

the THUNDERWORD

Highline Community College | May 8, 2014 | Volume 51, Issue 25

Local business approved to sell marijuana near Highline

By Ed Hones
Staff Reporter

A business in Des Moines has been approved to legally sell pot for recreational use within walking distance of Highline.

The Washington State Liquor Control Board held a lottery to award 1,174 applicants with business licenses that allow them to sell pot legally for recreational purposes.

Greenside Medical, located at 23407 Pacific Hwy S, won the lottery for the city of Des Moines.

Seth Simpson, the owner of Greenside Medical, said he fared well in the drawing.

"We entered two locations in the lottery, one in Des Moines and one in Bellevue. We lucked out and got them both," Simpson said.

He said it was an expensive process.



Aaron Fields/THUNDERWORD

"First we had to pay \$250 to set up and get applied into the lottery. The \$250 goes to the state and they get you in. It pays for background checks and

things of that nature," he said.

The setup fee was not the only cost of getting into the lottery, Simpson said. In order to be entered into the lottery, the

applicant must hold a piece of real estate in the location they submit.

"We held a lease in the Bellevue location for over a year just to be entered [in the lottery]. It got really expensive," he said.

Simpson said the outcome of the lottery is going to be interesting to watch.

"Lots of people applied that don't have any experience in the pot industry. They just want to make a quick buck. Many people that have been in this business for a long time applied and did not win," he said. "It's going to be very interesting to see how all these new shops do."

Granting businesses special rights based on a drawing is not very common in most industries.

"This is the only business

See Lottery, page 16

Forum to combat trafficking

By Cristina Acuna
Staff Reporter

A public forum aims to bring awareness to the sex trafficking problem in King County.

The Highline Women's Program and the Southwest Coalition Against Trafficking will host "Her Choice? Our Choice!" on May 20 to view the issue from the perspectives of both the victim and the buyer.

"Human trafficking is taking advantage of people by making them work without pay and under duress," said Director of Women's Programs and WorkFirst Services Deana Rader. "Sex trafficking does the same, but your work is sex."

Rader is part of the Des Moines Coalition, whose main objective is spreading awareness.

"We mobilize and try to get resources to get the word out about trafficking," she said. "This is an awareness campaign. The most important goal is to get the information out to students."

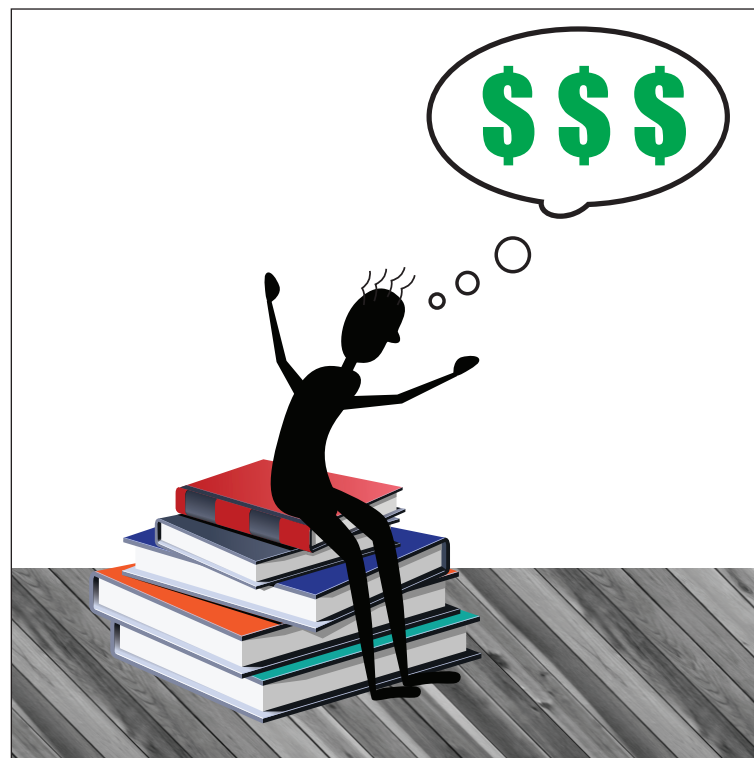
Rader said that the campaign hopes to get students looking for the signs of trafficking, which are very similar to those of domestic violence.

"A gentleman starts out by grooming you and buying you things. He promises the world," Rader said. "And then, when he gets you pulled in, you're coerced into doing sex acts, forced to do drugs and alcohol, while your family is threatened with murder if you don't."

Rader said traffickers cap-

See Choice, page 16

Textbook publishers focusing on e-books



Aaron Fields/THUNDERWORD

By Daniel Taylor
Staff Reporter

Students are feeling the sting of textbook price increases.

"They're really outrageous," said student Kylee Clark.

Highline student Claudia Juarez had a similar view.

"I think it should be a little cheaper. We have other payments due, and it's hard to get the books, sometimes. You look for something you can afford," Juarez said.

Other students at Highline have different opinions.

"Well, for the knowledge they contain, they are priced reasonably. Also considering that there is a large used book market, and they must be priced to reflect that," said student Stefan Layman.

"Anybody could say, 'they need to be cheaper,' but it's for education," said student Priscila Marquez.

Dr. Bob Baugher, a professor in the Psychology Department, relates his own experiences as a student.

"When I was a student at Highline, books were \$11 or \$12. We were complaining because books were so expensive. It's always been a problem, and unfortunately, it's always going to be," Dr. Baugher said.

In fact, textbook prices have risen over 800 percent since 1978, according to a report from the American Enterprise Institute, dwarfing increases in medical services at 575 percent, and new home prices at 325 percent.

See Textbook, page 15

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Y.E.L.L. Summit to provide motivation for women of color



Page 8

Lady T-Birds clinch playoff berth from Green River



Page 9

Students share their feelings on motherly figures



Campus security finds fake permit

A car with a fraudulent Spring 2014 parking permit was found in the East Parking Lot in the carpool area on Monday.

This is the third occurrence this quarter. Campus Security issued the student a ticket and the incident was referred to the vice president for Student Services.

Bark fire started on south campus

A small bark fire was started May 2 on the south side of Building 29. Campus Security filled water bottles and put out the bark fire. Campus Security officers think an improperly disposed cigarette started the fire.

Sports jacket found last week

A sports jacket was found on campus last week. If the jacket belongs to you, visit the Security Office on the lower level of Building 6.

Be aware of extra patrols

Between May 19 and June 1 extra police patrols across Washington will be looking for distracted or unbuckled drivers. Extra patrols are part of a statewide effort to eliminate traffic accidents and deaths related to distracted driving.

Stay safe, alert while on campus

Campus Security has issued the following safety messages:

- When you are out and about, beware of others in your area.
- If you see the same person at different locations, take a mental picture of the person so you can describe him/her to security or the police if needed.
- Change your direction of travel to keep them off balance.
- Go to a safe location and call a friend to meet you or, if necessary, call Campus Security at 206-592-3218 or the police 911.

"Don't be paranoid, be prepared," said Jim Baylor the director of campus safety and security.

- Compiled by
Antonio Foster

Bike to work and school this month

By Caitlin Berge
Staff Reporter

Highline will support National Bike Month by hosting Bike to Work Day on May 16.

Students, faculty, and staff are all invited to participate in the Bike to Work Day challenge.

Bikers are invited to stop by the bus stop near Building 1, just off 240th, for snacks and refreshments from 7:30 a.m. to 8:30 a.m.

Bike to Work day promotes

alternative modes of transportation, Francesca Fender said.

Fender is an analyst at Highline. One of her responsibilities is to coordinate the Commute Trip Reduction Program.

She and other Highline employees will pass out protein bars, fruit and water bottles.

"Roll on by and grab a protein bar," Fender said.

Since the Highline locker rooms are under construction, mini deodorant sticks will be

available too.

With Highline already low on parking space, alternative transportation is highly encouraged.

Metro buses are also equipped with bike racks said Fender.

Fender encourages people to use a combination of biking and buses if biking all the way to Highline for work or school is not possible.

Biking is not only less stressful than finding a parking spot,

but also better for the environment, less expensive, and healthier for you.

The City of Seattle found that biking instead of driving could save people \$340 a month on average.

Bicycle Magazine found that new bicyclers can expect to lose 13 pounds in their first year of bicycling.

Seattle has many other Bike Month events planned.

The full list can be viewed at www.cascade.org/bikemonth.



Watch documentary at Movie Fridays

Highline's film studies program will be showing *If These Halls Could Talk*. This is a documentary about the college experience and will be shown this week for Movie Fridays, as part of Unity through Diversity week.

If These Halls Could Talk follows 11 college students as they attend different schools across the nation. The film documents their emotional and academic struggles in their pursuit of education.

The film will be shown this Friday, May 9, at 12:30 p.m. in Building 7.

Discover visual storytelling

Attend an art workshop and film presentation on refugee and immigrant experiences today, at 10:45 a.m.

The workshop, Visual Storytelling, is hosted by Multicultural Affairs as part of Highline's 17th Annual Unity through Diversity week.

Participants of the workshop can share experiences through drawing and water color painting. Artistic experience is not required, and all supplies will be provided.

Following the workshop, the documentary *The Dream is Now* will be shown, starting at 11 a.m. The documentary discusses immigration reform and its affect on the young people of the United States.

The workshop will be from 10:45 a.m. to 12:50 p.m. and the documentary and discussion will be from 11 a.m. to noon. Both will take place in the Mt. Constance and Mt. Olympus rooms in the Student Union.

Support Lady T-Birds fundraiser

The Thunderbirds women's soccer team is hosting a fundraiser on May 18. It is a flapjack fundraiser through Applebee's at the Southcenter mall.

Pancakes, eggs, bacon, orange juice and coffee will be served.

The fundraiser is Sunday, May 18, from 8 to 10 a.m. at Applebee's, located at 17790 Southcenter Pkwy, Tukwila.

Tickets are \$10, \$5 of which will go to support the Thunderbirds.

Navigate CWU's admission process

Representatives from CWU (Central Washington University) will be providing information about admissions and CWU on certain days in May and June.

Representatives will be available to answer questions about CWU as well as important dates and details on the admission process.

The representatives will be at a CWU table in the Student Union on May 14, 21, 28, and June 4, from 10 a.m. to 1 p.m.

Learn about IT at CWU session

CWU (Central Washington University) will be hosting an

information session on their ITAM, Information Technology and Administrative Management program.

The information session will answer questions students may have about transferring, and also share information on how to earn a four-year degree in eight quarters and offer one-on-one advising for students.

The information session is on Wednesday, June 4 at 1:30 p.m. in Building 29, room 381.

For more information, visit cwu.edu/it-management or contact Brandi Harrington at harringtonb@cwu.edu.

Help educate girls with bake sale, film

A global health class will be hosting a bake sale and screening of the documentary, *Girl Rising* on May 19.

Girl Rising is a documentary that follows girls from around the world. The film details the effect of education on young girl's lives.

Money raised in the bake sale will go to fund girl empowerment and girl education programs world wide.

The film screening and bake

sale will be on Monday, May 19. The bake sale will be from 10 a.m. to 1 p.m. in Building 8. and the film will be from 11 a.m. to noon in Building 7.

