Faculty diversity doesn’t mirror students

By Nasri Isaac
Staff Reporter

Although Highline boasts the greatest diversity within its student population for the state’s 34 community and technical colleges, faculty diversity lags behind.

Highline has the highest percentage of immigrant and refugee/temporary legal resident students among community and technical colleges in the state at 30.8 percent. The system total is 8 percent, according to the State Board of Community and Technical College’s Fall Quarter Report.

The college’s executive director of Human Resources says she believes that better diversity within faculty is needed to serve students efficiently.

“We didn’t do much hiring in the past four years because of budget reductions, but we like the qualifications we put out to reflect our ability to hire the best candidates,” Human Resources Director Sue Williams said.

Thirteen percent of faculty affected by the 2009 staff reductions were people of color. Five of the 40 faculty members who retired and were not replaced, laid off, or whose positions were eliminated, were people of color. As 28 percent of faculty on campus are people of color, this means the reductions did not impact people of color disproportionately, Williams said.

“Data doesn’t completely show the numbers that we have,” Williams said. “We provide an opportunity for people to complete a background [profile]. It’s voluntary so sometimes people don’t complete it and other times they check unknown, so we don’t know exactly.”

Transportation budget could derail other programs

By Adam Horner
Staff Reporter

OLYMPIA — In an act that could heavily influence the 2015-2017 state budget, a $15 billion transportation package passed with a provision that could cost state programs as much as $1 billion.

In addition to funding transportation throughout the state, SB 5987 establishes an increase in the state gas tax of 11.7 cents over the next three years in order to pay for highway infrastructure projects. It also devotes any sales tax revenue collected on future state or federal transportation projects be devoted solely to the transportation fund.

Currently, sales tax revenue goes into the general fund, where it is distributed into various areas funded by the state, including education.

Should the provision pass, state Sen. Karen Keiser, D-Kent, said that the state could take a $1 billion hit, and that she wouldn’t support the bill. The bill passed 27-22. Sen. Keiser was one of 22 senators to vote against the bill.

Such a loss would further convolute an already messy state budget, in a year when the Legislature already has an $8 billion obligation to fund education.

The McCleary Act, which amounts to $4 billion, mandates the ample funding of K-12 education by the Legislature. I-1351, a $2 billion voter-approved initiative, requires radical decreases in class sizes throughout the state. $2 billion is required just to maintain current levels state funding.

Despite these challenges, a recent decision could make the budget a little easier to frame.

Washington Lt. Gov. Brad Owen declared unconstitutional a state Senate rule requiring at least two-thirds majority approval on any legislation regarding taxation.

The result was Senate Rule 64, which, in part, specified that “any bill that creates a new tax shall require the affirmative vote of two-thirds of the senators elected or appointed to advance to third reading.” This meant that unless 33 senators voted for a bill, it would not continue any further in that body.

As 2015 is a budget year, the rule put serious constraints on the ability of the Senate to call for new taxes to pay for the two-year state budget, the focus of 2015’s legislative session.

Sen. Annette Cleveland, D-Vancouver, raised a point of order, a matter for consideration by the president of the Senate, concerning the number of votes

Human trafficking hits close to Highline

By C. Crisostomo
Staff Reporter

Five hundred women and children in the Puget Sound area will be sold into the sex trade this year and Highline College borders possibly South King County’s most prominent portal to that world.

Pacific Highway South is ground zero for the sex trade industry in South King County. Other prominent sex trafficking areas are in the city of Seattle, the port, around the airport and along Pacific Highway North and South.

The victims are among the 300,000 women and children sold annually into sex trafficking in the United States.

There are 27 million people trapped in slavery around the world today. Currently, there are three types of slavery: Bonded labor, forced labor and human trafficking.
**Plaza honors departed employees**

**By Jimmy P. Padua**
Staff Reporter

Highline’s new memorial plaza, constructed in the summer of 2013, may be close to getting its first inductees.

The plaza, between buildings 10 and 21, was constructed to consolidate all future commemorations into a single location, as well as to reduce maintenance and to increase campus appeal, said Barry Holdorf, director of Facilities and Operations.

Designed by John Fullford, president of Turnstone Construction, the plaza cost $15,000 and was financed by the college.

Part of the overall cost included importing special cactus grown in Texas representing Highline’s school colors which was spread throughout parts of the campus.

“Traditionally, Highline planted trees throughout campus as memorials but over time the significance is lost or forgotten, along with their history and locations,” Holdorf said.

To reduce maintenance and to avoid accidentally cutting down a memorial tree, the commemorative plaza was installed on campus, he said.

With the death of two professors last quarter, all that is needed to memorialize them are the procedures that are being determined by Stephenson and the Foundation, Holdorf said.

In about a month’s time, the Highline Foundation will have the details and the guidelines for honoring people at the new memorial, said Rod Stephenson, executive director.

Once the rules are determined, the current stepping stones at the memorial will be removed and sent to be engraved for professors Nancy Warren and Terry Nuzzo.

The plaza, between buildings 10 and 21, is designed to consolidate the college’s memorials to staff and faculty.

**Puget Sound farmland threaten**

**By C. Crisostomo**
Staff Reporter

One down, one more to go.

Public Safety officials have successfully identified one of the suspects in the harassment case when two males harassed female students last week.

They discovered that he was a student here on campus and brought the case to the attention of Toni Castro, who is the dean of students.

“We were able to identify him, and since he is a student, disciplinary action will be executed,” Noyer said.

**Graffiti was seen in parking lot**

Graffiti was discovered on campus on March 1. The tagging was found on the light pole coming into the North parking lot via 20th Ave. South.

Facilities Department staff was immediately notified and the graffiti was removed.

**Cell phone stolen on campus**

A student’s cell phone was reported stolen from the bus stop on March 2.

After the theft occurred, the student immediately notified Public Safety officials.

However, very little information was given and officials have little to work with, but they are still on the case.

**Money taken from aquarium**

Twenty dollars cash was reported stolen from the Highline MaST Center office in Redondo on Feb. 28.

MaST staff notified Public Safety after they realized the money was gone and an investigation is under way.

**HELP WANTED**

The Thunderword has two openings for Winter Quarter:

1. **Sports Editor**

The ideal candidate will have journalism experience but above all an interest in sports. The sports editor leads coverage of Highline basketball and wrestling teams; assigns assignments and photos; designs and edits pages. The sports editor participates in budget meetings on Monday and Thursday afternoons and works on producing the sports section on Tuesday and Wednesday afternoons.

2. **Advertising sales representative**

This position sells advertising space in the Thunderword to local and regional clients.

These are on-campus, paid positions open to students currently enrolled at Highline for at least six credits with a minimum 2.5 GPA. Both positions require your own transportation and time during the day to do the jobs.

If interested, send a resume and cover letter to thunderword@highline.edu
Bean promises to help students enjoy college

By Agatha Pacheco
Staff Reporter

Shirley Bean said that as vice president of administration, she would help students get the most out of their experience at Highline.

On Tuesday, one of four candidates to speak at the forum, Bean, the current director of Finance and Auxiliary Services, was in Building 2 for Shirley Bean, the director of Finance and Auxiliary Services.

Last quarter, Vice President Larry Yok announced that he would be retiring this quarter after nine years with Highline. His last day is March 20.

The new vice president of administration will be determined by President Jack Birmingham with the advise and recommendation of the hiring committee and feedback from the executive staff.

At the forum Bean was asked: “What do you see as the three most important parts of Highline?” and “How would you work with the departments that report to the vice president for Administrative Services to promote those characteristics for the college as a whole?”

Bean briefly touched on the reality of Highline’s current budget, referencing the state’s priority to fund K-12 and the plateau in student enrollment.

“The fiscal realities are a real challenge,” she said. “How are we going to continue doing things we do without the funding?”

“You can look at them as challenges or opportunities,” she said. Bean said she definitely does not advocate raising tuition to balance the budget and that it’s necessary to look for funding without forgetting to serve the community.

The surrounding community was also something Bean said was an important characteristic.

“We provide support to surrounding communities,” she said.

Bean also said that events are aimed at getting the communities around us involved with the school and provide support for them.

“The people we serve are very diverse and we welcome our diverse community,” she said.

She said that because Highline is also a diverse campus, she wants to make sure that when students come to Highline they see themselves here.

Bean said she wants to take the core values of the college and institution and make them a daily part of life.

She said one of her priorities is to make sure that money from activity fees only be used for student activities.

“It’s something students pay and I really believe that it should be students who decide what that money is spent on,” said Bean.

The other candidates include Michael Pham, who presented Wednesday in Building 2; Janice Strohs, whose forum will take place today, Thursday, March 5 in Building 8, in the Mt. Constance and Mt. Olympus room at 1:30 p.m.; and Bruce Rives, who will present Tuesday, March 10 in the library boardroom at 1 p.m.

Candidates for vice presidency visit campus this month

By Enrique J. Montoya
Staff Reporter

Cooking is not part of the curriculum, but one Highline staff member is determined to help students excel in the kitchen.

