students majoring in the arts through the Breeder's Theater scholarship fund.

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 Tolstoy and a splash of *Toy Story*.

The play takes you through the life of Katarina Karenin, narrated by Russian nesting dolls.

Tolstory is directed by Teresa Widner Hicks, and features local talents Deena Chapman, Adrienne Grieco, Maddy Rasmussen, Laura Smith, and Erika Zabelle.

Tolstory is the story of a life, said Chapman, a frequent performer in the Highline Drama Department.

"The dolls belong to Katarina, they watch and comment as she progresses from infancy to old age. At each stage of her life Katarina faces a turning point or crisis, and the dolls help her at these times by performing stories meant to convey some meaningful advice," she said. "That [description] sounds dull



Left, Erika Zabelle, Teresa Widner Hicks, Deena Chapman, Laura Smith and Adrienne Grieco rehearse for the upcoming performance of Breeders Theater's Tolstory. The show opens on April 3 at the Des Moines Beach Park Auditorium.

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 fracture 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 both male and female 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 im-

portance 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 re-vamped 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



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

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 .323 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.

Sam Hong/THUNDERWORD

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,

Scoreboard		
WOMEN'S SOFTBALL		
West Region		
Team	League	Season
	W-L	W-L
Pierce	0-0	5-2
Green River	0-0	1-2
Highline	0-0	0-1
Centrallia	0-0	3-5
So. Puget Sound	0-0	0-3
Greys Harbor	0-0	0-4
North Region		
Bellevue	0-0	6-3
Olympic	0-0	3-3
Skagit Valley	0-0	1-3
Edmonds	0-0	1-3
Everett	0-0	0-4
Douglas	0-0	0-0
East Region		
Treasure Valley	0-0	4-2
Yakima Valley	0-0	2-0
Wenatchee Valley	0-0	2-1
Columbia Basin	0-0	0-2
Big Bend	0-1	1-3
Spokane	0-0	1-3
Blue Mountain	0-0	0-3
Walla Walla	0-0	0-4
South Region		
Clark	1-0	4-1
Mount Hood	0-0	8-0
Clackamas	0-0	6-0
SW Oregon	0-0	6-3
Chemeketa	0-0	5-2
Lower Columbia	0-0	2-1

against Everett at 2 p.m., in Everett.

March 25 through March 27, the team will be down in Arizona competing against nationally ranked teams.

After Arizona, Highline will take on Pierce in a doubleheader, April 4, at 2 p.m., at home.

Then the Lady T-Birds will compete in a doubleheader against Centralia, April 5, at 12 p.m., in Centralia.

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 it’s 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 that for 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 are hit 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 to “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 \$2,500.

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.

Highline b-ball needs some big players

By **Mariah Campbell**
Staff Reporter

After finishing their season, the Highline men's basketball team is transitioning into offseason and preparing for next year.

The Highline men's basketball team ended the season third in the NWAACC. This season Highline had a 11-5 record in the West Division and overall record of 23-8.

"It's bothersome to get so close to the championship game, but for a brand new group of pretty inexperienced guys we had a great season," Head Coach Che Dawson said.

During spring, the coaching staff will be recruiting for the 2014-2015 season. Highline has two graduating sophomores as well as a few heading off to play for four-year schools.

The Highline men's basketball team is losing two of their tallest players. Sophomore forwards, Joseph Stroud who is 6'8" and Ryan Swanstrom who is 6'9".

Stroud will be a big lose for the T-Birds. He was lead scorer in many games, was the NWAACC defensive player of the year, and made first all tournament team in the play-offs this year.

"Our priority is big guys. If there is a perimeter player who has a chance to play more than our current guys we are always looking to make the team better," Dawson said.

The T-Birds have 10 eligible players that will be returning next year as well as three players that redshirted this year.

Harold Lee, freshman guard, who is one of the 10 returning players next season, says on twitter that he is blessed to be a part of the program here at Highline.

The T-Birds are planning on keeping pretty busy this offseason to build off the success of this year.

"We have to get a lot stronger and we have to shoot the ball a lot between now and October," Dawson said.

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 NWAACC 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 freshman 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.