Vote for Student Government

Elections for Student Government are approaching next week.

Students will elect a new student body president and vice president.

The candidates for vice president are Kiki Turner and Ruth Krizan and the candidates for president are Laura Yanez and Rachel Von-cluck.

Each candidate spoke at a forum yesterday, May 7, about what they would do if they were elected as well as why they are suitable for leadership. They were also questioned by a panel.

Voting will begin Wednesday, May 14 and end Thursday, May 15.

Online voting information will be sent to students through email and also posted on Highline's main website at highline.edu.

Voting booths will also be available in Building 8.

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Y.E.L.L. summit will encourage women to use their outside voices

By Bailey Williams
Staff Reporter

A program at Highline this month wants to help young women make some noise.

Young Educated Ladies Leading Female Summit will be May 17 in the first floor of Building 8, from 8:15 a.m. to 4 p.m. The program will feature presentations by prominent women leaders from a variety of fields.

The goal of the summit is to empower and motivate women of color.

"The theme is: Your Presence is an Essence," said Rashad Norris, Highline director of community engagement.

Women of color aren't always portrayed in a positive light, he said.

"They're either fighting each other or sexualized," Norris said.

This summit is to highlight these women and show them that Highline cares, he said.

"I have a baby girl, too. She's 5. I want my girl to know there are girls that look like her doing some amazing things," he said.

The keynote speaker of this event will be Dr. Tanya Moore, youth services coordinator for the city of Berkeley, California. She will be speaking at 9- 9:50 a.m. about "Hidden Genius."

Following Dr. Moore's keynote address, there will be workshops from 10 to 11:20 a.m.

Dr. Caprice D. Hollins, assistant professor of counseling at the Seattle School of Theology and Psychology, will have a workshop titled, "Our Stories, Our Truth, Our Journey to Success."

"It [the workshop] will be about claiming our stories and speaking them out loud so we can embrace all that we are—good and bad," said Dr. Hollins.

Learning not to be a prisoner of one's experiences is important, she said.

"The more I started to share my story with others I realized we all had brokenness. We don't have to be someone we're not," Dr. Hollins said.

Dr. Hollins said that our experiences are what it means to be human.

"As women of color we are often faced with too many messages about who we are or are not," she said.

Society has a lot of messages that are telling us who we are supposed to be.

"Society tells us we are aggressive when we are assertive, lazy when we are hardworking, that we are angry when we are passionate, that we are acting white when we are brilliant, that we are not enough of one thing and too much of another when we are everything we should



Vihn Banh/THUNDERWORD

'The truth is we are so much more than anyone could ever define us as being. But stereotypes and labels can have a devastating effect when they are not unpacked and brought to a conscious level.'

— Dr. Caprice Hollins



be," Dr. Hollins said.

These are the messages that are subconsciously being internalized.

"The truth is we are so much more than anyone could ever define us as being," she said. "But stereotypes and labels can

have a devastating effect when they are not unpacked and brought to a conscious level."

This session will provide women with an opportunity to reflect on the challenges they face and how to move beyond them, Dr. Hollins said.

Highline professor of Computer Science Dr. Amelia Phillips will have a workshop titled, "What doesn't Kill You Makes You Stronger."

Dr. Phillips said that her workshop will start out with her childhood. Her mother died when she was eight and later her brother was turned over as a ward of the state.

"There was a lot of trauma in my life," she said. "[But] I made good decisions."

When she was younger she decided she wanted to build a starship and that's how she became an engineer.

"Things are not always easy. I worked very hard," Dr. Phillips said.

She said that she was a B student, and she said that the only way to improve is to practice.

"You don't have to be a straight A student to be success-

ful," she said. "Men in this society get more encouragement than women and we want to change that."s

Everyone has a gift, it's how he or she uses it that counts, she said.

"The worst thing that can happen is having an opportunity show up and not knowing what to do," said Dr. Phillips.

Her workshop will be centered on trauma.

"[People need to] accept that life is not easy. Things are going to happen," she said.

Dr. Phillips had plans to work for her mentor 14 years ago. But, he hung himself and it changed all of her plans.

"[His death] was very painful and traumatic," she said. "But, you're still here and you still have a life to live."

Following the workshops there will be a caucus from 11:30 a.m. to 12:45 p.m. Also, lunch will be from 1-1:50 p.m. with entertainment.

Another set of workshops will follow lunch from 2 to 3:20 p.m.

Noory Kim, Highline's leadership development coordinator, will be holding a workshop titled, "Who Do You Want to 'Be' When You 'Grow Up'? What is your purpose?"

"Young women of color get all these messages of who we should be, not who we want to be," said Kim.

Kim was studying to become a doctor and decided that wasn't the right path for her.

"At one point I was sacrificing my life by working three jobs to provide for my family," she said. "I wasn't happy."

Kim said that this summit will be helpful to young women of color because they can relate to the presenters.

"We were once in their shoes. Using our examples the presenters are able to connect to the audience," she said.

Kim said that people need to take opportunities like this when they are presented.

"This summit will help women of color navigate a world that was never meant for us to be successful," Kim said.

Rashad Norris said he would like to see a bigger participation of college-age students.

"Young kids are coming to this and they look up to these college students," he said.

Highline has really stepped up, Norris said.

One must register by Monday, May 12 at noon. For more information or to register visit yell.highline.edu.

This event is free and open to the high school and college students.

"It is going to be big," said Norris.



Rashad Norris



Dr. Tanya Moore



Dr. Amelia Phillips

Metro is more than just transportation

Despite King County Metro’s efforts, it will now undergo major cuts in order to balance its budget, resulting in repercussions for Highline students.

The King County Metro had been trying to avoid this outcome but since they rely on sales tax, and the current economy remains soft, they had no other options but to cut more than 50 routes after voters turned down Proposition 1, which would have provided more money for transit.

Exactly how many Highline students rely on the Metro isn’t known, but it isn’t hard to notice the amount of students getting on and off buses at the college. These cuts will have a significant impact on Highline.

The routes that will be cut in question include 121, 122 and 156, which currently have stops at and around Highline.

Cutting these and possibly other routes will pose more challenges to daily commuters. Student commuters already have to get up early and walk to the bus stop to catch their bus.

The time it takes to plan these commutes to fit a schedule is already challenging enough. Planning ahead how long it takes to get ready, walking to the bus, and the time it takes the bus to get to their destination all together takes some major perseverance.

Now that these cuts will be made, students who use Metro will need to find either other means of transportation or reorganize their day by using another bus or just not go to school.

Students may not even be able to get to school. Suffering grades is bad enough, but not being able to get to school all together is even worse.

This is more than just an inconvenience. It could potentially lead students to quit school altogether. If students don’t have a reliable way to get to school the only logical thing to do is to drop school.

It’s the difference between receiving a college education, having a job or being able to pick up their children from childcare.

Students shouldn’t give up on school because of transportation issues, but just like the Metro has no other choice, students may be left with no other choice as well.

Students rely on the Metro system to get to and from their home, Highline, their jobs and many other places. These student’s lives essentially revolve around the Metro buses, its routes, and its schedule.

These cuts won’t just affect students, but it will affect anyone who uses the bus system.

This could mean people won’t even be able to go to work. People could potentially lose their jobs because they simply cannot get to work.

There is a reason why so many major employers supported Proposition 1, because they already know that many of their employees rely on the Metro to get to work and back to their homes.

This is why the defeat of Proposition 1 and now the budget cuts of the King County Metro will create another hurdle for Highline students and people throughout King County.

Hopefully the King County Metro will also be able to overcome their budget cuts in order to continue serving not only the Highline students, but also all other public transportation users.

It is now up to the state Legislature to step up for the 115.4 million bus passengers across King County who are using the bus system to provide a solution to this problem.

Remember to ask state Legislature candidates this fall: what are you going to do about the buses?

–Got news? Have something to say? Send submissions to thunderword@highline.edu



Diamonds won’t make your mom happy - only you can

Money can’t buy happiness—or your mother.

Mother’s Day is right around the corner and the last minute gift buying has begun.

I remember one year I saved up \$150 to buy my mom something nice. I cleaned houses, washed the neighbors cars, saved my birthday money, and scrounged in the couch cushions.

I took two buses and got off at the Southcenter stop. With a wad of cash in my hand I walked into the first jewelry store I saw and paid \$127.35 for a diamond necklace.

I brought the neatly wrapped package home to my mom and you can imagine my disappointment when she said she didn’t want it.

Her exact words were, “Why would you spend all your money on me? I am taking that back tomorrow.”

My excitement quickly rushed from my body as I started to feel anger and sadness. I mean I spent over a \$100 dollars thinking she would love it.

That’s when I realized that no amount of money in the world would make my mom know I love her. I just figured that the more money I spent the more she would know I appreciate her.

My mom told me she wanted something money couldn’t



The Bailey Update

Bailey Williams

buy—time.

She wanted me to clean the house or make breakfast.

My mom is one of the most extraordinary and resilient women I know. As long as I can remember she has worked extremely hard to provide for our family.

There is no money or gift that can repay my mom for all that she has done for me.

This Mother’s Day I will take the time to really appreciate my mom.

She has sacrificed everything for my sister, brother and I.

I want her to know that she is the most important person in my life and this Mother’s Day

she will know it.

I can’t say that I’m always the perfect daughter because believe me I’m not. I would rather watch TV than do the dishes and I would certainly rather sleep than clean my room.

I frustrate her more than anything, I would guess. But she doesn’t love me any less.

When I tell her that I’m struggling with school and I feel like giving up, she always helps me find my balance.

She never hesitates to love me even when I don’t deserve it.

Sometimes I don’t tell her that I love her.

And sometimes I act the complete opposite of what she would want in a daughter.

I know that my mom will never give up on me. And even when I act like a total brat she still loves me unconditionally.

This Mother’s Day I want to say thank you, mom. Thank you for always being there for me and most importantly thank you for being the best mom I could possibly imagine.

Take the time out of your day to tell your mom how much she means to you because no matter what she’ll always be your mom.

–Bailey Williams is managing editor of the Thunderword.

the Staff “

Focus, gremlin princess.