Tetyana Matsyuk, a part-time Achieve Program worker, was inspired by her students to start the Cooking Club to teach students how to prepare simple meals.

The Achieve Program helps students with intellectual disabilities navigate and get involved in campus activities as well as helping them get jobs and internships.

Matsyuk said she feels close to her students and tries to help them as much as she can.

“I saw that Achieve students really need help navigating the campus,” she said. “I understand that my job is really important to them. They trust me and rely on me,” she said.

Matsyuk’s students asked about the possibility of forming a cooking club when they were invited to join any club at the campus. The students said they wanted to learn how to cook on their own.

“I was interested in baking and cooking because I feel that is an essential skill to know,” said club member Liz Chang.

Fidel Antonio Montoya was interested in learning how to cook so he can impress his family members who spend their workdays in the kitchen.

“My family works at restaurants, so I wanted to learn how to cook and show them I can do it too,” Montoya said.

There wasn’t a Cooking Club at Highline at the time, so Matsyuk decided to start the club and open it up to the student body.

So far, eight people attended the first meeting and 14 showed up for the second session. She says more students are welcome to join.

Cooking club is a place where students can cook and socialize.

Cooking is fun, but meeting new people and cooking together is what I like the most about the club,” Jasmin Blair said. “Everyone is so friendly.”

Isabel Flores agrees that working with others can be fun.

“I met all these people who are now my friends and I love to cook and have fun with them,” she said.

Members said they are proud of their progress and have posted pictures of cupcakes made and decorated by the club on the club’s Facebook page: Cooking Club Highline College.

At the Cooking Club you get to meet new people, learn food recipes and eat the finished product.

The club provides all the cooking supplies and food.

The favorite part is eating the food after we are done,” said Anatoly Vovzarnskiy said.

Cooking Club meets every Friday except for the first Friday of the month from 2 to 4 p.m. in Building 22, room 104.

Highline equips for possible earthquakes by preparing campus

By Pa’ana James
Staff Reporter

Earthquakes can happen at any time and Highline personnel are concentrating on being prepared.

The college’s emergency management team is asking the whole campus to participate in this year’s earthquake drill on Oct. 15.

Instead of just a few buildings participating in the drill as happened last year, the emergency management team is involving all of the buildings.

“For the upcoming drill in Fall 2015, it will be a campus-wide drill,” said Francesca Fender, executive assistant for administrative services.

Highline has been sending out mass emails to the faculty and staff about resources and information about earthquakes and what to do in an emergency.

The college’s earthquake procedure is to “Drop, Cover and Hold.” When a quake strikes, people should try to avoid areas with glass and doorways, the team said.

If outside during an earthquake, people should move to an open area away from buildings, trees and light poles.

After the earthquake, people inside a building should evacuate and not go back into the building.

While exiting, people should keep away from buildings and anything that could potentially fall during after-shocks and walk to the athletic fields, said the team.

As a matter of personal survival, it is recommended that people put together an emergency supply kit that includes a three-day supply of water and non-perishable foods, first aid kit, glasses and medications, a battery-powered radio, and a cache of traveler’s checks.

Highline also may include events about earthquakes leading up to the drill.

“Dr. Eric Baer will probably give some lectures about earthquakes that have happened in the area that students will be encouraged to attend,” said Fender.

Fender also predicts that Public Safety will hand out brochures to promote ways to stay safe during an earthquake.

Club helps students learn to cook

By Enrique J. Montoya
Staff Reporter

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**Net neutrality keeps Internet a public utility**

Internet service providers shouldn't charge smaller businesses more for fast access. Net neutrality is defined as equal access to the Internet. It essentially prevents Internet service providers from playing favorites and charging some companies more than others for access to their websites.

Without net neutrality Internet service providers can charge smaller businesses more money for fast customer access. Charging money for fast service is how Internet service providers make money.

The FCC (Federal Communications Commission) voted on rules for open Internet, also known as net neutrality because making smaller businesses pay more for fast access is unfair.

The Internet is used enough to where it is more of a public utility, and with any public utility, everyone pays the same amount for the same service.

Net neutrality keeps Internet as a public utility where everyone pays the same amount for the same access speed.

Kind of like sewage and garbage services. Because it’s a public utility.

The numbers of small businesses going out of businesses, for the first time in 30 years, outnumber the amount of businesses starting up, according to the U.S. Census Bureau.

This means that people are losing their businesses faster than people are making them.

Less small businesses means fewer jobs for the people in the community.

Less people with jobs in a community

Most businesses use the Internet to advertise their business, and have a business websites that anyone can access from on the Internet.

If smaller businesses don’t have the money to pay Internet service providers for fast access to their website, then less people will go to their website which results in less business.

Less business leads to a business shutting down.

A business can’t thrive without any costumers.

We want smaller businesses to get bigger.

If big businesses stay big then smaller businesses will stay small.

The rich stay rich and the poor stay poor.

We need less rich and poor people, and more people in between. We need more middle class.

If smaller businesses stay open, more people stay employed which helps the economy.

Having net neutrality would help smaller businesses stay open.

**Have something to say?**

Have something you want to say to the student body?

The Highline Thunderword is asking for students to voice their opinions on what matters to them. We’re accepting submissions in the form of letters and columns.

Letters to the editor should be no more than 200 words; columns should be no more than 600 words.

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

Write to us!
ARIES (March 21 to April 19) Disappointed about something that didn’t go your way? Check in on the reasons it happened, and you could find a valuable lesson about what to do (or not do!) the next time.

TAURUS (April 20 to May 20) It’s a good time to do some reassessing of plans and goals — even how you considered redoing your bathroom. The point is to be open to change if change can improve things.

GEMINI (May 21 to June 20) Take some time to learn who is the right person (or persons) to approach and discuss your ideas with for your new project. Also, reserve time to prepare for an upcoming family event.

CANCER (June 21 to July 22) Dealing with a demanding situation, as you recently did, could drain much of your own emotional reserves. Take time to relax and indulge yourself in some well-earned pampering.

LEO (July 23 to August 22) The regal Lion might feel that she or he is above emotional displays. But showing your feelings can be liberating for you, and reassuring for someone who has been waiting for you to do so.

VIRGO (Aug. 23 to Sept. 22) An emotionally needy person might make more demands than you can cope with. Best to ask for some breathing space now, before resentment sets in and makes communication difficult.

LIBRA (Sept. 23 to Oct. 22) An unexpected spate of mixed signals could cause serious schedule setbacks. Best to focus on straightening everything out as soon as possible and get everyone back on track.

SAGITTARIUS (Nov. 22 to Dec. 21) An unexpected challenge to a previous decision can be unsettling. But your reservoir of self-confidence — plus your loyal supporters — should help carry the day for you. Good luck.

CANCER "BORN THIS WEEK:" You are extraordinarily sensitive to people’s feelings, and you’re always ready to offer comfort if necessary.

**Weekly SUDOKU**

by Linda Thistle

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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**2 Trivial test by Fifi Rodriguez**

1. ASTRONOMY: What former planet in our solar system was downgraded to a "dwarf planet" in 2006?
2. GEOGRAPHY: Where was Shakespeare’s Globe Theater located?
3. LITERATURE: What was the name of the character in A Midsummer Night’s Dream who had a donkey’s head as a result of a spell?
4. TELEVISION: What was the name of the agent played by Efrem Zimbalist Jr. on The F.B.I series?
5. LANGUAGE: What five-letter word contains five personal pronouns?
6. MYTHOLOGY: Who was the Greek goddess of the moon?
7. RELIGION: What is the first of the seven sacraments in Christian theology?
8. MOVIES: What was the home planet of Luke Skywalk-er in Star Wars?
9. GEOGRAPHY: Where are the Faroe Islands located?
10. HISTORY: What type of gun was used to assassinate President Abraham Lincoln?

**ANSWERS**

1. Pluto
2. London
3. Nick Bottom
4. Lewis Erskine
5. USHER (us, she, her and hers)
6. Selene
7. Baptism
8. Tatooine
9. Halfway between Norway and Iceland
10. A derringer pistol

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**Trivia Test**

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(A) Pluto (B) London (C) Nick Bottom (D) Lewis Erskine (E) USHER (F) Selene (G) Baptism (H) Tatooine (I) Halfway between Norway and Iceland (J) A derringer pistol

**GO FIGURE!**

by Linda Thistle

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

**DIFFICULTY:** ★ ★ ★ Moderate ★ ★ ★ Difficult ★ ★ ★ GO FIGURE!

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**King Crossword**

**ACROSS**

1 — Alamos
2 Colorado Springs org.
8 Incite
12 Sternewald
13 Lump
14 Beatie or apostle
15 Rendez
17 Do in
18 Met melody
19 Carillon components
20 “Rocky Horror” heroine
22 Dual tool
24 Early birds?
25 Protective walls
29 Earlier than
30 Goof
31 Pitch
32 Sun-shades
34 State with certainty
35 “— and the Tramp”
36 Suspicious
37 Big-time glitch
40 Groovy
41 Serve tea
42 Oberly fearful
46 Shrek, for one
47 Highlander
49 Thickness
50 Pruritus
51 — out a living
52 Thickening
53 Loathsome sort
54 Pruritus
55 — out a living

**DOWN**

1 You can’t stand having one
2 Son-gun link
3 Alien
4 Dark
5 High-protein bean
6 Wood-shaping tool
7 Doctor’s due Maintenance
8 Bar
9 Sea flier
10 Right angles
11 War god
12 Tolerate
13 Military vehicle
14 Taj Mahal city
15 Not merely prompt
16 Arguments in favor
21 Incite
26 Academy Awards prop Layer
27 Agile
28 Birthright
29 Barterer
33 Bruce
35 Wayne’s Outlaw
36 Disinclined
37 Name for a Dalmatian
38 “Forget it”
39 Emanation
40 Gator’s cousin
42 Omega predecder
43 Don’t just sit there
44 Sort
45 Easter purchase

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**Answers on Page 14**

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**Answers on Page 14**
Cool spring weather means green goodness

By Angela Shelf Medearis and Gina Harlow

If you’ve embraced the idea of cooking seasonally, or if you’ve found a farmers market that makes you happy, then you know there are seasons that are somewhat barren. When eating seasonally, sometimes there’s not a cornucopia of choices when it comes to fresh, locally sourced produce.

