

## Hearings to guide light rail route

By Michael Muench  
Staff Reporter

How Sound Transit's Light Rail will serve the Highline campus is the subject of two public hearings next month.

Sound Transit will hold a meeting on May 6 at 5:30 p.m. in the Federal Way Community Center and on May 7 at 5:30 p.m. in Highline's Student Union Building to discuss plans to expand the Light Rail south to the Federal Way Transit Center.

Sound Transit is an agency providing transport in the Puget Sound area since its formation in 1996, and it is planning on expanding the Light Rail from Angle Lake to Federal Way.

The agency released a draft environmental impact statement on April 10. It explains many of the alternate routes and the possible displacements that may come from the chosen route.

Along with this information, estimated costs and daily ridership are also displayed on the agency's website.



Jessica Strand/ THUNDERWORD

The Sound Transit light rail will be extended toward Federal Way with a station possibly on campus.

Along the multiple Pacific Highway South routes, either an elevated or an underground rail station could be constructed around Highline's East Parking Lot, which could disrupt students during its construction, and possibly reduce on-campus parking.

Ten alternate routes are explained in the Draft EIS focus-

ing on alternate routes either down I-5 or down Pacific Highway South. The costs of each route range from \$1.32 billion to \$1.84 billion.

A range of 24 to 134 businesses could be displaced along all possible routes and a range of 36 to 285 residences could be displaced along those same routes. However a range of

25,500 and 27,500 passengers will be provided transport by the construction of the Light Rail.

The city of Des Moines has expressed concern over Sound Transit's plans to build on Pacific Highway South. Des

See Transit, page 12

## Federal Way may say no to pot shops

By Agatha Pacheco  
Staff Reporter

The Federal Way City Council will vote this coming week on whether to continue banning marijuana businesses from the city.

Five out of seven council members voted for an ordinance that would ban marijuana businesses within the city on April 7, despite 53 percent of their constituents voting for passing I-502, which legalized recreational marijuana in Washington.

The City Council will take public comment on April 21 and then vote on the ordinance. If it passes it will take affect May 6.

City councilwomen Dini Duclos and Susan Honda voted against the initiative to move forward toward banning marijuana businesses.

"My problem is our people voted for it, so why would we ban something they wanted?" asked Duclos.

If it passes Federal Way Mayor Jim Ferrell could veto it. If not Duclos said the people of Federal Way could start a petition to overturn the decision.

"He [Mayor Ferrell] respects 53 percent of the people," she said. "I wouldn't be surprised if he did [veto it]."

"Im seriously considering it," said Mayor Ferrell.

If Mayor Ferrell does veto then the ordinance would go back to the council for review and would need majority plus one to become law.

Councilman Martin Moore said that he would vote for banning marijuana businesses again this coming week.

See Council, page 12

## State budget may fund health sciences building

By Adam Horner  
Staff Reporter

Highline is on track to receive \$2.9 million from the capital budget for the design for the renovation of Building 26.

The capital budget focuses on projects that will have a long-term affect on an institution, and includes building construction and new equipment. The 2015-2017 Senate's version of the capital budget passed on April 14, 39-10.

The state House of Representatives and the Senate will still need to negotiate a final version of the budget together.

Building 26 houses the college's health programs and is close to 40 years old. A rebuild will bring necessary changes to the building's aging infrastructure.

Keith Paton, chairman of



Kayla Dickson/ THUNDERWORD

Programs such as Respiratory Care would get new facilities as part of a renovated Building 26.

Highline's Health, Physical Education, and Education Division, said the proposed building plan would delegate floors to different programs.

The first floor would have personal fitness training classes and a new fitness center. The current fitness center is in a renovated classroom in Build-

ing 22.

The second floor would house the health care programs, such as Nursing and Respiratory Care, with modernized classrooms and technology.

The third floor of a renovated Building 26 would house the campus' biology programs.

The predicted cost of the remodel is \$23.85 million. Highline has failed to get funding for a renovation or rebuild of Building 26 twice before.

"We're real excited we made the final cut this time," Paton said. "The space [Building 26] isn't very appealing."

Paton said that students are drawn to modern facilities, but despite the age of the building, Highline's health students are

See Budget, page 12

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### Page 7

Wellness week kicks off with art, exercise and more



### Page 9

Weather, foreits give woman's softball team a bi-week



### Page 10

Splash into safety at the Mt. Rainier April Pools Day





## Heimlich saves choking student

**By Bryce Sizemore**  
Staff Reporter

A student choking in the cafeteria at noon on April 15 was saved by an unknown person who may or may not have been a student.

The unknown Samaritan performed the Heimlich maneuver on the choking student, perhaps saving his life.

When Public Safety arrived, the formerly choking student was fine and the person who saved him was gone.

## Man lets the dogs out

A man who was letting his dogs off leash was spotted on behind Building 29 early in the morning of April 10.

When approached, the man told the officer to return to his vehicle and then walked away. When the officer attempted to communicate with the man again, he refused in a profane and belligerent manner.

The Des Moines Police Department responded, but was unable to locate the man.

## Recycling bin on campus smokes

Public Safety responded to a call regarding a recycling bin on fire on April 13 during the daytime.

Smoke was billowing out of a recycling bin outside of Building 8. After the fire was out, maintenance determined the cause to be a cigarette butt.

## Student has heart scare

A Public Safety officer assisted a student complaining of symptoms of a heart attack on April 15 around noon. Paramedics were called to Building 6 to treat the victim. After being evaluated by the paramedics, the student was able to leave on his own.