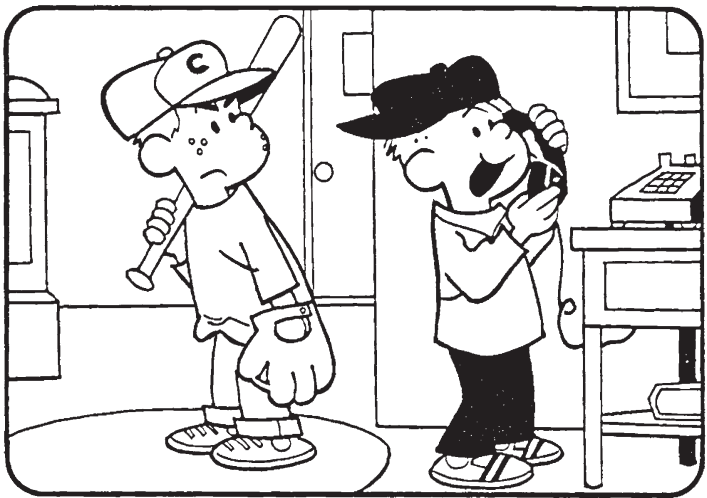
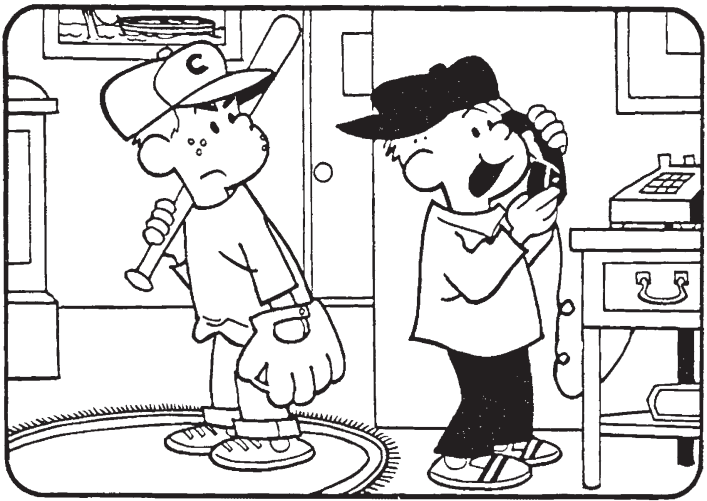
” E-Mail: tword@highline.edu

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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. Picture is missing. 2. Glove is different. 3. Rug is different. 4. Shirt is slimmer. 5. Phone cord is shorter. 6. Drawer pull is missing.

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Weekly SUDOKU

by Linda Thistle

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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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- TELEVISION: What television sitcom family lived at 1313 Mockingbird Lane?
- MATH: What is the square root of 169?
- HISTORY: During the Great Depression of the 1930s, what were the makeshift camps of homeless people called?
- LITERATURE: What was

- the name of the dog in the film and book with the subtitle, "Life and Love With the World's Worst Dog"?
- MOVIES: In what South American country were the bank robbers Butch Cassidy and the Sundance Kid believed to have been killed?
 - FIRST ACHIEVEMENTS: In what year were women officially allowed to run in the Boston Marathon?

King Crossword

ACROSS

- Standard
- Plate
- Dog's annoyance
- Id counterpart
- Garfield's pal
- Wander
- Attendance check
- Gaelic
- Allow
- Tissue brand
- Jinx
- Sphere
- Pt. of speech
- Knock
- Staffers
- "Piggies"
- Afternoon affair
- Pennsylvania port
- Glitch
- Do sums
- Coffee shop vessel
- Bagel topper
- Went in a hurry
- "Bloodied but —"
- Auto
- Rani's garment
- Wad of cash
- Heroic verse

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| 57 Actress | piece? | one? |
| Falco | 8 Sample | 35 Wood-shaping tool |
| 58 Writer | 9 Forsaken | 38 Tier |
| Buscaglia | 10 Relaxation | 40 List of court cases |
| 59 Leftovers | 11 Visa alternative, for short | 43 Mediterranean sailing ship |
| 60 P.D. rank | 16 Started | 45 Rowing need |
| 61 Journey segment | 20 Historic period | 46 — -friendly |
| | 21 Loathe | 47 Scruff |
| | 22 Smell | 48 Family business abbr. |
| | 23 Feedbag tidbit | 49 Arp's style |
| | 27 Shell game item | 53 Pinch |
| | 29 Lead-in to "Ta-da!" | 54 Shelter |
| | 30 Hibernia | 55 Journal |
| | 31 Transmit | |
| | 33 Helpless | |

DOWN

- Apiece
- Past
- Reinvest savings
- Medic
- Mrs. McKinley
- Lustrous fabric
- Conversation

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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. Frighten | ___ C ___ _ | Gawk | ___ T ___ _ |
| 2. Piccolo's larger kin | ___ _ T _ | Stroke of luck | ___ _ K _ |
| 3. "Braveheart" Mel ___ | ___ _ S _ | Tailless ape | ___ _ B _ |
| 4. Jagged | ___ _ H | Baton ___, Louisiana | ___ _ E |
| 5. Become skilled at | ___ A ___ _ | Gather together | ___ U ___ _ |
| 6. Circus performer | ___ M ___ | ___ tot | ___ T ___ |
| 7. Lure | ___ _ C _ | All-inclusive | ___ _ R _ |
| 8. Drive forward | ___ _ L | Prim and ___ | ___ _ R |
| 9. Pepe Le Pew, e.g. | ___ K ___ | Liveliness | ___ P ___ |
| 10. Fred Flintstone's wife | ___ _ M _ | Novelist Cather | ___ _ L _ |

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|-----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|------------------------------------------------|
| 7. GENERAL KNOWLEDGE: Where is the headquarters of NATO located? | world, aside from the polar regions? | 3. Hoovervilles (named after President Hoover) |
| 8. LITERATURE: Which famous artist served as a correspondent for Harpers' Weekly magazine during the Civil War? | 10. U.S. PRESIDENTS: Who served as the 16th president of the United States? | 4. Marley |
| 9. GEOGRAPHY: What is the largest desert in the | Answers | 5. Bolivia |
| | 1. <i>The Munsters</i> | 6. 1972 |
| | 2. 13 | 7. Brussels, Belgium |
| | | 8. Winslow Homer |
| | | 9. The Sahara Desert |
| | | 10. Abraham Lincoln |

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Spear some asparagus for spring recipes

Nothing says spring is here like a beautiful bunch of crisp asparagus. While asparagus is available year-round, it's much better when purchased locally.

Asparagus is easy to select and prepare, and comes in a variety of vibrant colors including green, violet, purple and white. It also grows wild and is commercially available fresh, frozen and canned.

The stalks range in size from colossal to small. Various types and colors of asparagus can be used without a noticeable difference in taste, so mix and match colors and sizes for visual interest. It tastes delicious hot or cold.

Asparagus should be crisp and firm, not limp or wrinkled, with tightly closed tips. Dull colors and ridges in the stems are an indication of a lack of freshness. The stalks should not be limp or dry at the cut and of uniform thickness.

If you're planning to use the asparagus on the same day, rinse it under cool water and pat the stalks dry with a paper towel. Smaller stalks can be broken or cut at the point where the stem naturally snaps.

Peeling the end of thicker stalks with a paring knife or a vegetable peeler removes any woody stems and can be done up to 2 hours before cooking. Place the prepared asparagus in a plastic bag in the refrigerator to stay crisp.

Never wash or soak fresh



asparagus before storing. If the asparagus is bound with a rubber band, remove it, as it will pinch and bruise the stalks.

Asparagus can be stored up to two days if the stalks are trimmed and placed upright in a jar with about an inch of water in the bottom.

Cover the asparagus with a plastic bag and store the spears in the refrigerator. It also freezes well if blanched first in hot water.

Asparagus is a nutritional powerhouse. One-half cup of cooked asparagus contains significant amounts of folic acid, vitamin C, potassium and beta-carotene. It's also a heart-healthy food, and a natural diuretic.

This versatile vegetable works well as a room-temperature appetizer, blended into a soup, as a flavorful side dish, the main ingredient in a colorful salad or as part of a main course like my recipe for Lemon Chicken with Asparagus.

LEMON CHICKEN WITH ASPARAGUS

4 chicken breasts, about



Photo by Phil Curry, www.phillights.com

Asparagus is very nutritious, stores well and is easy to prepare.

3 pounds, washed and fat trimmed and removed

1 1/2 tablespoons olive oil
4 garlic cloves, chopped
1 red bell pepper, chopped
1/2 pound asparagus, stalks trimmed and cut into 1 inch pieces

1 teaspoon salt
1 teaspoon pepper
1 1/2 teaspoons poultry seasoning

1 teaspoon lemon zest
1/2 cup chicken stock
3 cups cooked rice

1. In a large non-stick skillet,

heat the oil over medium high heat. Season the chicken pieces with the salt, pepper and poultry seasoning. Place the chicken, skin-side down, and cook for 5 to 7 minutes. Turn the pieces skin-side up, and cook until golden brown and done, about 5 minutes.

2. Stir in the garlic and red bell pepper. Add the asparagus and cook for 1 minute. Stir in the zest and the chicken stock and bring to a simmer. Cover and cook for 3 minutes. Serve immediately over hot rice.

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is The Kitchen Diva's Diabetic Cookbook. Her website is www.divapro.com.

To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook and go to Hulu.com. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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Veggie salad tasty, nutritious

Try this mozzarella vegetable salad.

1 cup sliced carrots
1 cup chopped fresh broccoli
1 cup chopped fresh cauliflower

1 cup sliced fresh mushrooms

3/4 cup shredded reduced-fat mozzarella cheese

1/2 cup fat-free Italian dressing

2 tablespoons fat-free mayonnaise

1. In a large bowl, combine carrots, broccoli, cauliflower, mushrooms and mozzarella cheese. Add Italian dressing and mayonnaise. Mix gently just to combine.

2. Cover and refrigerate for at least 1 hour. Gently stir again just before serving. Makes 4 (1 cup each) servings.

Hello Dolly Snack Bars

1 1/2 cups reduced-fat biscuit baking mix

Sugar substitute to equal 1/2 cup sugar, suitable for baking

2/3 cup fat-free milk

2 tablespoons non-fat sour cream

1 egg or equivalent in egg



by Healthy Exchanges

substitute

1 teaspoon coconut extract
1/4 cup mini chocolate chips

1/4 cup chopped pecans
1/4 cup flaked coconut

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

2. In a large bowl, combine baking mix and sugar substitute. Add milk, sour cream, egg and coconut extract. Mix gently just to combine. Fold in chocolate chips, pecans and coconut. Spread batter into prepared baking dish.

3. Bake for 20 to 24 minutes or until a toothpick inserted near center comes out clean. Place baking dish on a wire rack and let set for at least 5 minutes. Cut into 24 bars. Makes 12 (2 bars each) servings. Freezes well.

Jambalaya combines fascinating flavors

For a more traditional jambalaya, add 1/4 pound cut-up cooked chicken along with the shrimp.

1 package (3 1/2 to 4 ounces) sliced chorizo sausage, cut into 1/4-inch-wide strips

2 garlic cloves, crushed with press

2 celery stalks, thinly sliced

1 medium onion, chopped

1 can (14 1/2 ounces) diced tomatoes

1 1/2 cups instant brown rice

1/2 teaspoon salt

1/2 pound cooked and cleaned large shrimp

1. In nonstick 12-inch skillet, cook chorizo, garlic, celery and onion over medium-high heat 10 to 12 minutes or until celery is tender.

2. Stir in tomatoes with their juice, rice, salt and 1 1/2 cups water; heat to boiling over high heat. Reduce heat to medium-low; cover and simmer 8 to 10 minutes or until rice is tender. When rice is done, stir in shrimp; cover and cook 1

Good Housekeeping

minute to heat through. Makes about 7 1/2 cups or 4 main-dish servings.

Berry Sorbet

This refreshing dessert is ready in just 5 minutes. You also can try other frozen fruits, such as peaches, melon or blueberries.