The whole idea of cooking and eating seasonally is to adapt our menus accordingly. But as spring approaches and the weather warms, we know that soon there will be stalls and stalls of delicious food. While we’re waiting for spring peas and new potatoes, we still can enjoy some cool-season delicacies.

Greens of all kinds thrive best in cooler weather. Many also mature quickly. That’s why in early spring you’ll find them almost everywhere. From lettuce and spinach to collards and kale, these leafy foods are at their best when in-season and fresh-picked. They are tender and sweeter, and often hardly resemble the same vegetable you find in the grocery in the middle of summer.

The greens family of cruciferous vegetables also includes broccoli, Brussels sprouts and cabbage. They’re a great way to add antioxidants to your diet, and contain significant amounts of vitamins A and C, as well as potassium and fiber.

If you’re planning a vegetarian garden, planting greens is an easy way to get it started. In the coldest regions, some varieties of greens can be planted after the threat of frost and will be ready by late spring. In more temperate regions, they can be planted in the fall. Once the plants are established, they can take a few days of freezing temperatures. You can even plant them in already established perennial beds. Some, like chard and kale, are quite lovely to look at.

When cooking with greens, the sky’s the limit. They can be sautéed, pureed, steamed, and tossed in salads. With many varieties to choose from, now is the time to replace the spinach in your standard recipes with collards, turnip greens or kale. You also might want to liven up your salads by adding dan- delion greens, endive or mache. Many greens can replace fresh basil to make a delicious and interest-ing pesto.

For a twist on a traditional spaghetti dish, try my recipe for Collard Green Ribbons with Garlic, Lemon and Pasta. Cutting tender collard greens into ribbons and tossing them with olive oil, garlic, lemon and pasta transforms it into a delicious and hearty new dish.

Collard greens can make an excellent addition to pasta.

16 ounces fresh collard greens (about 20 big leaves)
1/4 cup pine nuts
3 tablespoons olive oil
1/4 teaspoon red pepper flakes
5 small cloves garlic, minced
1 teaspoon lemon zest
1 1/2 teaspoons sea salt
1 teaspoon black pepper
1/2 teaspoon agave syrup or honey
3 ounces Parmesan cheese
2 lemons, cut into thin slices

1. Bring a big pot of salted water to a boil, and cook pasta according to package directions. Drain quickly, reserving a bit of cooking water, and set aside.
2. Cut out center rib of each collard green. Stack a few greens at a time and roll them up into a cigar-like shape. Slice across the roll as thinly as possible (1/8 to 1/4 inch). Shake up the greens and give them a few chops so the strands aren’t so long.
3. Heat a heavy-bottomed 12-inch skillet over medium heat and toast pine nuts until they start to turn golden and fragrant. Pour nuts out of skillet and save for later.
4. Return skillet to medium heat and pour in 2 tablespoons of olive oil. Sprinkle in a big pinch of red pepper flakes, garlic and lemon zest, and stir. Once oil is hot enough to shimmer, toss in all the collard greens. Sprinkle greens with salt, pepper and agave or honey. Saute greens for about three minutes, stirring often to keep from clumping.
5. Remove pan from heat. Scoop greens into pasta pot and toss with another drizzle of olive oil, adding pasta water if necessary. Divide onto plates, top with pine nuts and Parmesan shavings, and serve with two big lemon wedges per person. Serves 4.

Angela Shelf Medearis is an award-winning children’s author, culinary historian and 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. Read Gina Harlow’s blog about food and gardening at www.peachesandprosciutto.com. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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Stew up a hearty meal in a jiffy

BEEF STEW WITH RED WINE

<table>
<thead>
<tr>
<th>BEEF STEW WITH RED WINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 pound red potatoes (about 4 medium), cut into 1-inch chunks</td>
</tr>
<tr>
<td>2 teaspoons vegetable oil</td>
</tr>
<tr>
<td>2 large garlic cloves, sliced</td>
</tr>
<tr>
<td>1 medium onion, cut into 1-inch pieces</td>
</tr>
<tr>
<td>1 bay (10 ounces) stringless snap pea and carrot blend</td>
</tr>
<tr>
<td>1/2 cup dry red wine</td>
</tr>
<tr>
<td>1 package (17 ounces) fully cooked beef roast au jus, cut into 1-inch chunks, juices reserved</td>
</tr>
<tr>
<td>1/8 teaspoon ground black pepper</td>
</tr>
<tr>
<td>1. Place potatoes in microwave-safe pie plate or medium bowl. Cook in microwave on High 4 minutes or until fork-tender.</td>
</tr>
<tr>
<td>2. Meanwhile, in 12-inch skillet, heat oil over medium heat. Add garlic and onion and cook 5 minutes or until tender and lightly browned. Add snap peas and carrots and 1/4 cup water; cover and cook 5 to 6 minutes or until carrots are tender, stirring occasionally.</td>
</tr>
<tr>
<td>3. Add wine to vegetables in skillet; boil 1 minute. Stir in beef with its juices and pepper, and cook 2 minutes or until heated through. Gently stir in potatoes just before serving. Makes about 6 cups or 4 main-dish servings.</td>
</tr>
</tbody>
</table>

ALMOND THINNS

| 2 cups all-purpose flour |
| 3/4 cup cold butter or margarine (1 1/2 sticks), cut up |
| 1/3 cup plus 2 tablespoons sugar |
| 1 large egg, separated |
| 1 teaspoon almond extract |
| 1/8 teaspoon salt |
| 1/4 cup sliced almonds |
| 1. Preheat oven to 375 F. In food processor, with knife blade attached, blend flour, butter and 1/3 cup sugar just until mixture forms coarse crumbs. Add egg yolk, almond extract and 2 ta-
blespoons water, and blend until mixture just begins to form a ball (do not overmix). |
| 2. With hand, press dough onto bottom of 15 1/2-by-10 1/2-inch jelly-roll pan. For easier spreading, place sheet of plastic wrap over dough and smooth dough evenly over bottom of pan. (To help make an even layer, use bottom of 8- or 9-inch square pan to press dough.) Discard plastic wrap. |
| 3. In cup, with fork, beat egg white and salt; brush some over dough. Top dough with almonds; sprinkle with remain-
ing 2 tablespoons sugar. |
| 4. With knife, gently cut dough lengthwise into 6 strips, then cut each strip crosswise into 8 bars. |
| 5. Bake cookies about 20 minutes or until golden. Trans- fer cookies in pan to wire rack to cool 5 minutes. While cook-
es are still warm, cut cook-
ies again following cut marks. Cool cookies completely in pan. |

Good Housekeeping

MUSHROOM AND ONION BURGERS

| 16 ounces extra-lean ground sirloin beef or turkey breast |
| 1 1/2 cups finely chopped mushrooms |
| 6 tablespoons dried fine breadcrumbs |
| 1 teaspoon dried parsley flakes |
| 1 teaspoon Worcestershire sauce |
| 2 tablespoons water |
| 1. Plug in and spray both baking sheets with cooking spray. |
| 2. In a large bowl, combine meat, onion, mushrooms, breadcrumbs, parsley flakes, Worcestershire sauce and wa-
ter. Mix well to combine. |
| 3. Using a 1/2 cup measuring cup as a guide, form into 6 patties. Evenly arrange pat-
eties on prepared grill. Close lid and grill for 5 to 6 minutes or until burgers are cooked to desired doneness. |
| 4. Serve hot as is, or place on hamburger bun with let-
tuce and tomato slice. Makes 6 servings. |

• Each serving equals: 137 calories, 5g fat, 16g protein, 7g carb, 133mg sodium, 1g fiber; Diabetic Exchanges: 2 Meat, 1/2 Vegetable. |

(c) 2015 King Features Synd., Inc., and Angela Shelf Medearis

Beef up burgers with extras

Take ordinary burgers into the realm of extraordinary with the simple addition of a few carefully selected ingredients.