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Federal Way mall opens store, plans for more



Sam Hong/THUNDERWORD

A new Kohl's department store opened in The Commons mall in Federal Way late last week. The store fills almost 60,000 square feet.

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.

Macy's, Target, Sears, a 16-screen Century Theatres and the new Kohl's anchor are 783,299 sq. ft. of retail space at the mall.

"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 begin-

ning 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 and Thursdays, 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 increases 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 sessions are available through walk-ins on campus and are done on a one-on-one basis by volunteers, Kim said.

The volunteers speak multiple languages.

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

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 \$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.

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

The credit can only be used for tuition and fees, but it can go towards either undergraduate, graduate and/or continuing education programs.

To receive the maximum amount possible, students must have adjusted gross incomes of less than \$53,000.

Joint filers must have less than \$107,000.

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

To be eligible, students must have an adjusted gross income of less than \$60,000, or less than \$125,000 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.

For additional information on any of the above tax breaks, go to www.salliema.com.

PCC rejects mayor's request to put supermarket at old QFC location

By Kintasha Jackson
Staff Reporter

PCC Natural Market has rejected the mayor of Des Moines' proposal to re-locate the grocery store to the former QFC site, but like an unrequited suitor, the mayor is not willing to give up.

Mayor Dave Kaplan is interested in filling the open QFC space at South 216th Street and Marine View Drive in downtown Des Moines with a grocery store such as a PCC.

The property of the old site is owned by two different families, which makes the decision a little difficult. One of the families is in New York and the other is a local family whom reside in Bellevue.

"They both want to build together but the challenge is working together or not. The decision of what to do with the space is ultimately up to them," said Kaplan.

As for Des Moines, "The city would like to see a grocery store there," said Mayor Kaplan.

Although there is no intended time or decision on what to



Sam Hong/THUNDERWORD

Space in Des Moines remains empty due to PCC's decline to mayors proposal.

do with the space he think this would be the best idea for the city.

Having that open space filled would help benefit the city in many ways, Mayor Kaplan said.

The sales tax that is collected from having that space filled

would compliment other fees and taxes that they collect. The funds from these fees would go toward things to help the city. It would help pay to maintain parks and would help to pay city-funded jobs such as police officers as well.

Mayor Kaplan explains how another grocery store in this space may be the best choice and is interested in particularly seeing a PCC Natural Market there himself.

"If enough people get on board to join, PCC may give

Des Moines a look but there are no guarantees," Kaplan said.

As for PCC, board member Janice Parker said, "We want to be in many neighborhoods that can support PCC as it costs millions of dollars to open a store."

Parker explains how due to the high cost of opening stores and with two new locations being opened in the Seattle area they don't have funds to open any more new stores.

"We have two new stores opening and don't have any other locations on the drawing board as of right now," said Parker.

PCC is a member-owned organization. Parker explains how they look for areas where there are many members and particularly already stores to ensure PCC compensation and good business.

Neither the owners of the open space or PCC have exact plans for opening a new store in the downtown area of Des Moines anytime soon.

Mayor Kaplan still encourages people to contact PCC in hopes of the store considering Des Moines as a new area of locating.

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 "best 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,

Dollars and sense

by David Uffington

two studies differ in their conclusions. One says it's the equivalent of 789 calories per day. The other puts it at 1,400 calories per day.

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 recommended to use the prod-

uct while at the peak of quality.

Cans: Canned foods are safe as long as they aren't exposed temperatures below freezing or above 90 degrees F, and don't have dents, rust or bulges. (Another opinion: Go by the dates on the can.)

Eggs: Store in the coldest part of the refrigerator, not the door. Use within three to five weeks of purchase. They're safe to use after the "sell-by" date.

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 columnreply2@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



Aaron Barna/Washington State Legislature

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

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, help-

ing 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 communi-

ty 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.

She said social justice leads her decision making process.

"I want to focus on passing policy to help people through the lens of social justice," she said.

Rep. Gregerson said she is also focusing her energy on building relationships.

"At the end of the day it is all about relationships," she said. "I remain focused on building relationships."

She said that, although it is not sensational to hear, her strategy of building relationships will go far.

"People would ask me 'What are you going to do when you get down there?'" she said. "My answer may not be fun to hear but it's the truth. I'm focused on building relationships. You have to choose your battles."