1 package (20 ounces) frozen strawberries or raspberries

1 container (8 ounces) plain low-fat yogurt

1 cup confectioners' sugar

1 tablespoon fresh lemon juice

Fresh berries (optional)

1. In a food processor with knife blade attached, blend frozen berries until fruit resembles finely shaved ice, stopping processor occasionally to scrape down side with rubber spatula. If fruit is not finely shaved, dessert will not be

smooth.

2. With processor running, add yogurt, sugar and lemon juice, and blend until mixture is smooth and creamy. Stop processor and scrape down side occasionally.

3. Serve immediately for creamy texture, or freeze and serve later for a firmer sorbet. Top each serving with some berries if you like. Makes about 4 cups, or 6 servings.

Tip: If you make the dessert ahead, remove from freezer 5 to 10 minutes before serving for easier scooping.

¥ Each serving: About 135 calories, 2g protein, 31g carbohydrate, 1g total fat (0g saturated), 2g fiber, 2mg cholesterol, 29mg sodium.

For thousands of triple-tested recipes, visit our website at www.goodhousekeeping.com/recipefinder/. (c) 2014 Hearst Communications, Inc.



- Twenty local artists will be displaying and selling their artwork in downtown Auburn, if art isn't your cup then fill it with wine. The Auburn Arts Commission will be holding a Spring art walk and wine tasting on Friday, May 9. Wine tasting tickets are \$15 if purchased in advance online through Brown Paper Tickets or \$20 on the day of the event. Check in at the Auburn Downtown Association Office, 222 E. Main St. Auburn for maps, tickets and to get your ID checked.

- The 5th Avenue Theatre's final three performances of *A Room with a View* begin today at 1:30 p.m. The play is based on E.M. Forster's story of Lucy Honeychurch finding love against all odds, despite her prim and proper ways. The other performances will be on Saturday, at 2 and 8 p.m. and finally on Sunday, May 11 at 1:30 p.m. Tickets are available by calling 206-625-1900 or by visiting 5thavenue.org.

- Fiber artist and sculptor Jennevie Schlemmer will be hosting a beginning wet felting: scarf making and beyond class on Saturday, May 17. Schlemmer will be teaching the basics of wet felting to create your own scarf. The class is 10 a.m. til 4:30 p.m. at the Les Grove Park Building, 1020 Deal's Way Auburn. Anyone 16 and older is welcome. To register for the class or to get more information please call 253-931-3043.

- The Taproot Theatre company will be presenting Cicely Hamilton's *Diana of Dobson's* May 14 to June 14. Performances will be Wednesday through Thursday at 7:30 p.m., Fridays and Saturdays at 8 p.m. and Saturday matinees at 2 p.m. The performance will be at the Taproot Theatre Company, 204 N. 85th St. Seattle. Tickets are available at www.taproottheatre.org/buy-tickets/ or through the Taproot Theatre's box office by calling 206-781-9707. Prices range from \$15 to \$17 depending on the performance, students and seniors are offered a \$5 discount off regular priced tickets.

Don't let your locks lock you down

Hair is dead. At least that's been the rumor.

It also happens to be where you can extract DNA and find out exactly who that strand of hair belongs to, which is always helpful in an intense police case.

It hangs off your head and mysteriously ends up in your mouth and up your nose when you're sitting perfectly still.

Commentary

Ipek Saday

And it is the ultimate obstacle course to avoid on a windy day.

But sometimes hair is more than that. It's a way of expressing yourself and the way you are able to recognize somebody in a crowd.

However, contrary to popular belief, your hair does not define you.

When I was growing up, I always wanted to change my hair. Dye it, chop it off, put some layers and call it good. I was pretty much up for anything.

At one point in eighth grade I had set my mind on getting a pixie cut. I wanted to have Audrey Hepburn's cut from *Sabrina*.

So of course I wanted to share my new exciting idea with just about everyone I knew, but when I told people they weren't as excited as me.

"Boys don't like girls with short hair." It was always some sort of variation of that phrase that I heard from everyone, including my own mom.

At first I hesitated and put off the haircut for at least a few weeks, but I wanted to get it so badly that I decided to do it anyway.

After I left the salon I felt proud that I had gone through with the haircut, only to show



Aaron Fields/THUNDERWORD

So this is my idea for my next hairstyle. What do you think?

up at school the next day and be consumed by a wave of lesbian comments.

I found out that one boy had actually told people that he didn't like me because he thought I was a lesbian.

Being called a lesbian didn't offend me. In fact, it just showed how truly ignorant my peers were. I knew who I was and that was all that mattered so I held my head up high.

I have since grown my hair out but have chopped off a good few inches every now and again. I've also dyed it multiple times simply because I wanted to.

The comments may not have offended me but it made me realize that there are so many people in the world who truly believe that your hair is everything.

They also believe that every-

thing must be black and white, and that hairstyles put you into certain categories.

Girls have long hair and boys have short. If a girl has short hair then she must be a lesbian, and if a boy has long hair he must be an "emo kid" who's plotting his school shoot out.

And if a younger person is bald or has a shaved head, then there must be something medically wrong with them.

How is it that something that is believed to be dead can be such a powerful factor in how people see you?

It's been six years since I had that haircut and to this day I still can't answer that question.

It truly horrifies me that we live in such a judgmental world and that something as simple as a haircut can define your fate.

Get the wrong haircut or color and you'll suddenly become a social outcast.

Around mid-November I saw that a friend of mine on Facebook, a guy, had liked a post from totalfratmove.com entitled, "Why Girls Should Not Cut Their Hair Short" by Roger Sterling Jr.

When I opened the link I only saw the bold text, "If Celebrities Can't Pull it Off, You Can't," "You Will Stand Out, But Not in a Good Way" and the crème de la crème, "They Amplify Your Flaws to Other Girls."

It was like being in eighth grade all over again. Thankfully the post had many comments that called out Sterling and how ridiculous his comments were.

But I can see that we have a long way to go before people can have bold hairstyles and not be automatically judged.

I have bright hot pink and orange in my hair, on top of it all I have a nose ring and 14 piercings total on my ears. I'm sure there are plenty of people who take one glance at me and think that they know everything about me.

"You won't get hired with hair like that."

I have two jobs and am on my way to being the first in my immediate family to receive a college degree.

If you want to be bold then do it, and your hair is the perfect place to begin.

You will probably go through many hairstyles throughout your life before you can say you're done.

Your looks and your hair don't define who you are as a person. People are so much more than what others see on the outside.

We need to all remember that in the end, it's just hair.

Symphony ends season with Brahms

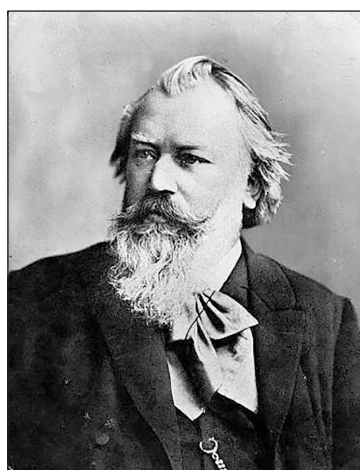
The Rainier Symphony, along with the Northwest Repertory Singers, will bring a taste of Germany to its Classical Concert IV audience when it performs Brahms's *A German Requiem* on May 17 and 18.

The Rainier Symphony, a community orchestra that reaches over 5,000 people a year, will perform its fourth and last concert of the season on May 18 at 3 p.m.

The performance will be at the Foster High School Performing Arts Center, 4242 S. 144 St. Tukwila.

They will also be performing the previous night, Saturday, May 17 at 7:30.

This performance will be at the Lagerquist Concert Hall at Pacific



Johannes Brahms

Lutheran University in Tacoma.

Brahms's *Germany Requiem - To Words Of The Holy Scriptures* is a seven-movement long composition that takes 80 minutes to perform. This was

Brahms's longest composition.

Brahms was a German composer and pianist, and composed *A German Requiem* between 1866 and 1868.

The composition was inspired by the death of his mother, according to Nancy Thuleen, an adjunct faculty member

teaching German at Palomar College in California.

Single tickets are \$18 for adults, and \$15 for students and seniors. Children 12 and younger are free.

Visit www.nwrs.org or call 253-265-3042 for the May 17 performance and more information.

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- Bureau of Labor Statistics

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T-birds swing to tournament

By Richard Jensen
Staff Reporter

Highline women’s softball has punched their ticket to the NWAACC tournament.

The lady T-Birds continued their late season surge this past week, winning five of their last six games, including a big win over the first’ place Centralia Trailblazers.

“They’re finally figuring out they can play with anyone,” Head Coach Jason Evans.

The Highline women started the weekend with a big win over Centralia 4-1, followed by a closely contested loss of 5-3. The following day South Puget Sound was no match for the Thunderbirds, resulting in a pair of wins, 15-2 and 7-1.

Then the Thunderbird women traveled into hostile territory and won a pair of games against the Green River Gators on their senior night, Tuesday, 5-1 and 3-2.

In their first game against Centralia, pitcher Kayla Andrus allowed only six hits in her seven innings pitched. On the other side of the plate third baseman Hayley Craddock hit a double and had two stolen bases.

Centralia had been previously undefeated in league play.



Bayonne Beninger/THUNDERWORD

Highline’s Sydney Rothenberger bats in Wednesday’s doubleheader against Green River.

The next game against Centralia, Hayley Craddock pitched the first three innings, and was relieved by Emma Seymer, who finished the game. The pair allowed 11 hits and five runs.

Rightfielder Sydney Rothenberger went three-for-three at the plate with one run.

Highline also had five errors the second game.

“We’re hitting well at the right time, just in time for playoffs,” said coach Evans.

Saturday the Highline women dominated South Puget Sound on both sides of the plate.

The Lady Thunderbirds

came out and scored four runs in the opening inning and never relinquished their lead between the two games.

Pitcher Kayla Andrus didn’t allow a single hit in her five innings played, with five strikeouts the first game.

On the other side of the plate, she cranked out her second home run of the season bringing in two runners on base.

Center fielder Jessica Simpson went three for four from the plate with a pair of runs.

Hayley Craddock went two-for-four at the mound, with two doubles resulting in two runs

and one RBI.

The next game against the Clippers their hot play continued, as they came out and scored six runs in the opening inning.

Hayley Craddock and Emma Seymer shared the five innings pitched the second game. Allowing three hits each.

Third baseman Kylie Goodwin was walked once and connected on both of her at bats, resulting in three runs.

Andrus went two for four from the plate, with two RBIs and crushing her second home run of the weekend.

“It was just time,” said Ky-

lie Goodwin. “We knew it was gonna happen, it was just about us believing in ourselves.”

Tuesday against Green River Andrus’ strong pitching continued, allowing only seven hits in her seven innings played, and only one run the first game.

Center-fielder Jennifer Simpson three-for-four from the plate with two RBIs.

The following game Andrus and Emma Seymer split the pitching duties, allowing only six hits between the two of them in the game.

Andrus also went two-for-four from the plate with a pair of doubles and one RBI.

“We’ve stopped worrying, we’re just focusing on cheering each other on,” said pitcher Benita Beale.