**MUSHROOM AND ONION BURGERS**

16 ounces extra-lean ground sirloin beef or turkey breast
1/2 cup finely chopped onion
1 cup finely chopped fresh mushrooms
6 tablespoons dried fine breadcrumbs
1 teaspoon dried parsley flakes
1 teaspoon Worcestershire sauce
2 tablespoons water
1. Plug in and spray both baking sheets with cooking spray. |
2. In a large bowl, combine meat, onion, mushrooms, breadcrumbs, parsley flakes, Worcestershire sauce and wa-
ter. Mix well to combine. |
3. Using a 1/2 cup measuring cup as a guide, form into 6 patties. Evenly arrange pat-
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**Chorale students inspired to perform for Highline**

By Ashley Johnson and Jeff Rowden

Staff Reporters

The Highline Chorale will be performing pieces of history, storytelling and triumph on campus and free of charge next week.

Dr. Sandra Glover and the Chorale have been rehearsing pieces from Mozart’s *The Magic Flute*, Humperdinck’s *Hansel and Gretel*, and Verdi’s *La Traviata* since Jan. 5.

Duets, trios and choruses from *Hansel and Gretel*, and *The Magic Flute* will be performed.

Dr. Glover said she wanted to gather material for the performance while keeping in mind the setbacks that may occur during Winter Quarter.

Because of severe absenteeism during Winter Quarter [due to illness], a performance of soloists, duets and trios allows for an absence to not hurt the overall effort,” Glover said.

After a trip to the Tacoma Opera to see a performance of *The Magic Flute*, Dr. Glover’s students felt inspired to perform select numbers, known as arias, in their own small operatic variety show.

“This is a symbolic show, with a lot of symbolism of character,” Glover said. "Hansel and Gretel has melodies that are archived in the histories of Germany, meaning that snippets of German folk songs appear throughout the piece.”

**Symphony brings Chopin to life**

By Ashley Johnson

Staff Reporter

The Federal Way Symphony will present an organ concert featuring Christopher Son Richardson and Michael Plagerman at St. Vincent de Paul Catholic Church on March 28.

Special guest Richardson was the grand prizewinner of the 2015 Northwest Chopin Foundation Piano Competition and he will perform Chopin’s *Pi uto Concerto No. 1 in E minor*.

**MUSIC NOW!**

AUDITION for an entry code to the Highline College CHORALE by contacting Dr. Sandra Glover in Building 4, Room 103. sglover@highline.edu
Music-lovers will gather from around the world for this St. Patrick's Day music festival.

**Dance the night away at Lucky**

By Jordan Mellott  
Staff Reporter

Lucky 2015 is bringing some of the biggest names in electronic dance music to Seattle for the yearly St. Patrick’s Day themed music festival.

More than 20 musical acts will be playing at USC Events' festival this year at the WaMu Theater on March 13.

Established in 1996, USC Events, which stands for United States of Consciousness, has been throwing popular club events and nationally acclaimed annual festivals such as Freaknight, Resolution and Paradiso.

Headlining the festival will be Steve Angello, house music producer and former member of Swedish House Mafia, and Audien, a Canadian electronic music duo.

Other artists at Lucky 2015 will be Brilz, Seven Lions, The Chainsmokers, Liquid Stranger, Audien and many more.

The festival, which is for attendees 18 and older, features a main stage, a second stage for bass music, and a third for progressive and trance music.

"The event is special just from the Saint Patrick's Day theme and diversity of dance music present," said Gabe Ossa, marketing manager at USC Events.

"Something about Lucky just makes it special," he said. "It's hard to describe until you are there."

Electronic music festivals are highly controversial due to high drug use that sometimes occurs at them, leading to hospitalizations. There are also safety concerns surrounding dehydration and exhaustion at such events.

USC Events has a team of volunteers called the Conscious Crew whose job it is to ensure the safety of attendees to their events.

In addition to being marketing manager, Ossa is the director of Conscious Crew.

"They are working hard to ensure the safety of attendees at Lucky 2015."

Ossa said there will be "multiple free water stations, Conscious Crew roaming the event, a dedicated chill space, increased medical staffing, and a comprehensive security plan along with event messaging focusing on the safety aspects for patrons."

Tickets for the festival start at $85 and can be purchased at ticketmaster.com/Lucky-2015-tickets/artist/2076813.

Lucky 2015 begins at 6:30 p.m. on Friday, March 13. The WaMu Theatre is at 800 Occidental Ave. S. in Seattle.

**Learn from the city**

By Jordan Mellott  
Staff Reporter

If you’re looking for a way to take your old school gaming skills to the next level, next week’s Mario Kart Nintendo 64 Tournament is perfect for you.

Sixty-four players will compete for the title of Mario Kart champion in the third annual tournament hosted by MAP Theatre. The event is at Central Cinema in Seattle.

"All races are done on the big screen," said Brandon Ryan, MAP Theatre’s artistic director.

"There is something strangely epic and exciting about watching Mario Kart on the big screen," he said. "Each race is only three minutes and they’re all super energetic.”

In this tournament there are four players in each race and the top two winners from each race advance to the next round until one person wins it all.

The players who earn first and second place will win prize packages.

People who enjoy Mario Kart but don’t want to enter the tournament can still attend. There will also be game stations with a variety of games that people can play, including Mario Kart.

The cinema has table service and cocktails that will be for sale at the event.

Tickets are $15 to enter the tournament and $5 for spectators.

They can be purchased at public.ticketbiscuit.com/CentralCinema/Events/223787.

The event is on Wednesday, March 11 from 7 to 10 p.m. at 1411 21st Ave. Seattle.
Highline wrestlers smartest in the nation

By Xavier L. Henderson  Staff Reporter

Highline’s wrestling team won the Academic National Championship award for the highest grade point averages in the country.

Although none of the T-Birds won a national championship, three placed in the top 12 this past weekend at the NJCAA National Championship.

Ben Tynan became an All American by placing sixth place.

Connor Rosane placed in the top 12, as did Brad Reddaway.

Justin Weiding went two and out and did not place.

In this tournament, if you lose two matches then you’re eliminated from the bracket.

This tournament included over 61 of the best colleges in the country.

Iowa Central won the national tournament with a team score of 158, Clackamas finished second with a team score of 131, North Iowa Area finished third with a score of 113, North Idaho finished fourth with 109, and Northeastern Oklahoma A&M finished fifth with 95 points.

Highline placed 22 out of 61 colleges.

Highline is the only team to win the Academic National Championship award back-to-back, and the only team to win it four times.

“We do have the smartest kids in the country. We just need to work hard in the off season on wrestling,” said Assistant Coach Bradley Luvaas.

“They all wrestled well. You just have to win the close matches and our guys didn’t.

Highline heavyweight Tynan won his first two matches by major decision, and then got pinned in the semi finals to Richard Black III of Neosho County Community College.

Tynan’s teammates Elias Masson said that Richard Black was clearly 770 pounds and was a very big guy.

“Ben was just caught by a throw he didn’t see coming,” said Luvaas.

Connor Rosane, at 184 pounds, placed in the top 12.

Rosane was only one win away from being an All American wrestler, winning three matches and losing two.

“Connor was one match away from placing top eight as well,” said Luvaas.

“They all need to do some off season work to come back stronger for next year.”

Justin Weiding went two and out at the national tournament.

Luvaas said there was just a lot of experienced wrestlers in the 157 pound weight class, and that Weiding needs to use this loss as a tool to get better for next season.

Men’s hoops shares West Division title

By Charles Prater  Staff Reporter

The Highline men’s basketball team ended the regular season over the weekend as Co-Champions of the West Division.

After beating Green River at home on Wednesday, the Thunderbirds suffered a loss on the road at the hands of Clark.

Along with being co-champions, three T-Bird players were honored with awards for their play on the court.

Sophomore forward Ben Tucakovic won West Region MVP. Tucakovic averaged 18 points per game, eight rebounds, and shot 43 percent from the three-point line.

Sophomore forward Iosom Brown was named Defensive Player of the Year for the west.

Highline sophomore Doug McDaniel became a first team West Region player by averaging 19 points per game and was fourth in steals in the league with 2.5 per game.

Saturday’s game was a showdown of the top two teams in the West Division.

Clark, 13-3 (21-6), is the reigning west champion and definitely played like it despite five Highline players in double figures.

Down nine points at the end of the first half, the T-Birds tried to fight their way back into the game, but the Penguins’ high volume shooting put Highline away, losing 92-81.

This game was a tale of the free-throw line with both teams committing 20 or more fouls and both of them going to the line 25 or more times.

What kept this game in reach for Highline were the seven threes and 11 free throws they hit to keep it close in the first half.

Unfortunately for the T-Birds, the threes are what might have done them in in the second half.

The Thunderbirds went five out of 18 from the three point line, while the Penguins continued to display their shooting ability, going almost 60 percent from the field in the second half.

Leading scorer for the game was Clark’s Orlando Vance, who managed 24 points and six blocks.

Top scorers for Highline were sophomore Madison McCaffrey and freshman Remeake Keith both with 15 points.