## Library exit alarm breaks silence

An unknown person activated an emergency exit door in the library on April 7th at around 3 p.m. When Public Safety arrived, the person was gone and library staff had deactivated the alarm.

# MaST hosts clean up for Earth Day project

**By Abdirizak Ahmed**  
Staff Reporter

Scuba divers and volunteers are needed to help the MaST Center in making the Redondo Beach waterfront a cleaner space both above and below the water's surface this Saturday, April 18.

The event is part of the MaST Centers observance of Earth Day.

All scuba divers must be open-water-diver certified, however, the volunteer positions are open to the Highline community and the general public.

Five hundred and seventy-five pounds of debris was collected at last year's event. Jamie Woodward, an AmeriCorps service member and

volunteer coordinator, said she hopes to exceed that goal this year.

This event is to help engage the community, and to promote marine health, Woodward said. The fishing pier will be closed for the day to make it easier to get the work done.

All volunteers must attend training on today at 6:30 p.m. at the MaST Center.

"I'm looking forward to having new community members help out and get familiar with the MaST Center as well as help out the environment in the process," Woodward said.

CleanScapes, a local waste hauling firm, is going to donate its services to help pick up the collected debris for the second straight year.



## News Briefs

### Get in shape with fitness boot camps

The Personal Fitness Trainer program will holding training boot camps on Mondays at 5 p.m. and Wednesdays at 7 a.m. starting April 27.

Workouts will be 45-50 minutes long and will be tailored for all levels. There is no need to sign up. Attendees should dress for exercise.

### Catch a flick on Friday mornings

The Inter-Cultural Center is bringing back Flick Friday. The Center will be showing movies every Friday from 10 a.m. to noon in Building 8, room 204.

### Send in student award nominations

Staff and faculty may nominate students for the 2015 Student Awards. Faculty department coordinators, student activities budget managers and Highline club advisers may select up to two students to be recognized at the awards ceremony.

Selection forms are due Wednesday, April 22. The link to the form may be found in the faculty and staff email. For further information, contact Jonathan Brown at 206-592-3257.

### Recognize stellar graduates in paper

The staff of the Thunderword will produce a special section highlighting the out-

standing graduates of the class of 2015.

Staff and faculty are invited to nominate students for this section. Nominees must be willing to be interviewed and must be graduating in either spring or summer of 2015.

### Learn about UW Tacoma major

An adviser from University of Washington Tacoma's Urban Studies program will be at Highline to give a presentation on the major.. Sarah Cutting will cover the types of careers that graduated of the program could follow. The presentation is Thursday, May 7 at 12:15 p.m. in Building 6, room 164.



Jessica Strand/THUNDERWORD

Work began April 14 on the new veterans' plaza.

## POW/MIA memorial restoration under way

**By Jason Bendickson**  
Staff Reporter

The \$79,500 reconstruction of Highline's POW/MIA monument into a veteran's plaza began on April 14.

Just south of Building 6 and west of Building 5, the new memorial will replace the overgrown POW/MIA commemoration that had fallen into disrepair.

Various veterans and veteran organizations had advocated for the new memorial.

The new memorial will incorporate the red, white and blue of the national flag and focus on the POW/MIA flag in front of a low wall inscribed with the words: Past, Present

and Future. The floor of the memorial will be a representation of the stars and stripes.

The two plaques from the old memorial will be removed from the concrete and reused in the new construction.

The contract was awarded to L.W. Sundstrom Inc. of Ravensdale and workers broke ground last week.

Karen Herndon, the college's Facilities project manager said that all removed materials are being recycled.

She said that construction should be complete sometime in mid May, in time for a dedication ceremony before the holiday.

"We want the project done by Memorial Day," Herndon said.

## Consider a Career in Computing!

**AAS Data Recovery & Forensics**  
**AAS Network Security Engineer**

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**AAS Information Systems Project Coordinator**

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**HIGHLINE**  
COLLEGE



# Unity Week celebrates diversity

**By Bogdan Koval**  
Staff Reporter

Highline will host its 18th Unity Week from April 27 to May 1.

Unity Week is a weeklong series of educational events, programs and activities that explore and celebrate the diversity of race, gender, class, sexual orientation, ability and religion.

The annual event is very respected and is the largest event at Highline, attracting anywhere from 700 to more than 1,000 people over the five days. Doris Martinez, the Inter-Cultural Center leadership adviser, said all events, activities and programs are free.

"Students were the greatest inspirations. We got good speakers and [we] invite all to come and dive into conversations," she said.

Unity Week is a chance for people to celebrate diversity and it brings elements that are relevant to the students, Martinez said. The week focuses on race, gender, class, and all things that make people unique.

This year there will be a newly added "artsy edge," Martinez said. Some of the activities being offered this year are an open mic for

speakers and writing workshops.

Martinez said she believes this event gives students the space to dive into conversations about diversity and social justice. Unity Week also gives students the opportunity to explore the gamut of diversity at the college.

"This event has great planning going into it. The faculty and students help plan programs and activities that relate to the state of the students now," Martinez said.

The speakers for this year's Unity Week are very excited and hope that students explore the different cultures and meet new people, Martinez said. Students will explore in various forms and one major way will be through learning.

"Unity Week gives space to gather, build a community, and ultimately explore what you do not know," Martinez said.