The Highline women will finish out their regular season play this Friday against Grays Harbor College, at 2 p.m. at Bishop Complex.

The Thunderbird women are now 10-8 in league play, clinching the third seed in NWAACCs.

“We can beat anyone if we play together,” said Coach Evans. And his team will carry this attitude going toward NWAACCs.

The NWAACC tournament will be May 16-19 in Portland.

Scoreboard

WOMEN’S SOFTBALL West Region		
Team	League	Season
	W-L	W-L
Centraillia	15-1	23-12
Pierce	13-3	21-16
Highline	10-8	16-18
Grays Harbor	7-9	7-21
Green River	5-11	7-19
So. Puget Sound	0-18	0-30
North Region		
Douglas	15-3	22-6
Everett	7-9	13-21
Bellevue	14-4	25-13
Olympic	7-9	14-20
Edmonds	6-12	9-15
Skagit Valley	3-15	12-28
East Region		
Wenatchee Valley	23-3	30-5
Spokane	22-4	28-12
Treasure Valley	17-9	27-15
Columbia Basin	11-15	13-15
Walla Walla	12-14	15-23
Yakima Valley	10-16	17-19
Blue Mountain	5-21	7-29
Big Bend	4-22	6-26
South Region		
Clackamas	15-3	34-4
Mt. Hood	16-2	34-2
SW Oregon	9-9	26-15
Chemeketa	7-11	22-18
Lower Columbia	6-12	20-14
Clark	1-17	7-26

Tips to swim with safety this summer

By Bayonne Beninger
Staff Reporter

As the summer is quickly approaching, local fire departments are sharing ways to keep you, your family and friends safe around water.

Both the Kent fire department and South King Fire and Rescue said that the majority of water accidents in Washington occur between the months of May and August.

Summertime is especially popular for people to go to local lakes, pools and the beach.

However, these safety tips can be applied to all bodies of water during any time of the year.

Kyle Ohashi captain and public information officer for the Kent Fire Department, suggested that people need to become more familiar with the water before planning to swim in it. They need to take into consideration the temperature, depth and the swimming distance between shores.

“If everyone wore a life jacket, virtually no one would drown,” said Lt. Jeff Bellinghausen South King Fire and Rescue community affair officer.



Fire department officials say their rescue boat is used more than wanted during the summer months.

According to the United States Coast Guard on the King County public health website, in 2010 85 percent of people who drowned in boating accidents in the United States were not wearing a life vests.

And according to the Washington department of health, in 2012 there were six cases of children 14 years and younger who fatally drowned in Washington.

In 2010 though, the number

was higher with 11 children deaths in the same age group.

To try to keep these numbers at a lower scale Officers Ohashi and Bellinghausen advise the public to swim with a buddy.

They also suggest for the public to not mix alcohol with water activities, according to the Center for Disease Control in 2012 alcohol was involved in 50 percent of “adolescent and adult deaths associated with

South King Fire and Rescue

water recreation.”

It is important to make sure you are supervising your children, you are aware of your swimming abilities and are wearing a life jacket.

People can find more information about water safety from the King County Public health department, the United States coast guard and watch the news for more information as it gets closer to the summer as well.

Students share their appreciation for the important women in their lives

By **Michaela Vue**
and **Amy Sato**
Staff Reporters

A mother does not have to have the same DNA to make her a mom. Highline student Tori Snyder says her friend's mother is a motherly figure to her.

"My favorite thing [about her] I really admire her wisdom and her sense of self," Snyder said. "She knows who she is and what she values and what is important to her."

Snyder says her friend's mother has been a great role model.

"Coming from the viewpoint of a 19-year-old girl, seeing someone who has gone through all the craziness of this stage in life and came out normal and on top," she said. "It makes me feel like I'm doing OK."

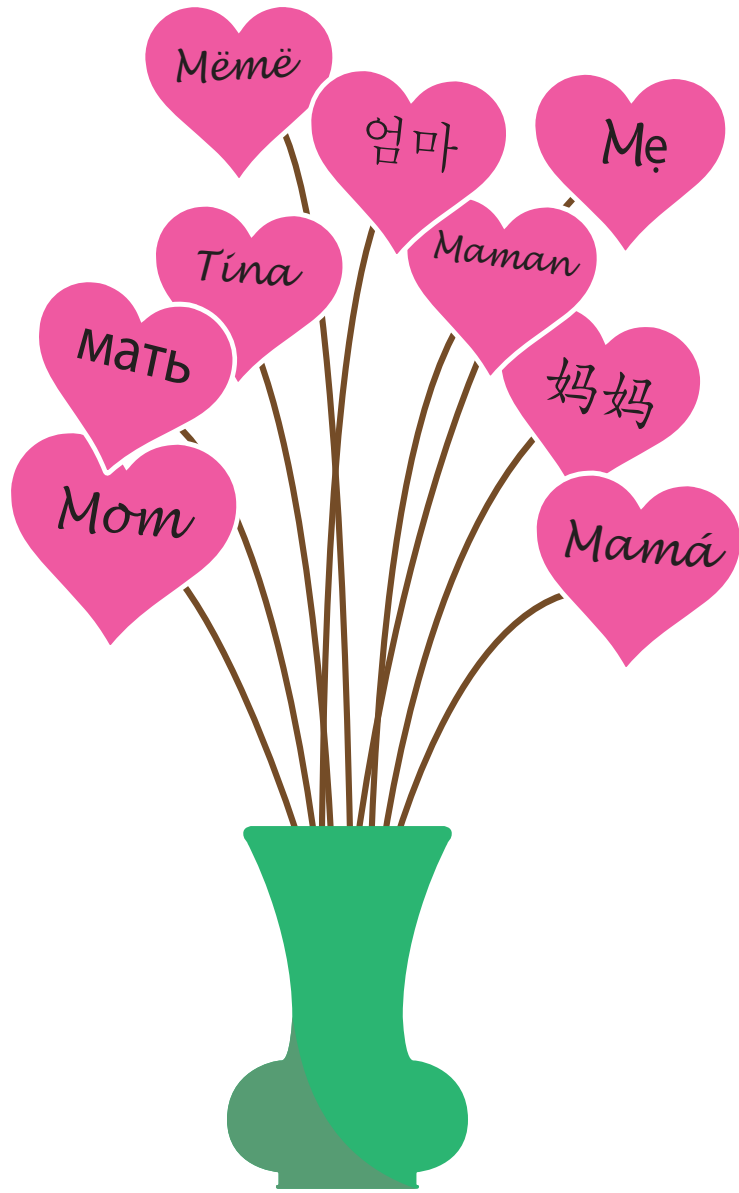
Sometimes Snyder just needs someone to lend an ear and she knows exactly who to go to.

"I appreciate her [friend's mother's] ability to just listen. I always feel like I am being heard and understood when I talk to her," she said.

This Mother's Day, Highline students are reflecting on all the reasons why they appreciate their mothers.

"My favorite thing about my mom is that she is always there for me when I need her," Highline student OluSola Amosun said.

Student Darleen Jara says she appreciates her mom for always looking out for her and "taking the extra mile."



Vinh Banh/THUNDERWORD

Mother's Day is coming up and students at Highline reflect on the important women in their life.

Moms can too be tough, but students agree that their moms know what's best.

"I appreciate everything about her," Pa Ousman Jobe

said. "Even as a child when I was punished, I realized it was for my own good."

"I was a stubborn child always getting into trouble," he said.

Justin Alcala said he appreciates the way that his mom disciplined him.

"She gives me freedom, but gives me guidance and advice," he said.

Josh Esbenshade says he appreciates his mom's forgiveness.

"What I appreciate most is that even when I screw up she still loves me and encourages me," he said.

Despite all the mistakes, students just want to make their mom happy this Mother's Day.

"Just seeing her smile makes me happy," Jobe said.

Students appreciate their mother's work ethic.

"I appreciate how she works hard, she's a single mom," Alcala said.

Student OluSola Amosun said he wants to show his mom his appreciation by taking some of the load off her for Mother's Day.

"I believe that I appreciate her and on Mother's Day I'm doing all of her work so that she can relax," he said.

Students will spend time with their mom to show them that they are appreciated.

Don't worry if you haven't made plans. Some students, such as Jara, will improvise.

She might take her mom to the mall and get a pretzel just to spend quality time together, she said.

Snyder has put some thought in how she will spend the special day with her friend's mother.

"Something sincere and heartfelt like a handwritten

note. It sounds rather dull compared to a fruit bouquet, but I like to think it's the small things that go the farthest. Little acts of appreciation."

Of course, there will be flowers and dinner.

"For Mother's Day I am going to get her flowers and a card," Esbenshade said.

Other students, such as Philip, already have the day planned out.

"We will probably eat out at her favorite restaurant and do something she's been wanting to do," she said. "She appreciates family time more than gifts, so we are going to surprise her with going on a hike near Snoqualmie that she's been wanting to take the fam bam on."

Although Alcala's mom lives in Hong Kong, China, he appreciates that she stays in contact with him. Luckily, his mom will be visiting in time for Mother's Day. He will be taking his mom to Olive Garden.

Other students will have a long distance Mother's Day.

"Unfortunately, I will not be able to be with her [on Mother's Day]," Jobe said.

No matter whom you consider your mom, or where your mom is, students will be showing lots of love on this special day.

Distance does not stop Jobe from loving his mother.

"I would thank her for being my rock, for being there for me, for believing in me when everyone did not," he said.

Moms know what they want this year

By **Ed Hones**
Staff Reporter

Mother's Day is coming up and moms of Highline have gift ideas.

Highline student and mother Rosalia Rodriguez said the most meaningful gift for a mother is personal time.

"Quality time with your mother is what is most important," Rodriguez said.

She said her own kids do art projects.

"My kids are young, they draw pictures for me," she said. "I really love it. It's more meaningful than a box of chocolates."

A picture drawn by her kids will last a lot longer than a gift like chocolate, she said.

"With a picture, I can frame it and keep it forever," Rodri-

guez said.

Another gift she recommends is cash.

"I send my own mom cash," she said. "Cash is always good."

Other mothers of Highline feel thoughtful gifts are the way to go.

"Homemade gifts are the best," said Highline mother Larkin Jefferson.

She said flowers are also a good option.

"I always like flowers," she said. "If it's flowers or anything homemade I won't be disappointed."

Another mother of Highline said her favorite Mother's Day gift is when her workload gets lightened.

"In the past my kids have done chores for me on Mother's Day," Shannelle Johansen said.

She said her favorite gifts are the ones she can put to good use.

"I always welcome gifts, but the problem with getting flowers or candy is that you never actually use them," she said.

Johansen said doing chores for her is very useful.

"Taking a chore off my plate

helps me out a lot more than flowers ever could. Especially if it is manual labor," she said.

Highline mother Jewel Howard said the most meaningful gift is one that forms a memory.

"A fun experience that will form a memory is the best Mother's Day gift I could ever

receive," she said.

She said she loves gifts but meaningful experiences trump them all.

"I will never be disappointed with a gift but an experience means a lot more to me," Howard said. "I can keep a memory forever."