Sophomores Tucakovic and McDaniel both scored 11 points and freshman Caden Rowland netted 12 points for the Thunderbirds.

With the loss, the T-Birds lost the chance to be in sole possession of the West Division trophy, but will share it with Clark due to both teams finishing with the same record in the division.

Weiding went a more complete game with regard to effort the second time against Clark, but we have to be much better defensively,” said Highline Head Coach Che Dawson.

“Every team at the tournament can score. The team that is most consistent defensive-ly maximizes its chances over there.”

Last Wednesday, the Thunderbirds, 13-3 (21-7 overall), played their last home game of the season against Green River, and the T-Birds delivered.

The Gators, 10-6 (20-10 over all), came into that game with the third ranked team in the west, fighting to move up to the No. 1 spot in the division.

Highline was not going to make it easy for the Gators as the T-Birds were coming in on a six-game win streak.

With a huge lead in the first half, Highline was able to stave off a second half comeback from the Gators, winning 84-61 from jump ball Highline was on point, offensively and defensively, for a majority of the first half, shooting 58 percent from the field and keeping the Gators to only 38 percent.

With everything clicking for the T-Birds, the game was well in hand with a, 46-22, lead at the end of the first half.

The second half saw better play out of the Gators, who came out shooting threes to try and get back in the game, but with too many points deficit in the first half and the effort by Highline, Green River never had a chance to get back in the game.

With such a big lead in the first half, starters like Highline captains A.J. Banks and Iosom Brown only played the first half and a little bit in the second half.

“I’m sure that it had a positive impact,” said Coach Dawson when asked about the soph- omores’ emotions during the game.

“Our sophomores have invested a lot in the past two years. It’s easy to commit to playing that way when you have invested a lot.”

Leading scorer for the game was sophomore guard Madison McCaffrey with 19 points, going five out of seven from the three point line.

Followed closely by Tucakov- ic with 14 points and freshman forward Remeake Keith also with 14.

Highline has a couple of more days off before they travel to Kennesaw to play in the NWAC tournament March 7, when they will be the No. 2 seed from the west.
Women’s hoop tourney up for grabs

By Mikel Abraha
Staff Reporter

NWAC coaches say that this year’s tournament is up for grabs.

The women’s basketball NWAC tournament is only days away and it is surrounded by the excitement and expectation of winning it all.

The tournament will take place this Saturday, March 7 at the Toyota Center in Kennewick and will end on Tuesday, March 10.

This is a 16-team tournament that will include four teams from the NWAC North, East, West, and South.

The No.1 seeds will play the No.4 and the No.2 seeds will play the No.3 of the opposing division.

This year, the North will matchup with the South while the West will have to go at it with the East.

The South Division participants include Umpqua, Lane, South West Oregon and Portland.

Each of these four teams has a player ranked in the NWAC’s top 10 in scoring.

In every tournament there is a clear favorite based on rankings and performance throughout the season.

Umpqua is entering the tournament 24-4 and 11-2 in the South Division, including Peninsula, Bellevue, Skagit Valley, and Whatcom.

Peninsula is the No.1 team coming out of the north with a 13-1 division record and a 19-5 overall record. They will be playing against Portland.

“We need to just stay very competitive and confident. I think we have the skill and the team makeup to win it all. We believe we can beat anyone, but we can also be beaten, so we need to show up and bring our absolute best every game,” said Coach Crumb.

“If we do that we always think we have a great shot at winning that game. Free throws will be critical and being able to use our depth is also an obvious strength getting into post-season,” she said.

“I consider Umpqua the favorite. After last year’s second place finish, they had a very strong season. They have everyone back from their experience to reach their high expectations. Many coaches believe that they are the team to beat, other coaches say that they think that everyone has a chance,” said Daron Santo. “I think it could be anyone this year. This year I think the league is more balanced,” said Peninsula Head coach Allison Crumb.

“I still think that Umpqua is probably the favorite going into the tournament, but a lot can happen in four days and I expect this to be a pretty exciting tournament,” she said.

Highline Head Coach Amber Mosley also thinks every team has an even chance.

“Highline’s Ionna Price shooting against Green River on Wednesday, Feb. 25.

The women’s basketball NWAC tournament is up for grabs.

By Mikel Abraha
Staff Reporter

Within the South Division, Umpqua is entering the tournament 24-4 and 11-2 in the South Division, including Peninsula, Bellevue, Skagit Valley, and Whatcom.

Peninsula is the No.1 team coming out of the north with a 13-1 division record and a 19-5 overall record. They will be playing against Portland.

“The West also has a team that believes they are one of the dark horses. Highline Head Coach Amber Mosley knows the potential that her team has and she’s been working to get them to play their best basketball over the course of the season. Coach Mosley said she believes that her team can be unstoppable when playing within their strengths.”

“The Lady T-Birds practice ahead of this weekend’s NWAC tournament.

Lower Columbia, Centralia, Highline, and Clark will represent the West Division in the tournament.

Lower Columbia is the No.1 seed coming out of the west with a 15-1 division record and 22-8 overall record. They are entering the tournament as one of the most efficient teams with the No. 2 rankings in the NWAC in terms of field goal percentage and field goals made.

Lower Columbia will face Blue Mountain from the East.

“This year’s tournament is wide open. Umpqua has been playing well of late but I truly think it is anyone’s game,” she said. Umpqua will be playing Whatcom from the North Division.

The North Division participants who will be matching up against the South Division, include Peninsula, Bellevue, Skagit Valley, and Whatcom.

Peninsula is the No.1 team coming out of the north with a 13-1 division record and a 19-5 overall record. They will be playing against Portland.

“We need to just stay very competitive and confident. I think we have the skill and the team makeup to win it all. We believe we can beat anyone, but we can also be beaten, so we need to show up and bring our absolute best every game,” said Coach Crumb.

“If we do that we always think we have a great shot at winning that game. Free throws will be critical and being able to use our depth is also an obvious strength getting into post-season,” she said.

“Highline has ended their regular season with a 12-2 division record and 22-8 overall record. They have ended their regular season on a high note with the South winning 77-58.

Green River gave Highline a run for their money in the first half; they held Highline to just 28 percent shooting and forced 10 turnovers to possess an 11-point lead at half time.

Highline’s second half heroics came into full affect after bursting out a 12-2 run to take the early lead.

The Lady thunderbirds never looked back and outscored the visiting Gators 48-21 in the second half.

Highline Head Coach Amber Mosley said she will be pleased with the way they responded at halftime.

With emotions riding high, sophomore guard Brittany Barrington carried the Lady Thunderbirds and scored 24 points.

Chardonae Miller contributed 12 points and 7 rebounds while Kristina Lacey added 11.

Green River’s Jessica Norderland led all scorers with 27 points while Gina Mitchell added 13 for the Gators.

That win extended Highline’s win streak to five until losing to Clark in their season finale, 69-62.

Highline won the rebounding and turnover battle but managed to shoot 31 percent for the game while Clark shot 35 percent.

Taylor Howlett led the Penguins in scoring with 17 points and was the only player to manage double figures.

Highline kept themselves in the game with the help of Barrington and Miller.

Barrington recorded 17 points, 6 rebounds and 6 steals while Miller recorded a double-double with 13 points, 10 rebounds. She also pitched in 5 steals.

Not the exact way they expected their season to end but Coach Mosley said she thinks that they can only go forward from the results of this game.

“I think that loss at Clark could be beneficial for us as we enter the tournament. It was a hard fought game and the girls seem to be handling the loss right,” she said.

“高liner’s Ionna Price shooting against Green River on Wednesday, Feb. 25.

The Lady T-Birds end season at third in division

By Mikel Abraha
Staff Reporter

The Lady Thunderbirds have ended their regular season on a high note with the South winning 77-58.

Highline head-to-head last Wednesday with Green River in their last home game of season, winning 77-58.

Green River gave Highline a run for their money in the first half; they held Highline to just 28 percent shooting and forced 10 turnovers to possess an 11-point lead at half time.

Highline’s second half heroics came into full affect after bursting out a 12-2 run to take the early lead.

The Lady thunderbirds never looked back and outscored the visiting Gators 48-21 in the second half.

Highline Head Coach Amber Mosley said she was a game filled with expectations and emotions.

“I think everyone especially the sophomores had high expectations for Wednesday’s game,” Coach Mosley said.

With that being said we fell a bit short. But we did calm down and put in a very impressive second half effort. I was

“高liner’s Ionna Price shooting against Green River on Wednesday, Feb. 25.

pleased with the way they re- sponded at halftime.

With emotions riding high, sophomore guard Brittany Barrington carried the Lady Thunderbirds and scored 24 points.

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“I think that loss at Clark could be beneficial for us as we enter the tournament. It was a hard fought game and the girls seem to be handling the loss right,” she said.

“That is something we haven’t done well this season. The ability to do that will help us in the tournament.”

Highline completed their season with a 12-4 record in the league and assured them a play-off berth by placing third in the NWAC West Division.