On Monday, April 27, there will be a lecture by Dave Zirin, political sports writer for Nations magazine, focusing on *Race and Classism in Sports*.

On Tuesday, April 28, Lydia Brown, a disabilities rights activist, will present *Unity in Diversity Rhetoric: The Ableism Crisis and Disability Justice*. Also, a play called *Un-*

*veiled: A One Woman Play*, will be performed by Rohina Malik, it's author. Theater of the Oppressed will be another play performed by Highline students.

On Wednesday, April 29, there will be a lecture presented by Louie Gong, Seattle-based native artist, activist and educator, called *Design Yourself*. Another lecture will be presented by Michael Tuncap, director of Diversity, Equity and Inclusion at Green River College, about *Retaining Culture in Eurocentric World through Asian Pacific Islander Experiences*. A workshop will be facilitated by Carmen Tuncap about *Health, Wellness and Pacific Islander Performing Arts*.

On Thursday, April 30, a workshop will be facilitated by local Hip-Hop artist Sharp Skills about *Empowerment through Words*. Later, open Mic Night will feature Sharp Skills and local performing arts non-profit organization Fheshest Roots.

On Friday, May 1, the First Fridays leadership institute will hear a presentation by Shuan Knittle, founder of Social Outreach Seattle on *Modern Activism On and Offline*.

Contact Martinez with any questions or concerns at [dmartinez@highline.edu](mailto:dmartinez@highline.edu).

## High schoolers commit to Highline

**By Endalkachew Abebaw**  
Staff Reporter

One by one, some 300 students moved to the podium in the Student Union Building on March 25th to announce that they will attend Highline next fall.

Over spring break, the college hosted its third annual Senior Signing Day for undecided seniors who previously had no education plans beyond high school.

The event was coordinated by Director of Community Engagement Rashad Norris to provide information for high school seniors who want to pursue a college education.

"The Senior Signing Day idea originated from watching Division 1 athletes announce their choice of future college teams on live TV," Norris said.

This event offered students an interactive atmosphere to share their future plans.

"We wanted to create a concept that allowed undecided seniors to announce which college they planned on attending," Norris said.

Students were involved in signing a symbolic contract, announcing they plan to attend Highline.

Norris interacts with students from all walks of life on a daily basis.

Aside from Senior Signing Day, he is involved in various programs such as Honoring Education and Respect Others a mentoring program which he plans to utilize with schools all across Washington.

Currently HERO is incorporated with a handful of schools in the Federal Way and Highline school districts.

"I am very passionate about what I do because I love to see change. I love teaching. I love inspiring our students of color and motivating them to pursue a college education. I love all students and I have to make sure to understand and give back to my community. It is very important to me," Norris said.

In addition, Norris plans to implement a new program over the summer called College Bound Student Now that will offer students extra motivation to attend Highline.

"With a great supporting staff and numerous outreach program collaborations, the department is always striving to positively impact our community," Norris said.

## Sprucing up the greenhouse

Crews continue work on Highline's greenhouse, used in biology classes on campus. The greenhouse will get new panels on its roof while the original structure is maintained.

Jessica Strand/THUNDERWORD



## Spring series sprouts students' voices

**By Diana Prikhodko**  
Staff Reporter

The *Death of Social Skills* will be discussed May 6 as part of the Highline Inter-Cultural Center Spring Quarter discussions of current social issues.

Technology and social media are overwhelming Americans with new innovations and methods of communicating.

Couples having a romantic dinner will be talking to each other via text messages. Pedestrians, so focused on their phones, walk straight into people with barely a mumbled apology.

The skills of social communication, with face-to-face, one-on-one conversations, seem to be dying off with each new generation.

Jasmine Bravo, a student facilitator with the Counseling Center, will lead the discussion on the recent fascination with social media.

"People have lost the art of

communicating in person" and are "very fixated on media to communicate," said Doris Martinez, the ICC leadership adviser who coordinates the series of discussions.

Martinez said that ICC is a place where students are provided an opportunity to really dissect a lot of current social issues.

She said the Spring Quarter line-up of topics is designed to bring in the young voices of students and the faculty to "dive into some of [the] issues [that come from] very personal interests of our students."

There will be students, such as Bravo, Rosemary Thairu, Sydney Saari, professional staff and ICC staff who will be speaking on the issues chosen.

The series kicks off on April 21, at 12:15-1:15 p.m. Thairu will be speaking for *Women of Vision: Sexism in Academia*. She will be speaking on how sciences are male-dominated and how sexism is "many a times very subtle," Martinez said.



Doris Martinez

*The Women and Men of Vision: Earning Allyship* will be covered in depth by the professional staff on Tuesday, May 12, from 1:30-2:30 p.m. Martinez said they will be talking about LGBTIA and what it really means.

Stone will speak on *Men of Vision: Reality vs. Comedy* on Tuesday, May 19, from 1:30-2:30 p.m. Stone will be "trying to focus a lot more on perceptions on responsibility," Martinez said.

*The Counseling Wisdom Series: Leading from Within* will also be led by Bravo on Thursday, May 28, from 11 to noon where she will be talking about leadership and development, Martinez said. She said "you really have to be empowered first before you can empower others."

The ICC staff, on Thursday, June 4, from 12:30-1:30 p.m. will be leading *Poetry Lounge: Happily Ever After?* Focusing on the end of their college experience here, students are daunted by the unknown, Martinez said. She said "they always aspire for a happy ending" but the question remains: "How are you going to navigate into the happiness you desire?"