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Avoid crowded restaurants with home cooking

By Kaylee Moran
Staff Reporter

Show your appreciation this Mother's Day by making her a delicious homemade brunch. Going out to eat on Mother's Day can be busy and expensive, but cooking a meal at home for you and your mom to eat together will be a more personal way to show her your love and appreciation. This brunch will include a healthy and simple vegetable quiche, fruit salad, croissants, juice and coffee.

Remember, this day is all about your mom, so feel free to adjust or add anything that you know your mom would enjoy. Set up the table with a flower arrangement, juice and coffee, croissants and use your nice plates and silverware. Start preparing the quiche



Cook an easy broccoli quiche as part of a brunch for your mom.

- first, as it will take about an hour to serve. While the quiche is cooking, start preparing the fruit salad.
- Broccoli Quiche:
- 2 tablespoons butter
 - 3/4 onion, minced
 - 1 teaspoon minced garlic
 - 2 cups chopped fresh broccoli
 - 1 (9 inch) unbaked pie crust
 - 1 1/2 cups shredded mozzarella cheese

- zarella cheese
- 3 eggs, well beaten
 - 1 cup milk
 - 1 teaspoon salt
 - 1/2 teaspoon black pepper
 - 1 tablespoon butter, melted
- Directions:
1. Preheat oven to 350 degrees F (175 degrees C).
 2. Over medium-low heat melt butter in a large saucepan. Add onions, garlic and broccoli. Cook slowly, stirring occasionally until the vegetables are soft. Spoon vegetables into crust and sprinkle with cheese.
 3. Combine eggs and milk. Season with salt and pepper. Stir in melted butter. Pour egg mixture over vegetables and cheese.
 4. Bake in preheated oven for 35 minutes, or until center has set.
- Next, the fruit salad is a sweet and refreshing treat to add to your brunch. Feel free

- to substitute or add any other fruits that are in season or are your mother's favorite.
- Ingredients:
- 1 pint strawberries, hulled and quartered
 - 1 cup blueberries
 - 1/4 cup white sugar (to taste)
 - 2 tablespoons lemon juice
 - 2 bananas, sliced
 - 3 kiwis, sliced
 - 1 pound seedless grapes
 - 1 (20 ounce) can pineapple chunks, drained
- Directions:
1. Mix the strawberries, blueberries, kiwis and grapes together in a bowl, sprinkle with sugar and lemon juice, and toss lightly.
- Refrigerate until cold, at least 30 minutes. About 30 minutes before serving, cut the bananas into 3/4-inch thick slices, and toss with the fruit.

Spend time with mom at local events this Sunday

By Amy Sato
Staff Reporter

If you are racing to find ideas for Mother's Day this Sunday there are many local options to let your mom know you appreciate her. In Auburn, Emerald Downs is hosting Mother's Day at the Races. Moms may win special giveaways from sponsors at the raceway. Post time 2 p.m. There will also be kids activities in the park, which include pony rides, face painting, and a bounce house (weather permitting) beginning at 1 p.m. "Mother's Day is one of the biggest events here after Father's Day at Emerald Downs. Families can reserves a table at the restaurant here and grab lunch and dinner at the track," said Vince Bruun, director of media relations.

"There will be kids activities at the North Park area where there will be pony rides and a bouncy house. We've been doing Mother's Day since we opened in 1996," Bruun said. For more information call 253-288-7711 or go to emerald-downs.com. Emerald Downs is at 2300 Emerald Downs Drive. There will also be a May Tea at the Neely Mansion on Saturday where moms can enjoy spring delicacies, music, and a tour of the unique Victorian Mansion. Sitings will be at 12:30 p.m. and 3:30 p.m. and last approximately 1 and a half hours. Admission is \$15 per guest. Reservations are required for the tea. Call 253-850-2777 for more information go to neelymansion.org. The Neely Mansion is at: 12303 S.E. Auburn Black Diamond Rd. in Auburn, right off of Highway 18.

In SeaTac there will be a Mother's Day Celebration at Cedarbrook Lodge. Cedarbrook Lodge and its Copperleaf Restaurant and Bar will be offering a grand brunch buffet in the hotel's Tamarack Hall. The Brunch Buffet costs \$55 for adults, \$25 for children ages 6-12, and is free for kids 5 and younger. The Prix Fixe Mother's Day Four-Course Brunch cost is \$50 per person, with wine pairings available for an additional \$25 per person. The Brunch and the Prix Fixe will be from 11 a.m. to 3 p.m. For the full menu, you can visit cedarbrooklodge.com. Cedarbrook Lodge is at: 18525 36th Ave. S, SeaTac.

In Kent, Envision A Nu You Salon will be hosting a Mother's Day Makeover which includes mini facials, hand and foot massages, manicures and pedicures and makeup makeovers. They will have complimentary drinks and appetizers at \$25 per tickets. The event is adults only and there will be live music and spoken word. The salon is at 25725 101st Ave. SE Kent. For more information call 253-859-2723. "The main focus at our salon is hair, but we also do nails, mini facials, massages, and eyelash extensions," Angela Williams said. "We started our Mother's Day event for fun and to promote our store. We have music

and spoken word again this year since it went over really well last year," Williams said. In Federal Way, there will be a Mother's Day Open House at PowellsWood Garden where you can bring your mother or loved ones to explore the grounds and garden through a self-guided tour from 10 a.m. to 5 p.m.

There will also be tea, scones, lemonade, and cookies available for purchase from 10 a.m. to 4 p.m. on May 10-11. Admission is \$5 and children younger than 12 are free. PowellsWood Garden is at 430 S. Dash Point Rd., Federal Way. For more information, call 253-529-1620.

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Laura James is a videographer, underwater explorer and diver.

Diver urges action against pollution

By James Ford Jr.
Staff Reporter

Polluted storm runoff from our driveways and neighborhoods is a huge problem in the Puget Sound, said a guest speaker this past weekend at Science on the Sound.

On May 3, videographer, underwater explorer and diver Laura James talked about seven simple actions to restore the Puget Sound and what people can do to prevent pollution in the ocean, at Highline's MaST Center at Redondo.

James is an advocate of educating people on what they can do to stop pollution in the ocean. She travels around the world studying the ocean and filming marine life.

She started exploring shipwrecks in the early '90s, some of her work has helped pave the way for historical shipwrecks to be eligible for state registry of historical places.

James was diving in the Puget Sound, when she discovered what seemed was a black piling, but as she got closer she realized that it was a storm outfall with road grime and other pollutants in it.

These pollutants were spewing out a thick black cloud that spread all over the ocean, making it hard for sea life to breath.

This waste is called a "toxic cocktail," made up of excess rainfall that flows into the closest body of water, taking pollutants along with it.

After seeing this, James started filming the marine life that was being affected by the storm runoff, and while filming she captured images of sea life covered in toxic pollution from the storm runoff.

"People don't realize how important prevention is to saving our marine life," James said.

Salmons have been affected by this pollution as well.

Pre spawn mortality is an issue that comes solely from contaminated storm runoff.

The salmon have to migrate during the fall; the salmonids will pass through urban watersheds, which have high amounts of pollution.

The pollution that the fish

are exposed to kills them before they can spawn said James.

James said people need to know what to protect our water from.

Here are the seven actions that James presented.

1. Scoop the poop. "200 tons of pet poop is deposited in the Puget Sound region every day," said James.

2. Use little or no fertilizers, herbicides or pesticides; compost and mulch is a healthier for your soil.

3. Wash your car at a commercial car wash.

When you wash your car in the driveway soap and metals flow into the storm drains.

4. Walk, bike or ride the bus. Hydrocarbons from our cars get onto the roads and wash directly into the Puget Sound.

5. Plant and protect native evergreens and native shrubs.

6. Keep your car properly maintained. Oil leaks are a contributor to water pollution.

7. Keep water on site with rain gardens, cisterns, or green roofs.

A huge part of the issue is that polluted runoff runs faster over hard surfaces and clusters together toxins that flow into Puget Sound.

"It all starts with us," James said.

Hoover got the grief, but FDR got the glory

By John Poore
Staff Reporter

A common misconception exists that President Herbert Hoover was cold and strictly conservative and that President Franklin Roosevelt was a liberal genius, a political science instructor told last week's History Seminar.

On April 30, Dr. T.M. Sell presented "Hammering Hoover, Reinventing Roosevelt a Reconsideration of The Great Depression."

During World War I, Hoover made a name for himself due to his success as an administrator charged with delivering food aid to Europe, Dr. Sell said.

"Hoover was the Colin Powell of his time. Everybody wanted him to run for president," he said.

During his time as commerce secretary under presidents Warren G Harding and Calvin Coolidge, Hoover wrote that to counteract the effects of the next recession the country should engage in a program of public works spending.

"And had Hoover had the courage of his convictions, the world might have been a different place," Dr. Sell said.

Before every depression there is a bubble, Dr. Sell said, and the Great Depression was preceded by the worst kind of bubble, a financial one, because it wiped out so much wealth.

"In the '20s, the bubble was in radios and automobiles. These were new technologies. They were booming. And as long as people were buying, everything was grand," Dr. Sell said.

Eventually the market ma-

tured; everyone who wanted a radio or automobile bought one, and then they were only sold at the replacement rate, he said.

"A recession is a drop in the aggregate demand. There really is no good definition for a depression, however there is a joke," Dr. Sell said. "A recession is when your neighbor loses his job, and a depression is where you lose your job."

The approximate cause of the Depression was the stock market crash of 1929, when a third of the value of the economy was wiped out, he said.

Both presidents Hoover and Roosevelt were charged with defibrillating the economy throughout the Great Depression.

Hoover was able to get Congress to spend more on public works. He created the Reconstruction Finance Agency, which lent money to large enterprises, banks and railroads. He got more financing for agricultural loan programs. He helped to create the Federal Home Loan Bank.

He supported the original Davis-Bacon Act, which mandated an eight-hour day on federal projects and prevailing wages. He supported the first Glass-Steagall Act, which allowed the Federal Reserve to create new banking reserves, Dr. Sell said.

"He attempted to use the bully pulpit of the presidency to jawbone the economy into recovery," he said.

But the magnitude of the economic collapse was massive.

"When Franklin Roosevelt ran for president in 1932, one of the only actually coherent things he said about the economy was 'we should end these

irresponsible Republican budget deficits," Dr. Sell said.

"As one historian put it, 'Roosevelt attempted to restore capitalism by ending it,'" Dr. Sell said.

Roosevelt implemented unsuccessful programs such as the National Recovery Administration, and the Agricultural Adjustment Administration, Dr. Sell said.

Roosevelt's policies failed because they were implemented on the belief that if prices were raised throughout the economy, then employers would make more money and then hire more workers. Dr. Sell said the problem was that people weren't spending.

In one example of Roosevelt's commitment, his administration bought up pigs and slaughtered them in order to drive up prices, Dr. Sell said.

The Supreme Court, by a 9-0 vote, threw the National Recovery Administration out after about a year, Dr. Sell said.

Later, Roosevelt did some good things, Dr. Sell said.

Roosevelt implemented Glass-Steagall 2, which regulated the banking industry. He created the Federal Deposit Insurance Corporation. He continued a number of Hoover's programs and started job programs such as the Civilian Conservation Corps, Dr. Sell said.