The Lady Thunderbirds will prepare for the NWAC tournament in Kennewick this upcoming weekend from March 7-10.

Coach Mosley said she will look to her sophomores to help lead the team through the NWAC tournament.

“The four girls from last year’s team, Allie Weathersby, Ionna Price, Calli Remitz and Kayla Ivy put in so much work over the off season,” she said.

“It is amazing how much better they have all gotten. They will need to lead the way at the NWAC tournament.”
Men have high hopes for tourney

By Charles Prater
Staff Reporter

The Highline men’s basketball team will need to win four games against tough opposition in order to become league champions in this year’s NWAC tournament.

The tournament will be held in Kennewick at the Toyota Center from Saturday, March 7 to Tuesday, March 10. The tournament will have four teams from each of the four divisions, North, South, East, and West, all with a chance of winning the championship.

“The team that’s playing its best basketball come March 7 has a chance,” said Clark Head Coach Alex Kirk.

“As of right now, I would think that it’s Bellevue College. They’re on a roll and they have won 14 in a row,” said Columbia Basin Head Coach Rolando Garcia.

“All of the teams in the tournament are tough,” said Highline Head Coach Che Dawson.

“She’ll have to beat four good teams to win it. You should stay home if that isn’t your goal.”

For the first round, all the No. 1 seed teams will face a No. 4 seed team and all the No. 2 seed teams will face a No. 3. If a team loses in the first round, they are then put in a consolation bracket for a chance at third, fourth, our fifth, fifth place. If a team loses again, they are eliminated.

Representing the north is No. 1 seed Edmonds, followed by Bellevue, Everett and Peninsula. Edmonds, 12-2 (24-5 overall) is the top seed with the second best record in the league behind Bellevue, 12-2 (25-4 overall), who lost to Edmonds. There is a chance to be the No. 1 seed in the north.

Bellevue allows the fewest points in the conference with 66 points a game and Edmonds led the league in rebounding and made field goals.

All the teams in the north will face a south team in the first round, represented by No. 1 Clackamas, followed by Lane, Upstate, and Mt. Hood.

Lane, 10-4 (18-10 overall) is a No. 2 seed and leading the league in blocks per game and three point percentage with 40 percent.

For the west, both Highline and Clark finished with the same record in the division, but due to Clark winning both matchups, they were awarded the No. 1 spot for the west.

Highline is the No. 2 seed, then Pierce and Green River.

The east teams consist of Big Bend, Columbia Basin, Wenatchee Valley, and Treasure Valley.

Columbia Basin guard James Lopez leads the league in scoring and assists, with 25 points per game and six assists a game. Wenatchee Valley forward Aar- on Ward leads the league in rebounding with 12 per game. "Our team’s strengths, in my opinion, is our ability to share the ball and have a number of players that could lead us in probably work on my shot, I think that is Bellevue College Garcia.

“We also like to run and shoot the ball from the perimeter, which stretches out defenses,” said Coach Kirk.

“Toughness, discipline, depth, a good draw and some luck wouldn’t hurt,” said Coach Kirk.

"To win it all, I believe that a team must be able to play at their highest level for four and doing so against really good opposition," said Coach Garcia.

“This conference is very difficult and on any given night, any team can beat another team.”

“You have to defend and rebound. Every team over there can score,” said Coach Dawson.

The T-Birds kick off the tournament, being the first team to play on Saturday, March 7 at 8 p.m. against the No. 3 Wenatchee Valley Knights.

Highline hopes it’s Miller time at tournament

By Hayley Craddock
Staff Reporter

The Lady T-Birds’ hopes for a Northwest Athletic Conference basketball championship may be dependent on the performance of one of their fresh men teammates.

Chardonae Miller, 5’10” and plays forward or a post. She averages 10 points and eight rebounds per game.

She has been seeing her first NWAC Championship action this Saturday night when Highline squares off against Wenatchee Valley in the 10 o’clock nightcap.

Born in California, she moved to Auburn when she was 3. She eventually attended Tahoma High School in Maple Valley.

Chardonae Miller

“1 started playing basketball when I was in the fourth grade,” Miller said. “All of my siblings played, so I started and I thought it was fun.”

When it was time for Miller to choose a college, her visit to the Highline campus sealed the deal.

“I liked the coaches and the way they coached, and I liked the people at Highline. It felt like the right place,” Miller said.

Miller has gained recognition in her initial collegiate season and is concentrating on uptapping her game.

“I’m good at rebounding and running the floor, but I should probably work on my shot and dribbling,” Miller said.

Her teammates also appreciate the height she brings to the squad.

“Her long arms make her so good at rebounding, blocks, and steals. She’s just so long,” said point guard Kayla Ivy.

Miller’s teammates are happy to have her on the team for her playing abilities as well as her personality.

“She’s so fun to laugh with, her laugh is contagious,” said shooting guard Cali Remza.

Miller is equally upbeat about the squad.

“I think the biggest thing is communication and trusting each other, when we know that we can do well and play as a team, we do better.”

Miller is undecided on where she would like to transfer after her two years at Highline, but she knows she wants to continue playing basketball and possibly pursue a degree in business.

But business this weekend is bringing home a league championship and as far as where she’ll get that degree, recruiters from various four-year schools will be in attendance.

Employees: 10 or more

Sports

MEN’S BASKETBALL

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**Women can win in science, math**

**Degrees can open doors, engineer explains to students**

*By Nasri Isaac*

Staff Reporter

Work in science, technology, engineering and math careers have traditionally been difficult for women to pursue, but for those who persevere and gain a STEM degree, the career options can be endless, a speaker told Highline students last week.

Shari Brown, New Products and Technical Solutions director at Weyerhaeuser, spoke about her journey and the importance of experiences at the annual Women in Science and Engineering dinner last Friday.

Brown advised the audience to use their STEM degrees to explore other careers and not to limit themselves.

“STEM degrees can open a lot of doors if you pay attention,” she said.

Brown has been working for 20 years at Weyerhaeuser.

“If I have been really lucky in my career,” Brown said.

“I had the opportunity to work at 10 different positions with the same degree and develop more and more skills,” she said.

Brown has worked as a project manager, chemical engineer and in environmental awareness.

“I have done strategic planning, cross-functional team work and so on,” she said.

As a mother of two, Brown said that it is not always easy.

“It is always hard being a working mother but there are a lot of resources for working mothers these days,” she said.

She said that the way to have a successful career as a working mother is to let people know the expectations.

“Tell people what to expect,” Brown said.

“Let them know that you have to be home by 5 p.m but you could come in at 6 a.m. to take up that project. Communication so there are no surprises,” she said.

Students had an opportunity to ask questions at the end of the lecture.

“Don't ignore the ability of communication and learn from all experiences because that will be what keeps you going,” Brown said.

“Communication is what will keep that interest and dream alive when you work at the same place for 20 years,” she said.

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**Big data is a big deal in the Internet world**

*By Ferdaws Abbasi*

Staff Reporter

Every time you’ve sent an email, every Google search you’ve conducted, you’ve created a mound of data that can be mined to track your interests, habits and possibly predict your future actions, a Highline professor told last week’s Science Seminar.

Science Seminar is a weekly series of presentations on topics of scientific interest by members of the campus community.

Computers, which utilize data for functionality and communication, collectively hold more data than there are people on Earth.

Data is the variety of information stored in computers and servers throughout the world, said Dr. Amelia Phillips, chairwoman of the Pure and Applied Sciences Division.

And databases are the amassed data and information organized into tables related to one another, Dr. Phillips said.

A database can contain information such as Facebook’s chat history, pictures, friends lists and history of timeline posts. Email history and associated links are also stored in databases.

A server is a data storage device, which stores information and makes it available for other uses through applications.

Collected information is stored in a file and can be accessible anywhere using a cloud server.

There are two levels of server clouds, public and private.

Private clouds are used by corporations and companies to keep confidential information in an infrastructure,” Dr. Phillips said.

Other people use public clouds to present data to the public, such as Facebook posts.

Companies and corporations use data analysis to track people’s interests in products.

Data mining reveals details about a person’s activity, interests and behavior models.

“Data mining lets you look at hidden trends, any patterns and relationships,” Dr. Phillips said.

How to track where data came from is called Meta-data.

“Meta-data is used to find data about data,” Dr. Phillips said.

“If you send an email, I know what email address you were logged into and the way the message got routed.”

Somewhere at some place, data is collected about a person and stored, regardless of whether they thought it was deleted or saved. It can be used to track someone or find documents about a person’s activities and interests, she said.

This week’s Science Seminar is about psychotropic drugs, cognitive functioning, and academic performance by Dr. Paul Zarkowski. It takes place on Friday, March 6 at 1:30-2:30 p.m. in Building 3, room 102.

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**Flu winds down as FDA aims for better vaccine next winter**

*By Lauren Neergerd*

AP Medical Writer

WASHINGTON — The miserable flu season is winding down but not quite over yet, health officials said Wednesday, even as the government picked what it hoped would be a better vaccine recipe for next fall and winter.

If it seems early to worry about the next flu season, well, producing 140 million doses of vaccine requires starting months in advance.