All discussions will be in Building 8, room 204.

In addition to the discussion series, every Friday is Flick Friday, Martinez said. Students are free to pick out any movie and have a great time relaxing from 10 to noon each week with Thairu as the facilitator.



# Empowering more women is important

We need to continue empowering and educating women. Last week, Highline hosted the second annual Y.E.L.L. summit.

Y.E.L.L. stands for Young Educated Ladies Leading. Rashad Norris, the director of Community Engagement, along with Highline organized the YELL summit.

The Yell summit is an annual event that is free and designed to empower and motivate young women of color to excel in academics and to accept nothing less than excellence.

Although this specific event is focused towards women of color, this is applicable to women everywhere.

Empowering women not only gives them more confidence but also recognizes the fact that they are making an effort to be successful.

For a long time women were seen as maids, and thought of as helpless if they didn't have a man to take care of them.

We are now in a time where women do just as much as men do.

Women fought hard for equal rights, and for women's rights. Women have come a long way from being only housewives and moms.

There are women CEOs, lawyers and business owners. Women now can run for president and be taken seriously. There are many powerful women, but it starts from here. Empowering them now helps to set them up for the future. It is a privilege that women have the rights that they have now because in some countries women are still considered as nothing.

Women are mothers, providers, workers, lovers, and caregivers.

Women deserve to be congratulated and recognize for the role they play in society.

We have come a long way in women's rights, but there is still more to go.

The Y.E.L.L. summit gave young women an opportunity to receive encouragement and believe in themselves.

The speakers at the summit were women who are involved with politics, work in science fields and women who have different degrees.

This summit gave the young women a chance to see a positive and productive example.

They could look at the speakers and hear their stories and say, "that could be me."

More than 300 hundred women were in attendance last year, and over 300 hundred woman in attendance this year.

That is 300 women who are empowered and motivated and ready to spread the encouragement to another woman.

The more women who are empowered to become successful and make a life for themselves, fewer women and children will be in poverty or struggling.

Because when a woman sets her mind to something, it will happen.

## 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](mailto:thunderword@highline.edu) by Monday for print on Thursday.

Write to us!



# Racism is still a major problem, but we can work to eliminate it

When President Barack Obama got elected, some people relished in the fact that we were now living in a post-racial society. But this is not the case.

Just because we have an African-American president doesn't mean someone magically turned a switch and made America a dream-like place where racism is non-existent.

According to a recent FBI report, a black person is fatally shot by police officers every eight hours. Last year, in the midst of the Michael Brown shooting and the Eric Garner slaying, a similar report cited that it was only every 28 hours.

When protests broke out across the country, people were arrested in the hundreds and the media called them "violent" and "thugs", even though most of the protests were peaceful.

But about two weeks ago, when Wisconsin lost a basketball game, there were riots. There was barely any media coverage and not once were they called "thugs." But they were just college kids upset about losing, right?

If we were living in a post-racial society, people of any skin color or race would be treated completely as equals.

## Sam's Spectrum



## Sam McCullough

There would be no demonizing of a certain race and there wouldn't be a police brutality epidemic centered around one oppressed group of people.

The key to understanding how to advance to a post-racial society is to understand that racism is systematic oppression.

This system has been building itself since Europe dominated the rest of the world and enslaved non-whites as they saw fit.

Under this system, slavery was created, the Klu Klux Klan was formed, and non-whites were oppressed on the daily.

In the most basic terms, racism

is a system that benefits white people and oppresses non-whites.

So, you can never be racist toward a white person because you cannot use a system that benefits white people against them.

This system grants privilege to white people since the system cannot hurt them.

Privilege doesn't mean that your life is full of happiness and rainbows, but it means that you will never be pulled over for driving while being not black.

So, as a white person, I never have to be scared when I see a cop or wonder if I didn't get the job because of my race.

As a white person, I need to use my privilege to give a voice to non-white people and bring problems to the light.

It is important to remember not to have my voice overpower those who are oppressed because, at the end of the day, it is not my personal fight.

We aren't yet in the dreamed-of post-racial world, but if we work to undo the tangles of racism in the fabric of society, we are one day closer.

*Sam McCullough is Managing Editor of the Thunderword.*

# the Staff

If you don't show up, I'm gonna turn into 'that guy.'

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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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1. LITERATURE: Who wrote the short story *The Lottery*?
2. GENERAL KNOWLEDGE: What “first” did tennis player Althea Gibson achieve in 1951?
3. GEOGRAPHY: Where is the resort city of San Remo?
4. GOVERNMENT: The Homestead Act of 1862 granted how many acres of land to each settler?
5. MYTHOLOGY: Which knight supposedly threw King Arthur’s sword Excalibur into the lake?
6. TELEVISION: What is the deputy’s name on *The Andy Griffith Show*?
7. PRESIDENTS: John Foster Dulles was appointed secretary of state by which

president?

8. PHILOSOPHY: What philosopher said, “Man is the measure of all things”?
9. HISTORY: In what city did Rosa Parks refuse to give up her seat on a bus?
10. MONARCHIES: Duncan I became the king of what country in 1034?

Answers

1. Shirley Jackson
2. The first black player to compete at Wimbledon
3. Italy
4. Up to 160 acres
5. Bedivere
6. Barney Fife
7. Dwight Eisenhower
8. Protagoras
9. Montgomery, Ala.
10. Scotland

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**Puzzle answers on Page 10**

# GO FIGURE! by Linda Thistle

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

**DIFFICULTY: ★★★**

★ Moderate    ★★ Difficult  
★★★ GO FIGURE!