In the end, Roosevelt's reputation reaped the benefits of Hoover's investments in the economy, Dr. Sell said.

Next week's History Seminar on Seattle's first Major League Baseball team titled "How Seattle Lost the Pilots," will be presented by author Bill Mullins on May 14.

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Nursing program is tough to get into

By Shrae Harris-Hogan
Staff Reporter

Getting into Highline’s most exclusive program isn’t just about grades.

Having “experience in patient care” will boost your chances of getting into the Nursing Program, said Teresa Trillo, program coordinator.

Patient care is anything that relates to certified nursing assistants or home health care aid. Being either one of these allows you to handle people in an intimate setting.

“It’s a good way to determine whether or not nursing is for you,” Trillo said.

The program accepts applications three times a year: fall, winter and spring. There are 60-100 applicants each quarter, but only 20 are accepted.

The smaller classes allow for more teacher student interactions and hands on learning.

Applicants are required complete 90 college-level credits before submitting their application.

Trillo also advises holding



Teresa Trillo

at least a 3.0 GPA in all sciences classes. Some of these classes include Introduction to Chemistry, Microbiology and finally Human Anatomy and Physiology.

These are required to ensure that enough material is known so that instructors don’t have to reteach certain concepts to program participants.

Along with the application itself, applicants are required to attach their current nursing assistant certification and with

the scores from the Test of Essential Academic Skill exam.

The test consists of 150 multiple-choice questions. It’s designed to test an applicant’s knowledge at the basic level of nursing. Applicants must score a minimum of 75 to be eligible for admission to the program.

“We say we’re the best because we are,” said Trillo, but she doesn’t want that to discourage applicants from applying to multiple schools for the nursing program.

Trillo, though, does not decide who gets accepted into the program. If you meet all of the requirements you are automatically thrown into a computerized draw.

If you are not accepted into the program, applicants are allowed to push their application to the next scheduled drawing.

After completing the two-year program applicants can graduate with their registered nursing associate of applied science degree. With this degree, graduates will be able to practice nursing at hospitals, or private offices.

Deadlines for graduation loom

By Mikel Abraha
Staff reporter

Commencement is rapidly approaching for the Highline students expecting to graduate this spring.

Graduation is a process that involves preparation, college officials say.

Students were supposed to apply a quarter in advance in order to receive an official graduation evaluation.

The evaluation comes approximately 8-10 weeks after you apply.

After the application process, the ordering of commencement packets will be available.

The commencement packet includes cap and gown, tassels, tickets and directions to the commencement.

Students are advised to pre-

order cap and gowns by Friday May 9 on the Highline bookstore website so the packet can be ready at graduation central in Building 8 by May 13.

Although tickets are free, each graduate will be given five tickets, but there is a likelihood of extra available tickets.

Tickets are only limited due to the limitation of seats.

“If you need more, you can sign up for an additional five tickets and you’ll be contacted June 2,” said hospitality services manager Rachel Collins.

The commencement will be 6 p.m. Thursday, June 12 at the Kent Showare Center.

Highline will be graduating approximately 500 students.

A student speaker will not be selected until Tuesday, May 13.

Students will receive their degree two weeks after the

Domestic violence victim speaks out

By Shrae Harris-Hogan
Staff Reporter

Abuse or domestic violence is not always a physical act, a domestic abuse survivor told a Highline audience late last month.

Brenda Clubine suffered many injuries at the hands of her husband. She endured many broken bones and burns to her face and body.

After years of living in fear, Clubine killed her husband in 1983. She was charged with second-degree murder.

At the time of her sentencing, her claim of self-defense was not enough to keep her from going to prison. Clubine was given a 16 year to life sentence.

In her documentary *Sin by Silence*, Clubine gave her audience an inside look on her journey of release in October 2008.

Clubine is now an advocate for victims of domestic violence looking to get away from their abusers.

“I’m like a dog with a bone. I’m not going to let it go,” said Clubine.

If you are her client, she will help provide the necessary resources needed in ordered to separate the victim from the abuser.

“Abuse doesn’t discriminate,” Clubine said.

In abusive relationships, abusers often take advantage of the girlfriend or boyfriend by an over use of power and control.

Clubine said it’s important to

recognize that there are many different forms of abuse.

There can be verbal or mental abuse as well; these can include but are not limited to sending threatening text messages to offensive name-calling.

There are many warning signs to detect whether someone has an abusive personality.

These include extreme jealousy, possessiveness, or a controlling attitude. Statistics show that each year one in four teens experience abuse.

Clubine said if you know the warning signs of a domestic partner you would have a better chance of getting out of that relationship or not getting into one at all.

Even Exchange

1. Scare, Stare

2. Flute, Fluke

3. Gibson, Gibbon

4. Rough, Rough

5. Master, Muster
6. Tamer, Tater

7. Entice, Entire

8. Propel, Proper

9. Skunk, Spunk

10. Wilma, Willa

King Crossword — Answers

Solution time: 25 mins.

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

Weekly SUDOKU — Answer

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

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Bailey Williams/THUNDERWORD

In the long-term facilities plan Building 27 and 28 may be combined and renovated into a new physical education building called Building C.

New PE building would eliminate pavilion

By Ryan Johnston
Staff Reporter

The gym and locker room won't be separated in Highline's long-term facilities plan.

In the plan, Buildings 27 and 28 would be put in a new physical education building, Building C.

"[Building C] would incorporate a gym and locker rooms," said Barry Holldorf, Highline's director of facilities.

This would mean that everything in Buildings 27 and 28

would be moved into Building C. Athletic faculty offices would also be in Building C.

Highline's long-term plan is a proposed set of renovations and reconstructions that would dramatically change the way campus buildings look and are utilized some 30 or 40 years from now.

There are defined plans for Buildings A through D.

Building A would have administration offices and classrooms, Building B would have

labs and classrooms and Building D would have the Facilities offices and classrooms.

Staff and faculty offices would also be in these buildings.

Buildings E and F are potential growth projects, and project G has several possible parking improvements.

Planning maps are available at facilities.highline.edu/masterplan/8_PlanDiagrams.pdf.

Des Moines would like to use Building C when school days have slowed down.

"The city of Des Moines is interested in what the campus can do on off-hours," Holldorf said.

This means that local intramural sports could use the building in the later hours of the day, among other possibilities.

The long-term map shows Buildings 27 and 28 replaced by additional parking. However, that probably won't end up coming true.

"These [parking spots] likely won't happen," Holldorf said.

The placement of future Light Rail stations will influence future parking plans, but the college doesn't want to build more parking spaces if they can help it, Holldorf said.

Facilities does have other plans for athletics on campus.

"At some point, we'd love to astroturf the [softball] field," Holldorf said.

Facilities also wants to improve the lighting so that softball games can be played at night.

Angel heads back to the pearly gates

By Jabril Ibrahim
Staff Reporter

Highline will officially switch from Angel to Canvas on June 23.

Canvas is a course management system that was chosen for Highline after Blackboard discontinued Angel. Canvas is used as an electronic class for instructors and students to communicate. Students can drop assignments off and instructors can grade assignments online.

The final transition is under way and Angel will only be available through Aug. 1 for transfer of information to Canvas.

Sue Frantz, a psychology instructor, is a part of the faculty group that is teaching other faculty members how to use Canvas. She has been using Canvas since Winter Quarter and is a satisfied user.

"I was never a big Angel user. For years I had my own website, and that worked much better for me than Angel," Frantz said. "There are some features in Canvas that won me over, though."

Frantz said she enjoys two specific features on Canvas.

The first is how Canvas handles communication.

"Each student (and instructor) can decide how they want to get communication from Canvas," Frantz said. "You, as a student, can decide how you

want to hear about new course announcements and how often."

Frantz also enjoys how Canvas handles assignments.

"Let's say I have an assignment where a student is asked to write an essay. I can make several options available to students," Frantz said.

Marc Lentini, director of Instructional Design, praised instructors who have been responding to many requests for advice.

"A tip o the hat to faculty-in-residence, Matt Schwisow, Deb Moore, Tommy Kim, and Sue Frantz," Lentini said.

Lentini says Canvas is going as smoothly as expected, but it still has a few problems.

"We knew we'd run into a few things that didn't work the way we'd hoped, and we did, but overall Canvas has been performing well," Lentini said.

A few students talked about how it was compared to Angel. Most of them responded in a

positive way.

"Canvas is honestly cool. It just seems so much easier and it is more reliable to me than Angel," Luis Alvaro Osornio said.

Osornio said he's glad Angel is ending and Canvas is taking over, he feels like it's long over due. But, at least one student expressed concern.

"Canvas is all right. It can get confusing sometimes, like I wouldn't know where to drop assignments off sometimes," Carly Mills said.

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students face choices in choosing a major as they near graduation.

Students find different paths to choosing majors

By Mikel Abraha
and Brandon Madsen
Staff Reporters

Choosing a major is not a problem for some students at Highline.

In an unscientific survey of about 50 students, nearly 35 students said they have chosen their major or have an idea of what to major in.

Kirubel Tamrat is a student who will be transferring to Washington State University in the fall. He is going to try to get a bachelors degree in business.

He was bitten by the business bug in middle school when he learned about DECA, a program that prepares students for careers in marketing, finance, hospitality and management.

"When I was in middle school some kids from the DECA program talked to us about DECA and I found it very interesting," Tamrat said.

The following year he joined DECA at his high school.

"If you plan on transferring to a university after Highline then you really need to choose a major. I would recommend finding one as soon as possible so you can try to get into programs that are part of your major that will help you get a job after college," Tamrat said.

For some students, time seems to have played a big factor in the process of choosing a major.

"I feel like I was supposed to have a major by this point," said second-year student Quaylen Nelson. She has set her sights on majoring in biology.

"I knew I wanted to be a pharmacist when I got to Highline," said Tommy Hoang.

Pressure has also had an impact on the decision making on campus.

"I definitely did [feel pressure] because I didn't want to take classes for no reason. It really helped me focus on what to go for," said Shawn Miller-Jordan.

Another student, Seta Kotoisuva said, "I was pressured to get up and do something, and

not waste any time because time is money."

Others have found their passion through classes they have taken.

"Taking Bio 160 made me realize how much I like biology; I have gained a real passion for biotech," said a student named Nelson, who did not give their last name.

Some classes changed students' point of views on career paths.

"At first I was interested in the pay but now I'm becoming more interested in what I am learning in my chemistry class," said Hoang, who also didn't give their last name.

However, there are still some students who are trying to find their way.

"I don't have a major and I have no idea what I want to major in. I'm trying to finish my AA degree before I think about choosing my major," Braeden Chandler said.

"I need to choose one soon though, because I plan on transferring to a university next year," he said.

By Richard Jensen
Staff Reporter

For students unsure about their major or career, Highline has resources available to help.

The Counseling Center has a multitude of resources available for undecided students, including a career planning and self-evaluation course starting this month.

Career 110 will be a two-credit course, starting Friday May 9, continuing Saturday May 10, and Saturday May 17.

"This is a fantastic opportunity for students in need of late credits and weekend flexibility," said Dr. Allison Lau, associate dean for Counseling and Student Judicial Affairs.