It’s a process that’s part science, as researchers track what flu strains are spreading in different parts of the world to predict what may come here. And it’s part luck, as this year showed when a surprise new version of an aggressive flu strain — one that arose too late to be added to the vaccine — swamped the country.

Wednesday, advisers to the Food and Drug Administration urged the government to explore ways to improve how each year’s flu vaccine is created.

“It’s hard for me to believe that we cannot do better,” said Dr. Pedro Piedra of Baylor College of Medicine in Houston.

Meanwhile, the panel recommended that next winter’s flu vaccine be sure to include the new H3N2 strain, as influenza cases around the world suggest it’s still spreading.

The flu season peaked in January and is steadily declining but there’s still a lot of illness around the country, Dr. Lisa Groshkopf of the Centers for Disease Control and Prevention said Wednesday.

The vast majority was caused by a nasty version of Type A flu, the so-called H3N2 branch of the viral family that tends to trigger more pneumonia and other complications than other forms of influenza and is particularly risky to seniors.

Indeed, this winter’s flu-related hospitalizations of people 65 and older were at their highest since the government began tracking that in 2005, Groshkopf said. And while it’s too soon to know the death toll, the CDC does closely track flu-related deaths, now at 92, close to the yearly average of 100.

Part of the problem: This year’s vaccine was only about 8 percent effective against a large and aggressive flu strain — H3N2, Groshkopf said.

Why? Flu viruses constantly mutate, and the vaccine is changed yearly to keep up based on what scientists see circulating in other countries.
by Sam McCullough  
Staff Reporter

Federal Way is proceeding with plans to revitalize its downtown by creating a bustling town center.

They are looking for a private firm to develop a mixed-use retail and residential complex near the planned Performing Arts and Conference Center.

In 2014, the city announced plans to build the arts center at the intersection of 20th Avenue South and South 316th in Federal Way.

The $32 million building will be 41,000 square feet at the end of construction.

Federal Way then purchased an adjacent 7.5 acres of property for $8.2 million. This property sits across the street from the arts center, south of South 320th Street. The site currently hosts a former Target store.

This property is now home to Town Center Park, which was built in late 2014. The city plans to add water-park attractions to the park, which will be completed in April.

Federal Way has sent out requests for proposals to develop the commercial and residential portion of the site.

"There will be a mix of retail spots and residential areas," said Mayor Jim Ferrell, who visited Highline on Tuesday.

These requests give developers the chance to apply to work with Federal Way. They have not found a developer yet, but are still looking for the right fit.

"We acquired the property with the intent to work with developers," said Chris Carrel, communications director for Federal Way.

"We’re planning on working with developers to expand the space. Most developers have contracts with retailers, who would eventually move in to the retail spots," said Mayor Ferrell.

Last week, Mayor Ferrell hired the executive director of the arts center, who is coming from Lancaster, Calif.

Teresa Yvoe will be working with the developers and arts teams to build the arts center.

"We hired her a year before the arts center opening because we want her involved through the entire process," said Carrel.

Mayor Ferrell predicts that the construction of the arts center and town center will be finished mid-2016.

Suicide prevention bill passes in the House

By Sam McCullough  
Staff Reporter

OLYMPIA — A bill to help prevent suicide in colleges was passed earlier this week by a vote of 91 to 6.

HB 1138 would convene a task force to determine what key steps can be taken to improve access to mental health care and to improve suicide prevention.

"There are a lot of untold stories out there," said Rep. Tina Orwall, D-Des Moines. "It’s tragic that students who have so much ahead of them [commit suicide]."

The task force itself will be put together by Forefront: Innovations in Suicide Prevention.

The organization, which is based out of the University of Washington, specializes in suicide awareness and prevention.

According to the bill, representatives from various agencies will join the taskforce, including the State Board for Community and Technical Colleges, the Independent Colleges of Washington, the Washington departments of Health, Veterans Affairs, and Social and Health Services.

In other legislative action:

• A bill that would ensure all rape kits taken at the time of a sex crime was passed in the House of Representatives earlier this week.

House Bill 1068, which will require law enforcement agencies to submit all rape kits to the Washington State Patrol lab for testing, was passed on March 82 to 15.

Rep. Orwall was the prime sponsor of this bill.

"Victims endure horrific trauma when they are sexually assaulted and going through the evidence collection process is also traumatic," said Rep. Orwall.

"This bill ensures their voices are heard and their ordeal, as well as their willingness to collaborate with law enforcement, are validated by ensuring the rape kits are tested."

Rep. Orwall said she worked on this bill last summer after touring evidence rooms and learning that many rape kits had not been tested.

"This bill is about justice. What we’re learning from other states, such as Ohio, Texas and Michigan is that by testing all kits they see patterns of serial rapists. In Ohio alone they’ve arrested 229 serial rapists thanks to testing every kit," said Orwall.

• House Bill 1052 was passed by a unanimous vote on March 2.

HB 1052 would require institutions of higher education to make an early registration process available to spouses of military members.

Rep. Cindy Todd, R-Camano Island, is the prime sponsor of the bill.

"This Legislature has passed many bills that support our military. But this bill helps their spouses. It goes a long way to support them while getting their education," said Rep. Hayes.

With any of the aforementioned bills, once they are passed through the Senate, they will go to the governor to sign.

By Narsi Isaac  
Staff Reporter

Highline students were trained on how to create a platform for religious discussions at the Interfaith Youth Core Conference in Los Angeles, Calif.

Interfaith Youth Core is a Chicago-based organization building a movement of people of all faiths and traditions to bring about change in the world.

The conference identified the diverse nature of public conversation about religion as a major problem facing America today. The organization seeks to promote a different narrative that instead emphasizes cooperation among different religions and secular communities.

Approximately 20 colleges attended the conference, including eight students from Highline.

Students were encouraged to make their own rules for facilitating the discussions.

"We are going to learn how to make our own rules and what it takes for each one of us to feel comfortable enough to discuss religion," said Kristi Del Vecchio, the facilitator of the workshop.

Students were asked to explore three steps: Voice, Engagement and Act.

"One skill everyone should feel comfortable exploring is the ‘I statement’. This is so we all feel comfortable to share our own experiences and not have to speak for a whole religion or culture," Del Vecchio said.

Voice was defined as speaking about religious/non-religious experiences and identities.

Engage was defined as going outside one’s own comfort zone and engage others across lines of religious differences in meaningful conversation about shared values.

The Act part of the workshops represented acting together on shared values to make an impact on issues important to the campus and surrounding community.

"We need honesty about our own experiences so we can work through misconceptions and such," Del Vecchio said.

Students were asked to discuss what the three steps meant on their own campuses.

"I guess it means that we do the voice part of it at our campus because I haven’t seen much engaging on going on," said Malaki Elm, a student from Georgia State University.

"We kind of glaze over religious/non-religious differences at our campus."

"We do so well dealing with issues that come-up with race, but we barely talk about religion. These steps don’t really relate to my campus because we need to start the voice aspect of it," he said.

During a session labeled ‘Speed Faithing’, students were given the opportunity to learn about other religious/non-religious beliefs.

At the Atheism workshop, students received information of what atheism is and the experiences of the workshop facilitator, Adam Garner.

"Atheism to me is the rejection of the belief in the supernatural. It is the reliance on empiricism as the primary means of understanding the world," he said.

He said he believed that the best conversations happen in interfaith dialogue.

"Everyone deals with questions relating to religion and the unknown. What better way to deal with them than talking about them and seeing others’ perspectives?" Garner asked.

The objective for the Speed Faithing workshop was to understand why action/service is an important component in building interfaith cooperation.

"Explore what it looks like to act on campus. If you have a shared activity with one person, it is likely to have a positive view on the people of that particular group," Garner said.

"As interfaith leaders we must lead with the idea of building relationships with those who disagree with us about deeply important issues," said Tanya Lane, a conference leader.

"Whether it’s religion, race or culture, you get to connect, human to human heart to heart," she said.

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Many students are feeling excited for spring break and making plans to travel to warmer destinations.

Second-year student Kyle Evans will be spending his spring break playing in a beach volleyball tournament in San Diego. I'm originally from there, and one of my former coaches asked me if I will play in it," Evans said. "I'm so excited because I'm going to see my friends and family while I am there, and who wouldn't want to get out of this weather? I'd probably be doing the same thing I am doing if money weren't an object I would go on a shopping spree though.

While some students are simply looking at sleeping in, others are more specific plans. For those for whom money isn't a problem, a trip to the beach in Cabo, or going on a week-long shopping spree are definite options.

"I am excited for spring break. My birthday is over the break and I will be turning 20," said Hayley Lusher, second-year student. "I will be coaching a volleyball team during the break in Spokane. Other than that, I am going to go to New York visiting family and shopping for high-end brands," said Kemp. "A couple of my favorite brands are Bape and Undefeated."