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# King Crossword

## ACROSS

- 1 Sort
- 4 Wagerers’ site (Abbr.)
- 7 PC shortcut
- 12 Army rank (Abbr.)
- 13 “7 Faces of Dr. —”
- 14 Garden invader
- 15 Chit
- 16 Data reader
- 18 Salamander
- 19 Teatime treat
- 20 Bronx cheer
- 22 Med. arrangement
- 23 Cried
- 27 Main-lander’s memento
- 29 Affluence
- 31 Pitch
- 34 Soothe
- 35 Speechifies
- 37 Mel of baseball
- 38 Get a glimpse of
- 39 Crony
- 41 Pizzazz
- 45 IRS threat
- 47 Zero
- 48 Fielder’s concern
- 52 In olden days
- 53 Scent

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- 54 Lubricate
- 55 Each
- 56 Fact
- 57 “Erie Canal” mule
- 58 Stab
- 10 “6 Rms — Vu”
- 11 Praise in verse
- 17 Recognize
- 21 Polish money
- 23 Viennese dance
- 24 90-degree angle
- 25 School grp.
- 26 Your
- 28 Ram’s mate
- 30 Dine
- 31 Pirouette pivot
- 32 Storefront sign abbr.
- 33 Knock
- 36 Boot attachment
- 37 “Twelfth Night” countess
- 40 Farewell
- 42 Unsuitable
- 43 Niamey’s nation
- 44 Magnificence
- 45 Leading man?
- 46 Snitch
- 48 Young fellow
- 49 Playwright Levin
- 50 “Kidding!”
- 51 Ostrich’s cousin

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ARIES (March 21 to April 19) Don’t be put off by a seemingly too-tangled situation. Sometimes a simple procedure will unsnarl all the knots and get you in the clear fast and easy, just the way the Lamb likes it.

TAURUS (April 20 to May 20) It’s a good time to go through your work space -- wherever it is -- and see what needs to be replaced and what can be tossed (or at least given away) without a second thought.

GEMINI (May 21 to June 20) Someone who disagrees with your position might try to intimidate you. But continue to present a fair argument, regardless of how petty someone else might be while trying to make a point.

CANCER (June 21 to July 22) You might find yourself exceptionally sensitive to family matters this week. An issue could come to light that you had overlooked. Ask other kinfolk to discuss it with you.

LEO (July 23 to August 22) You might have more questions about a project (or perhaps someone you’re dealing with on some level) than you



feel comfortable with. If so, see which can be answered, which cannot, and why.

VIRGO (August 23 to September 22) It’s a good time to clean up and clear out what you don’t need before your tidy self is overwhelmed by “stuff.” Then go celebrate the Virgo victory over clutter with someone special.

LIBRA (September 23 to October 22) You might feel a mite confused about why something you were sure couldn’t go wrong didn’t go all right either. Be patient. Things soon move into balance, exactly as you like it.

SCORPIO (October 23 to November 21) At this decision point, you could be moving from side to side, just to say you’re in motion. Or you could be considering making a move straight up. What you choose is up to you.

SAGITTARIUS (November 22 to December 21) Although your finances should be in

an improved situation at this time, thrift is still the savvy Sagittarian’s smart move. Advice from a spouse or partner could be worth heeding.

CAPRICORN (December 22 to January 19) Taking on a new challenge brings out the Goat’s skills in maneuvering over and around difficult spots. Best of all, the Goat does it one careful step after another. (Got the idea, Kid?)

AQUARIUS (January 20 to February 18) Your well-known patience might be wearing thin because of a disturbing (and seemingly unending) problem with someone close to you. This could be a time to ask for help. Good luck.

PISCES (February 19 to March 20) Be careful about a new venture that lures you into a “just-look-and-see” mode. Be sure that what you’re being given to see isn’t hiding what you should be seeing instead.

BORN THIS WEEK: Aries and Taurus give you the gift of leadership and the blessings of care and concern for all creatures.

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- January Gill O'Neil, author of *Misery Islands*, will be hosting a reading and poetry workshop on April 16, from 11 a.m. to 1:30 p.m. in Building 2 for National Poetry Month.
- Rainier Symphony presents Classical Concert III, April 18 at 7 p.m. and April 19 at 5 p.m. at the Foster Performing Arts Center, 4242 S. 144th St., Tukwila, under the direction of guest conductor Dr. Edward Higgins. Works will include Aleksandr Glazunov, *Ouverture solennelle*; Ernest Bloch, *Concerto Grosso No. 1*; Antonin Dvorak, *Symphony No. 8*. Tickets \$17 for adults, \$12 for students and seniors, and children under 12 are free. They are available at the door at [brownpapertickets.com](http://brownpapertickets.com).
- The Auburn Symphony Orchestra presents *A Grand Tour of Europe*. This program features classical works from composers from all over Europe, including Mozart, Vivaldi, Elgar, and Bizet. The program is at the Theatre at Mountainview, 28900 124th Avenue S.E., Auburn, in Auburn on April 25 at on April 26 at 2:30 p.m. Tickets are \$34 for adults, \$27 for seniors and \$10 for students, and are available by phone at 253-887-7777.
- The Northwest Symphony Orchestra presents their season finale at 8 p.m. Saturday, April 25 at the Highline Performing Arts Center, 401 S. 152nd St., Burien. The concert will include works by Charles Ives, Gustav Mahler and Northwest composer Gregory Youtz. Tickets are \$15 for adults and \$12 for students and seniors. They are available at [borwnpapertickets.com](http://borwnpapertickets.com) as well as on [www.northwest-symphonyorchestra.org](http://www.northwest-symphonyorchestra.org).
- Sip with the Symphony 6 p.m. Saturday, May 2 at Neely Mansion in Auburn to benefit the Federal Way Philharmonic. Tickets for the wine and music event are available at <https://app.arts-people.com/index.php?ticketing=fws01>. Neely Mansion is at 12303 S.E. Auburn-Black Diamond Road, Auburn.
- Bill and Peggy Hunt Playwright's Festival presents new local works at Burien Actors Theatre. The festival will feature two one act plays per show and will alternate shows after the first two weekends, showing four one act plays total. The first weekend of the festival opens May 1-10, and shows alternate on May 15-24. Tickets for everyone are \$10, and available online or by phone. The Burien Actors Theatre is in the Burien Community Center Annex, at 14501 4th Ave. S.W. in Burien.