The course is designed to help students evaluate their own strengths, work on interviewing skills, resume writing and an introduction to Highline campus resources.

If the Career 110 class isn't an option for students, other help is available.

The counselors at Highline are here to help any student at any time, said Dr. Lau. "It's free, confidential and painless," she said.

The counselors work to explore a student's strengths, interests, values and skills to help them find a good fit, she said.

Through testing, one-on-one counseling and use of other tools available at the Counseling Center, they will help a student feel more confident in their decision, she said.

The Counseling Center offers the Meyers-Briggs type indicator, which identifies personality type, and is believed to



Dr. Allison Lau

directly correlate with how they see the world. Students can then use the test to identify possible careers.

The counselors also use the Washington Occupation Information System website or wois.org to help determine a student's interest in different fields and set

up a few possible career paths.

Along with these tools, counselors have a career assessment inventory available that will help give an even better understanding of possible interests and career paths.

"No one should navigate this decision alone," said Dr. Lau.

"We also look at the other factors they need to weigh in," Dr. Lau said. These other factors can be everything from family influence, financial situations and other outside pressures.

"More importantly than just helping you in this decision, we will help you develop life skills," said Dr. Lau. "I see this as one step in a long process."

For additional information about the class and general counseling, visit the Counseling Center on floor two of Building 9, or call or email the Counseling Center at 206-592-3353, counseling@highline.edu.

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Textbook

continued from page 1

Despite any promises from publishers to keep prices in check, the nature of the industry seems to have dictated otherwise.

"Publishers are now looking for ways to maintain revenue from the textbook market," said Dr. James Peyton, a professor in the Economics Department.

"A big change in the industry is e-books. They have become really important to publishers. Online subscription services are becoming more popular with publishers. It ensures their continued revenue," Dr. Peyton said.

Offering e-book format sounds like a logical choice when seeking to increase revenue while lowering operational costs.

The cost of developing an e-book is "negligible," said Brent Beckley, marketing manager of Sci-Tech Publishing.

Sci-Tech, which began selling textbook-PDF bundles in the late 1990s, provides a digital view of textbooks by converting print files from a typesetter. This, in turn, can yield generous profit, as e-book prices continue to rise.

Since their introduction, e-books have seized market share from text and used book markets, and it is not difficult to understand why.

Typically, a popular book requiring a large number of prints will bear a lower cost, as fewer units need to be sold in order to recoup expenses. A lesser-known title with fewer prints, on the other hand, requires more units be sold to recoup expenses, thus driving up cost.

However, in textbook publishing, a more specialized class attracts fewer students, yielding lower sales. Publishers will offer fewer resources within these texts, keeping costs lower.

A more common and required class, on the other hand, will yield the most sales. More resources will be devoted to these books, making them much more expensive. Publishers will actively pursue the latter, as once the instructor gets the book; it is a guaranteed set of sales, Dr. Peyton said.

The development cost for textbooks is a combination of the development of the book, and its placement within a "captive market," Dr. Peyton said.

A captive market exists when a lack of competition severely limits consumer choices.

"Fundamentally, the textbook market is one without a lot of competition. Publishers can charge more for textbooks because they can," Dr. Peyton said.

The average textbook development cost from Sci-Tech is \$15,000 to \$80,000.

This is due, in part, to the cost of extensive administrative



Laura Nole

work by Sci-Tech, which is required to maintain a "community publishing" process, where international forums of "engineers, academics, and students from around the world" provide extensive review, Beckley said.

Though still quite expensive, e-books do offer a reprieve in cost from textbooks.

"The difference in price is enough to recommend e-book format. The difference between a \$200 textbook and a \$135 e-book is huge," Dr. Peyton said.

Since their inception, e-books have created competition with textbooks, and publishers are quick to take advantage of the change in format.

"What publishers want is the e-book format. No used market. Publishers encourage faculty to use e-book and custom bundles; you can't sell them back, and you can't rent codes," said Laura Nole, manager of the Highline bookstore.

"Publishers want to go around the bookstore. E-books will eventually cut out the bookstore. The college loses that income," Dr. Peyton said.

"It is cheaper for students to use e-books, more difficult to transfer to someone else. Succeeding classes will have less access to used books," Dr. Peyton said.

It seems that in cutting out the bookstore, publishers have im-

pacted the students even more.

Everything left over after a textbook sale goes into the college's general fund, said bookstore manager Laura Nole.

"It all goes back to the students," Nole said.

However, students are not the only ones affected by the changes in the publishing industry, as the Highline bookstore is also sensitive to the evolving industry.

"The days of the bookstore being a cash cow are long gone. That drives us to be competitive and customer-service oriented," Nole said. "We are a self-sustaining non-profit. Proceeds go back to Highline in some form or another."

"We are one of the largest student employers on campus. Some are kids in high school, placed under high expectations, in a kind of learning lab," Nole said.

Among the bookstore employees are four full time employees, the rest are students.

"They come and go, and we work around their schedules. We train them in business aspects, primarily technology," Nole said.

"All nationalities eating, working, studying together, it's fun to watch. That's what breaks down cultural barriers," Nole added. "The book store is a perfect place for that."

AAPI students find leadership at Highline

By Michaela Vue
Staff Reporter

In the spirit of Asian-Pacific American Heritage Month, Highline is starting its first ever Asian American Pacific Islander Student Leadership Institute.

"We're leading the trend," Ekk Sisavatdy, member of the AAPI Task Force said of Highline's diversity leadership in the community. "It's the first of its kind."

Highline will host the free event open to any Asian American Pacific Islander students in the community interested in gaining skills with leadership.

Students are also required to have a 2.0 GPA and be at least 18 years old.

"This year we [AAPI Task Force] wanted to focus on student development," Sisavatdy said.

The event is on Saturday, May 31 in Building 2. Students who attend must be available for the entire program from 8:30 a.m. to 3 p.m. Breakfast and lunch will be provided.

Highline's AAPI Task Force started AAPI Student Leadership Institute. The task force is a group of Highline staff. AAPI Task Force has been on campus for five years now.

"We [Highline] have leadership, but not for AAPI," Siew Lai Lilley, a member of the AAPI Task Force said. "This year we have the funds to do that," she said.

Sisavatdy said the AAPI Task Force work as mentors to students.

Highline has partnered with

Executive Development Institute to make this event possible. EDI is a local, non-profit agency that focuses multi-ethnic and cultural leadership.

The event's keynote speaker will be Hoan Do from EDI.

There will also be two workshops. The first workshop will be on personal branding and networking for leadership success. The second workshop will be on speaking to persuade.

This event was created to help students.

"Students may not realize that this is really for them," Lilley said.

Sisavatdy said the idea for the event came about when he asked himself "If I was a student again, what would I want?"

Both Sisavatdy and Lilley said that students do not need previous experience for the event.

"Leadership is a skill, not something we are born to have," Sisavatdy said.

"You don't have to have speaking skills to come," Lilley said.

Certificate of completion will be awarded to students who attend the event.

"It's going to look good on their resume, but also give them [students] confidence," Lilley said.

For an application, email Ekk Sisavatdy at esisavatdy@highline.edu. The application can be emailed back to Sisavatdy or handed to him at his office in Building 6 in the High School Programs/ Counseling Office.

GRAD CENTRAL

MAY 13, 2014

8:30 AM - 5:30 PM

MT. CONSTANCE ROOM

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SHORT VIDEO CLIPS OF GRADUATES THANKING FAMILY, AND FRIENDS WILL BE TAKEN AND SHOWN DURING THE GRADUATION CEREMONY.

Choice

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italize on this cycle of abuse, and victims are unable to escape.

“Unfortunately, this is starting as young as middle school and high school,” Rader said.

“Young girls and boys are being groomed. The coalitions are going to the junior highs to help kids understand what the signs are and encouraging them to do research so they can be aware of local and national statistics,” she said.

“Her Choice? Our Choice!” will be hosted in the Mt. Constance room in Building 8 from 11 a.m. to 2 p.m. Lunch will be provided.

The public forum will rely heavily on testimonies that will zoom in on the issue from distinct angles.

“We’re going to start by listening to Chief [George] Delgado from the Des Moines Police Department, who will provide local statistics,” Rader said. “Then, we’re going to hear from a mother who lost her daughter to sex trafficking.”

A victim and survivor of sex trafficking will also be providing testimony, Rader added.

“And we’ll listen to a [former] user, who now runs his own recovery program,” she said. “We’re trying to show both sides.”

The forum will also make use of documentary trailers centered around the Seattle area.

“This is right outside our door. This is on Pacific Highway. We live in a port city, so people can get in and out unnoticed,” she said. “Research the internet for King County statistics because they are alarmingly high.”

According to the National Human Trafficking Resource Center, there were 45 cases of sex trafficking in Washington State in 2013, and a total of 14,898 calls reporting trafficking.

Rader said that the more south one travels in King County, the more prostitution one sees.

“It happens in rich communities too,” she said. “But it is more obvious in poor communities.”

The website waengage.com offers further information about the history of sex trafficking, logistics, and ways to become involved.

Individuals planning to attend the forum must first register for the event on brownpapertickets.com. Everyone is welcome to attend.

“Getting the word out will prevent it from happening,” Rader said.

Lottery

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I’ve ever heard of getting privileges based on a lottery,” Simpson said. “You would never pick a doctor via a lottery. It doesn’t take into account any previous work experience or knowledge of the industry. It doesn’t make a lot of sense to me.”

He said he feels that people currently running medical marijuana dispensaries should receive first crack at the recreational marijuana market.

“I actually put myself out there in the beginning and could have gone to jail. I should have gotten first crack at this but instead I had to enter a lottery with people that don’t have any experience with this stuff,” Simpson said.

Simpson said that having marijuana legal on the state level but illegal on the federal level adds complexity.

“People are still getting busted by the DEA. Pot is a schedule one drug with no medical benefit according to the federal government,” he said.

He said that things get really confusing when it comes to taxes.

“Taxes get very complex with the legal gray area,” he said. “We deal primarily in cash yet cash is very difficult for us to handle.”

Simpson’s relationship with his bank is less than ideal, he said.

“We have a bank account but we can’t tell anyone where it is. We don’t even tell the bank that the account is with us. We have to go through all sorts of crazy things just to deposit money,” he said.

He said the process of getting approved is still not over.

“People are still fighting for locations. It depends on

the distributors and Liquor Control Board. We still have to be approved by them with a whole bunch of stuff,” he said. “Once they are happy with what we give them, we hope to open.”

He said he wants to open


Greenside Medical’s Des Moines location as soon as possible.

“We want to open in July. That is the earliest date they gave us,” he said.

The Washington State Liquor Control Board has begun pro-

cessing applications, according to a press release issued earlier this week.

According to their press release, the agency expects to begin issuing retail licenses no later than the first week of July.



Saturday May 17th, 2014
8:00am-4:00pm
Highline Community College Campus
Bldg. 8 (Student Union)
Serving 9th - 12th grade & HCC Students
Registration is FREE
Register online at yellhighline.edu
Keynote Speaker:
Tanya Moore, PhD

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