Colder weather may be right as the Northeast is shivering under record lows this winter. With temperatures dropping and snowfall increasing, many students are looking forward to their spring breaks. Among those planning to spend their breaks abroad is second-year student Jordan Crawford. "If money wasn't an object I would probably go to Disney World in Florida with my sister." Second-year student Christian Kemp has plans spending his break in the colder weather. "I will be spending his break in New York visiting family and shopping for high-end brands," said Kemp. "A couple of my favorite brands are Bape and Undefeated."

"I am going to spend my break here in Arizona this year. I have a lot of friends that go to Arizona State University and they know how to have a good time," Bodily said. "I had a lot of money, I would go to Panama City Beach because they have a lot of fun out there. If money wasn't an object, I would probably go to Hawaii for spring break. I'm not going anywhere warm. I'll probably go hang out at Alki Beach a few days since I'm closer to sea in, go on a small beach in, a Cali beach," Crawford said. "If money didn't matter I would probably go to Hawaii and go surfing." Student Julian Romero isn't going to the beach for his break. "I'm going to spend my spring break relaxing and sleeping. I need a mental break from what this quarter has been like. I am taking 20 credit hours and going to be doing a lot of sleep during the break. That's the way he will be spent."

First-year student Bailey Arbor will be taking her best friends to explore her hometown in Idaho. "I'm going on a road trip with two of my best friends to Idaho. I'm from Boise so I want to take them to see my home town. And we'll probably take them to a few of the clubs downtown and show them how different it is compared to here. Money didn't matter then I would go to the Caribbean with my best friends. I wouldn't actually care where we went, as long as it was warm and there was a beach." Emily Parker will be reunited with her brother over the break. "I'm excited because my brother is going to fly in from Nevada. I haven't seen him since last summer and we're like best friends," Parker said. "He's never been to Washington, so I'll probably take him downtown and show him Capital Hill, and all of the other tourist stuff. If money weren't an object, I would fly to Australia. That's the one place I really want to travel to."

Regarding how students spend their coveted weekend break, come March 30 it's back to the grindstone for 10 weeks of Spring Quarter.
Local pot shop thrives in changing market

By Gary Narwal
Staff Reporter

The stacks of cash from Des Moines’ first recreational marijuana outlet that opened last fall keep getting higher and higher.

“It’s making good money. When we got the advertising out there and got a sign spinner, [business] picked up,” said David Ahl, owner of Greenside Recreational, just down the street from Highline. “Last month we did $377,000 in sales.”

Ahl said he hasn’t had any trouble opening his shop in Des Moines.

“Des Moines has been fantastic. The City Council has been good, and all the people that represent the city have been very supportive,” Ahl said.

The business is doing well because it is a monopoly right now in Des Moines, he said. The neighboring cities don’t permit recreational marijuana sales so it is an advantage for Greenside.

“We are in the middle of an area that either doesn’t allow it or people haven’t found different locations,” Ahl said. “For now it is a monopoly.”

Because it is located so close to SeaTac International Airport, Greenside Recreational gets a lot of first timers who fly in.

“We are really pushing the airport here,” Ahl said. “We are thinking about if a shuttle service is worth it in future.”

Other locales haven’t been so accepting.

Ahl plans on opening shops in Bellevue and Seattle, but Bellevue is giving him some trouble.

“There are various products in the store from concentrates, hash, hash oils; we also have vaporizer pens to put the waxes in, along with edibles and topical lotions,” Ahl said.

Legislature considers changes to marijuana laws

SEATTLE (AP) With the state Senate passing a bill to regulate medical marijuana, Washington’s House of Representa- tives is preparing its own version of a pot-market over- haul, one that could prices at licensed recreational stores.

The measure, sponsored by Rep. Reuven Carlyle, aims to make the state’s legal mari- juana stores more competitive with the black market. It calls for eliminating the three-tier tax structure voters approved in Initiative 502 and replacing it with a single excise tax of 30 percent at the point of sale.

But Carlyle’s bill would take effect only if the Senate’s medical marijuana bill also becomes law. That’s to encourage a coordinat- ed approach to the recreational and medical systems, the Seattle Democrat said Tuesday.

“If a strong medical bill doesn’t pass, my bill self-de- structs,” Carlyle said Tuesday. “We’ve got to do both, and we’ve got to do both right.”

Washington’s voters adopt- ed a medical marijuana law in 1998. It allowed patients to grow their own or designate a care- giver to grow it for them, but the state has never had a regulated medical marijuana system. Commercial sales remain illegal except at licensed I-502 stores.

Dispensaries have neverthe- less proliferated, and they have been largely tolerated by law enforcement. But pressure has been largely tolerated by law

been increasing to rein in the medical stores and direct rec- reational users into the new, heavily taxed system set up by I-502. Seattle officials say they plan enforcement actions against about two dozen medi- cal dispensaries this month.

Many of the medical dispen- saries insist that they’re good actors, would welcome state oversight, already test their products for impurities, and pay taxes. But others don’t, and prices at the medical shops re- main lower than in legal stores.

“The legislature finds the implementation of Initiative Measure No. 502 has estab- lished a clearly disadvantaged regulated legal market with re- spect to prices and the ability to compete with the unregulated medical dispensary market and the illicit market,” Carlyle’s bill reads.

Under the measure, which faced a hearing Wednesday evening in the House Finance Committee, authorized medical marijuana patients would get a tax break: They would not have to pay the regular state sales tax, which is otherwise imposed on top of marijuana excise taxes.

To encourage more cities and counties to allow marijuana businesses, the bill would direct the state to share pot revenue with jurisdictions that do so. It would also cause them to adopt more flexible zoning laws for where pot grows and stores can be located.

Licensed pot businesses would be able to hire other companies to transport their product -- currently they have to do it themselves -- and the bill specifies that those compa- nies would be allowed to have armed guards.
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The biggest one is human trafficking, also known as sex trafficking.

The Seattle Police Department has a special division to bring justice to the offenders and captors of the trade. Capt. Eric Sano is its head official.

“Human trafficking is the act when an individual is sexually abused for commercial purposes,” Capt. Sano said. “This trade is happening right under cities’ noses,” he said. “It happens in houses, hotels, motels and strip clubs.”

When women and children are introduced into the destructive trade they are quite young. The average starting age into the trade is 12 years old,” Capt. Sano said. “The youngest my unit has encountered is 11.”

In 2006, Capt. Sano introduced a new philosophy into his specific division. He decided to treat the women and children affected by the trade as victims not criminals. Now the division’s goal is to rescue victims and put the perpetrators out of business.

“Our mission is to go after the men, and save the victims,” Capt. Sano said.

Victims of this trade rarely escape with their lives. They are beaten, bruised, raped, forced into substance addiction, and are destined to die. However, there are people who escape either by themselves or with the help with local authorities.

Locally, the abundance of inns, motels and hotels along Pacific Highway South in Des Moines and SeaTac make the area attractive for sex traffickers. Dr. Steven Lettic, a Highline Criminal Justice professor and retired Des Moines Police officer worked undercover along the highway. His unit would perform sting operations to catch the forced prostitutes along with the pimps and take them off the street.

“We would use a female officer and place her on along the street,” Dr. Lettic said. “Then we would strategically place a team of officers in a nearby motel room where they would then make the arrest when they enter the room.”

Citizens are fighting back too. A local group that works to curb sex trafficking is the Genesis Project. Based out of Seattle it boasts members in both Federal Way and Des Moines.

The Genesis Project is a Christian non-profit organization that provides restoration and rehabilitation for sex trafficking victims. They have a system of stages for doing so, including basic necessities, shelter, medical care and education.

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Each student regardless of their educational background or cultural experience, states the recruitment and retention council’s mission.

“We want to be able to serve the community and students,” she said. “Look at the barriers that people may be having with coming to Highline for work. Sometimes it’s language, and so we do what is best.”

But Miller isn’t ready to rest on her laurels.

“Just because we are doing good doesn’t mean we can’t do better,” Miller said.

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required to pass SB 5987 and specifically whether Rule 64 applied. As the bill calls for an 11.7-cent increase in the state gas tax, as well as an increase vehicle fees, Lt. Gov. Owen deemed that it was subject to the rule.

Sen. Steve Hobbs, D-Lake Stevens, directly challenged the constitutionality of Rule 64.

Using a 2013 state Supreme Court decision as a precedent for his finding, Lt. Gov. Owen declared the rule unconstitutional. Lt. Gov. Owen has the authority to make rulings on matters of the Senate.

With Lt. Gov. Owen’s decision, any legislation regarding taxes will no longer be subject to a two-thirds supermajority, and revert to a simple majority.

In 2013, the Washington state Supreme Court struck down a 2012 voter initiative as unconstitutional. The initiative was identical in nature to Rule 64.

In its decision, the court said that “article II, section 22 prohibits either the people or the Legislature from passing legislation requiring more than a two-thirds majority of the members elected to each house be recorded thereon by yeas and nays ... and a majority of the members elected to both houses be recorded thereon as voting in its favor.”

The court further elaborated that the only way to institute legislation requiring more than a two-thirds majority rule regarding tax legislation would be to amend the state Constitution.

Supporters of the two-thirds rule have already dropped hints at a push to amend.

Amending the state Constitution requires two-thirds majority approval in both cham-