# Burien presents local works

By Haley Lusher  
Staff Reporter

A series of one acts and plays on topics as varied as school pranks and the Holocaust highlight a playwright series kicking off next month in Burien.

The Bill and Peggy Hunt Playwrights Festival chooses top-scored plays to appear at Burien Actors Theatre May 1-24.

Four plays have been blind-read by panels of readers and are the top scored of all submissions.

*The Study Group*, written by Stephan Feldman, directed by Brad Walker, is a one-act comedy-drama in which a hare-brained prank leads to issues of sexual ethics.

*The Skilled Use of Blunt Objects*, written by Thomas Pierce, directed by Rochelle Flynn, shows a full-length drama that explores how far people will go to get elected.

*Dr. Kritzinger's 12 O'Clock*, written by Jim Snowden, directed by Gavin Sakae McLean, a one-act study in evil about the 1942 meeting in which Nazi and German officials set in motion the "Final Solution" for the Jews.

*Four Gone Conclusions: Some Brief Field Trips into the*



Burien Actors Theatre photo  
Actors perform a local work in the Bill and Peggy Hunt Playwright's Festival from years previous

*Absurd*, written by Kevin Boze, directed by Nathaniel Jones, is a full-length comedy that looks at life, the afterlife, whales, aliens and more in an absurd view.

Each performance includes two productions, a one-act and a full-length play, with a discussion session after each.

Showing May 1-10 are *The Study Group*, and *The Skilled Use of Blunt Objects*.

On May 15-24, the shows are *Dr. Kritzinger's 12 O'Clock*, and *Four Gone Conclusions*.

All performances on Friday and Saturday are at 7:30 p.m., and the Sunday matinees are at 2 p.m.

The shows are recommended for ages 13 and older due to occasional mature language or subject matter.

Tickets for everyone are \$10.

The Burien Actors Theatre is in the Burien Community Center Annex, at 14501 4th Ave. S.W. in Burien.

## Broadway actor returns for show

By Michael Muench  
Staff Reporter

Bishop Blanchet High School students will be preforming the Tony award-winning musical *Pippin* this weekend at the Moore Theatre in Seattle alongside alumnus and Broadway actor Don Darryl Rivera.

Rivera was born and raised in Seattle and has worked for several theatres around the city, including the 5th Avenue Theatre, the Seattle Children's Theatre, the Children's Theatre Company, and the Shakespeare Theatre Company, before being taken on by Disney's *Aladdin* on Broadway as Iago, Jaffar's wisecracking sidekick.

Bishop Blanchet Alumni will perform the song *Morning Glow* alongside special alumnus guest Rivera on Saturday April 18. Rivera has taken the week off to be a part of all of the Bishop Blanchet's shows.

The musical tells the story of Pippin, a young prince on his search for meaning and significance, and the acting troupe that he travels with, led by the charismatic Leading Player.

*Pippin's* music and lyrics are by Stephen Schwartz. The play has



Don Darryl Rivera at a party for the launch of a Broadway production of *Aladdin*.

been nominated for a Tony Award for Best Revival of a Musical.

Bishop Blanchet High School offers courses in performing arts, music and visual arts to all of its students. The school puts on student-performed events yearly. *Pippin* will be Bishop

Blanchet's final play before the summer.

The musical will show April 17 and April 18 at 7 p.m. and April 19 at 2 p.m. Tickets are on sale now at [www.stgprepresents.org/moore](http://www.stgprepresents.org/moore) or by phone at 1-887-784-4849

## Drama returns to Highline with 'Othello' musical

Drama returns to Highline with a student production of *Othello*.

With the removal of all drama programs at Highline last spring, the on-campus drama events have been slim to none.

This Shakespeare tragedy revolves around four central characters: Othello, a Moorish general; his beloved wife, Desdemona; his loyal lieutenant, Cassio; and his trusted but unfaithful ensign, Iago.

*Othello* presents varied and current themes of racism, love, jealousy, betrayal, and revenge. The students of Highline will show a shortened version of the show featuring the music of Motown.

"The overall theme is jealousy," said Highline student Simone Elbrecht, who plays Desdemona.

"Motown is such a classy time," she said. "It really fits in with the show."

*Othello: Through the Grapevine* will show on Friday, April 17 in Building 2.