Rep. Gregerson said she does not plan on making enemies.

"In the end we are all just people. We're not enemies. There is always common ground somewhere," she said.

She said she is planning long term.

"You can go fast alone or you can go far together," she said. "I plan on going far."

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 suicide assessment, treatment and management as part of their education requirements, once every six years.

Orwall is the sponsor of two more suicide-related measures, HB 1336 and HB 2366.

HB 2315 expands the number of health care providers who must get training, building on HB 2366, which was signed by the governor in 2012.

HB 1336, which was passed in 2013, improves the capacity for schools to identify and



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.

"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.

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Spring Quarter 2014

Questions? Contact: Stephaney Puchalski
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ESL professor teaches so students can survive

By Josué 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.



Lijun Shen

"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 sur-

living 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 super market 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 literacy 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.



Sam Hong/THUNDERWORD

The Dining Hall at Des Moines' Beach Park closed in 2001 and will begin renovation in 2014.

Grant serves up new life for Beach Park Dining Hall

By Marcy Daniels
Staff Reporter

Des Moines will begin restoration of its Beach Park dining hall using the \$850,000 grant it received last spring.

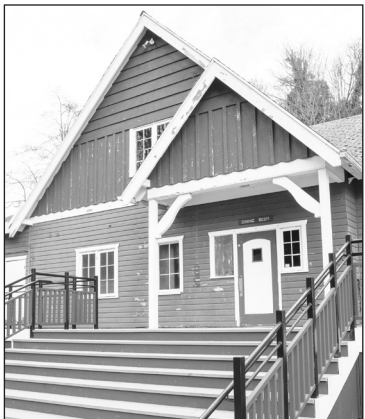
"It has been a long process," said Patrice Thorell, director of Des Moines Parks, Recreation and Senior Services, "We will rehabilitate and reopen the Dining Hall."

The park is at the north end of the marina, at 22030 Cliff Ave. S.

"The Dining Hall closed in 2001 due to flooding that made the 90 pier piles that held the structure's foundation unsafe, and the Nisqually Earthquake that made the structure unsafe. The building built in 1924 needs

all new utilities, windows and doors," Thorell said.

Renovations being made include new insulation, doors, gutters, flooring, cabinets, electrical systems, commercial kitchen equipment, exterior lighting, plumbing, updated restrooms, windows, and storage.



"Those improvements have allowed the citizens of Des Moines to regain the use of the park and indoor facilities. The Des Moines Creek modifications have reduced flooding to allow the buildings and park to become stable," Thorell said.

The Beach Park provides buildings and space for weddings, festivals, concerts, and various gatherings such as Eggstravaganza, Poverty Bay Blues and Brews. Suggested activities include nature watching, kite flying, bike riding, hiking, picnicking, beachcombing, and wind surfing.

"It will be a rental facility, part of the Beach Park Event Center. The market will decide who rents the facility. At

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.

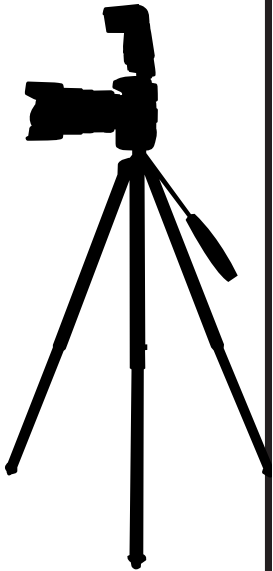
HELP WANTED

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The Thunderword needs a photo editor for spring quarter. This is a part-time, on-campus paid position for currently enrolled students.

The ideal candidate is an experienced photographer (digital only), with a car, an eye for news, and the time to do the job.

If interested, please send a cover letter, resume, and samples of your work to: thunderword@highline.edu



Crunch time for finals



Sam Hong/THUNDERWORD
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 event 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

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 com-

petition, 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.

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(or just look like one)

Take Journalism 101 in Spring Quarter

Item No. 4258

11 a.m. daily

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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 had 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."

To rent a pea patch, contact Richmond at kim@frogsong-farms.com or call (206) 878-4595.

“Since many people buy large bags of seeds and have extra that could go bad, the seedling swap is 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 continued to learn about myself. I've continued to develop my strengths and work on my weaknesses. I know I have made huge personal progress in both of those things."



Hurd-McKenney

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 experience 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

Hurd-
McKenney

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.

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Students approve of Canvas switch

By Michaela Vue
Staff Reporter

Some students will continue to juggle between Angel and Canvas next quarter.

Highline students got their first taste of Canvas this Winter Quarter. Spring Quarter will be a continuing transition. All of campus will be on Canvas by Summer Quarter.

Angel and Canvas are course management programs for Highline.

"It's inconvenient. I'd rather just use one website," student Diane Bui said.

Bui is using Angel for her biology class and Canvas for chemistry. She said it was hard to work on both at the same time.

Bui said the notifications from Canvas on her Facebook helped remind her.

"People check their Facebook more than student email," she said.

Some students have only used Canvas this quarter and have positive responses.

"I like how they show the grades (in Canvas)," student Gai-Hy Tu who is using Canvas for both his biology and physics class said.

"I like it when teachers are prompt with grading and this is a good way for teachers to do it," student Liz Kim said.

Another feature that Canvas offers is the mobile app; however many students did not know that there is an app available.

"I didn't know there was an app," Tu said.

Tu did not set up the notifications to his email, Facebook or phone for Canvas.

Students such as Kim who have set up the notifications in Canvas say that it is more organized.

"Using it on my phone is a lot easier," she said.

In general, students agree that Canvas is easier to use than Angel.

"I hate Angel," physics student Tiger Huisinga said. "It always glitches and it won't let me upload assignments sometimes."

Other students who have not used Canvas are optimistic.

"I think it might be a difficult transition, but if it works better, then good," student Addison Peabody said.

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- HOST 109 Fundraising Event Planning - 2 credits
- BUSN 157 Grant Writing - 2 credits
- BUSN 158 Cultivating Individual Donors - 2 credits

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

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TWO NEW Classes Offered Spring 2014 Quarter

HOST 109

Fri 8:30 am - 5:00 pm
Meets only on Friday, April 4, 11 and 18.

Legal 120

MW 6:00-8:10 pm

~Credit option will be based on the current tuition schedule.

Register for:

Item #2311 & Item #2407

~Non-credit option for spring quarter will be as follows:

HOST 109 = \$119.00

Legal 120 = \$329.00

Register for:

Item #8811 & Item #8807

Contact:

Raegan Copeland at rcopeland@highline.edu for more information

Sign-up **NOW** before classes fill!



highline
COMMUNITY COLLEGE



Dusty Wilson

Waitlist

continued from page 1

four sections are currently full. There is an added section in Spring Quarter compared to Fall and Winter Quarter despite the decrease 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.

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

"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

Sentence

continued from page 1

spokesman for the King County Prosecutor's Office.

The sentence of 17 and a half months includes time already served.

"He'll receive credit for 136 days served," Donohoe said.

This 136 days includes time served both before and after Xu's \$2 million bail was posted by his mother in March 2013.

In addition to Xu's sentence and community supervision period, Xu also paid \$550,000 to the injured parties of the Gomez-Zapata family.

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

the Math 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.

"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.

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

Similar to the Biology De-

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

"Start taking math early and take it every quarter until you are done," Wilson said.

Professors recommend stu-

dents who are on the waitlist to attend the class on the first day.

The waitlist for Spring Quarter closes on March 30.



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3. People serving on the Board of Directors of Nonprofit

HOST 109 ~ NONPROFIT EVENT PLANNING

This course covers how to plan, implement, and evaluate events & conferences; including; budgeting, organization and timeline, site selection, food and beverage, marketing, contracts, ancillary services, AV and other equipment.

Two New Classes Offered Spring 2014 Quarter

Legal 120 ~ Item #2407
MW 6:00-8:10 pm
5 credit elective

HOST 109 ~ Item #2311
Fri 8:30 am-5:00 pm
2 credit elective
Meets only on Friday, April 4, 11 and 18.

Contact Bruce Lamb for more information on Legal 120:
blamb@highline.edu

Contact Elizabeth Day for more information on HOST 109:
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Sign-up NOW before class fills!



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