Be mindful: A little thought can beat the blues

By Antonina Valiere  
Staff Reporter

Stress, anxiety and depression can harm the body, but by engaging in the practice of mindfulness, people can cope with these ills, a Highline counselor said Monday as part of the Week of Wellness.

With more than 40 people

in attendance, Dr. Allison Lau, the associate dean for Counseling and Student Judicial Affairs, started the Week of Wellness by giving a presentation of what it means to be mindful.

Mindfulness is the act of paying attention to your thoughts without judgment.

Her presentation focused on the importance of mindfulness

because without it you're losing touch with reality.

Losing touch with reality means that you're focusing your thoughts primarily on the past and future rather than living in the moment.

Dr. Lau stressed the importance of practicing the act of mindfulness by participating in activities such as breath-

ing exercises, meditating and yoga.

These techniques allow one to live in the moment because it increases their awareness of their surroundings and what is currently happening.

People often fill silence with thoughts to avoid what is happening in the present.

"When we have time to re-

flect it can be scary, because it can bring thoughts and emotions of pain," Dr. Lau said.

"When we let our thoughts rule everything, then that's dangerous."

Dr. Lau's final advice was to notice that your thoughts are happening, and rather than to judge these thoughts, to respond to them.

Art that helps the heart



Yui Fujiwara/THUNDERWORD

Highline students expressed their emotions through art at a workshop Wednesday in Building 8. Week of Wellness continues today and tomorrow with more workshops and presentations.

Build beginner's workout with simple exercises

By Jordan Mellott  
Staff Reporter

The thought of going to the gym can be confusing and overwhelming for many people, but yesterday's Workout: Tips and Tricks workshop aimed to help beginners build a workout.

The event, led by Counseling Center intern Tolani Ogunyoku, was part of the Week of Wellness events on campus.

"The gym is a very vulnerable place to be in," Ogunyoku said. "It's all about finding your comfort with it."

The workshop was focused on teaching participants exercises that can be done almost anywhere. No machines or weights were needed.

He started the workshop by having participants do some light stretching. After that

they ran in place to get their heart rates up.

Ogunyoku typically does 15 to 20 minutes of cardio before a workout, he said.

For the rest of the workshop, he showed the group three different exercises and had them repeat each of them 15 times, then nine times, and finally six times.

After all three sets were done, he had the students repeat the pattern with three new exercises.

Exercises included push-ups, burpees, wall sits and squats.

"Working out helps boost your endorphin level," Ogunyoku said. "You end up living a happier and healthier life when you work out."

At the end of the session, a drawing was held and student Gurpreet Sandhu won a FitBit fitness tracker.



Jessica Strand/THUNDERWORD

Tolani Ogunyoku leads an exercise class Wednesday.

Versatile yoga offers energy

By Bogdan Koval  
Staff Reporter

For students, faculty and staff looking for a way to reduce stress and promote good health, yoga was offered as an alternative at a Wellness Week presentation Monday.

Brooke Stepps, a yoga instructor, offered a free introductory class as part of the week-long series of events in support of human wellness.

Nearly 50 people gathered in the Mt. Olympus room of the Student Union to hear Stepps explain how yoga is beneficial to the human body.

Most people who attended the event arrived in casual clothing and participated in the demonstration.

Stepps showed that yoga can be done most anywhere to help practitioners gain energy, relax and/or melt away stress.

"Yoga is a way to connect with yourself and the community and if you aren't present with yourself, you can't be pres-

ent with others," Stepps said.

Many of the students attending tried yoga for the first time and their impressions varied from "it's painful" to "it's relaxing."

The first basic move the yoga class attempted was called child pose and is an easy move that is great to do during finals or if a person just needs a break from any stressors, Stepps said.

Stepps assisted any of the students who were struggling to make sure that everyone who attended could learn the technique.

A majority of the class focused on breathing.

"In yoga, breathing is one of the most important things to grasp and if you learned how to breathe today, you did really well," Stepps said.

Throughout the class, Stepps kept reminding students that they need to be kind to their bodies when doing yoga to prevent injuries.

Philip Prokashin, a Highline student said, "I could do this all

day because I felt so good after it." Another student said, "I did each move and I felt so great, we need more of these classes here at Highline."

An iconic yoga move the class attempted was the Warrior 2, and after completing it Stepps asked, "Class, notice how it makes you feel when that breath is in your belly. Pretty good, right?"

Fifty heads nodded.

Stepps was a ballet dancer until she injured her knee when she was 16.

She went through physical therapy assigned to her and when it didn't help, she began doing yoga with her mother. It helped them bond as it ultimately healed her knee.

Stepps' final questions for the class were: How do you want to leave this room? How do you want the rest of this day?

Yoga, she said, will give you choices to make it great.

Yoga classes are offered here at Highline through the Physical Education department.



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# Spring into flavor with fresh garden peas

Peas are easy to grow and a treat to eat

By Angela Shelf Medearis and Gina Harlow

Oh, sweet pea: If there is a poster vegetable for spring, one that embodies the fresh flavors we are so ready for after a season of roots and leafy greens, it would be the garden pea.

This crop loves the still-cool temperatures of the first weeks of the new season, and its plants produce prolific white or lavender blooms that are lovely to look at ... if you are lucky enough to grow them.

Those flowers give way to showy, bright-green bulging pods.

There are three main types of garden peas.

First there is the classic green pea that produces a pod full of plump, round, green peas. This is the part of the plant we eat, discarding the pods, which tend to be tough.

These peas are sometimes called English peas.



English peas are flavorful, nutritious and easy to grow in the garden.

Fresh peas from the field or garden are sweet, creamy and bursting with the fresh taste of the season.

For those of us who don't have the opportunity to purchase fresh peas, they can be found in the frozen section of your grocery.

The snow pea and the sugar snap pea, which is a cross between the snow pea and the garden pea, are varieties that have the same fresh deliciousness of garden peas. But it's the pods, with their texture and crunch, that are so tasty.

When buying fresh green peas, look for firm, brightly colored pods. Small pods tend to be the most tender and usually will have a fresher taste.

Plan to prepare your garden peas right away, as the sugars in all varieties begin turning to starch after harvesting.

Although they come from the same family, the nutritional values of peas vary.

Green garden peas contain high amounts of vitamin A, as well as good amounts of antioxidants.

However, because the pod of the snow pea and sugar snap pea are eaten, they provide the nutritional benefits of high fiber and vitamin C that garden peas do not.

This recipe for Fresh Pea and Lettuce Salad provides a delicious showcase for various varieties of peas. It's perfect as a stand-alone salad or as a side

dish with chicken or fish.

### FRESH PEA AND LETTUCE SALAD

- 2 tablespoons unsalted butter
- 1 tablespoon olive oil
- 5 small stalks green garlic, thinly sliced, or 3 cloves garlic, finely chopped
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1/2 cup fresh or frozen green peas
- 1 cup fresh snow peas
- 1 cup sugar snap peas
- 2 small heads lettuce (about 6 ounces), washed, cored and torn into

- large pieces
- 3 green onions, roots removed and discarded, white and green parts diced
- 1 tablespoon freshly squeezed lemon juice

1. Heat 1 tablespoon butter and 2 tablespoons oil in a 12-inch skillet over medium heat. Add the garlic and season with 1/2 teaspoon of the salt and pepper. Cook, stirring often, until soft but not browned, about 3 minutes.

2. Add peas and cook until bright green and tender, about 4 minutes. Stir in remaining butter, along with lettuce and 1 tablespoon water. Season with remaining salt and pepper. Remove from heat. Stir until lettuce is just wilted, about 1 minute. Sprinkle with the green onions and lemon juice. Serves 4.

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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](http://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](http://www.peachesandprosciutto.com).

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## Fill up a jar with chunk cookies

### Chocolate Chunk Cookies

A cookie jar just isn't well-stocked unless there's something chocolate in it. This one's for people who like a little decadence in their afternoon snack.

- 2 1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup butter or margarine (2 sticks), softened
- 1 cup packed brown sugar
- 1/2 cup granulated sugar
- 2 teaspoons vanilla extract
- 2 large eggs
- 8 ounces bittersweet chocolate, cut into 1/2-inch chunks
- 1 cup walnuts, coarsely chopped

1. Preheat oven to 375 F. Grease large cookie sheet.
2. On waxed paper, combine flour, baking soda and salt.
3. In large bowl, with mixer at medium speed, beat butter and sugars until creamy, occasionally scraping bowl with

### Good Housekeeping

rubber spatula. Beat in vanilla, then eggs, one at a time, beating well after each addition. At low speed, gradually add flour mixture; beat just until blended, occasionally scraping bowl. With spoon, stir in chocolate and walnuts.

4. Drop cookies by heaping measuring tablespoons, 2 inches apart, onto prepared cookie sheet. Bake cookies 10 to 11 minutes or until lightly browned. Transfer cookies to wire rack to cool. Repeat with remaining dough. Makes about 3 dozen cookies.

\* Each cookie: About 170 calories, 10g total fat (5g saturated), 3g protein, 19g carbohydrate, 1g fiber, 26mg cholesterol, 130mg sodium.

### Popcorn Chicken With Dipping Sauces

- 1 package (12 ounces) fully

cooked frozen breaded chicken pieces

- 1/4 cup reduced-fat mayonnaise

- 1 tablespoon soy sauce
- 1 tablespoon chili sauce
- 1/4 cup seedless raspberry jam
- 2 teaspoons Dijon mustard

1. Prepare chicken as label directs.
2. Meanwhile, in a small bowl, stir mayonnaise, soy sauce and chili sauce until well-mixed. In another small bowl, stir jam and mustard until blended.
3. Serve chicken with dipping sauces. Makes 4 main-dish servings.

\* Each serving: About 310 calories, 14g total fat (2g saturated), 9g protein, 35g carbohydrate, 2g fiber, 21mg cholesterol, 945mg sodium.

For thousands of triple-tested recipes, visit our website at [www.goodhousekeeping.com/recipefinder/](http://www.goodhousekeeping.com/recipefinder/).

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## Dilled tuna-macaroni salad is quick to make and tasty

Who said that tuna at lunchtime has to be served as a sandwich? Surely, not anyone who tastes this!

- 2 cups cold cooked rotini pasta, rinsed and drained
- 1/4 cup finely chopped onion
- 1 cup sliced celery
- 1/2 cup shredded reduced-fat Cheddar cheese
- 1/4 cup dill pickle relish
- 1 (6-ounce) can white tuna, packed in water, drained and flaked
- 1/2 cup fat-free mayonnaise
- 1 teaspoon lemon juice
- 1 hard-boiled egg, chopped

1. In a large bowl, combine rotini pasta, onion, celery and Cheddar cheese. In a small bowl, combine dill pickle relish,



by Healthy Exchanges

ish, tuna, mayonnaise and lemon juice. Add dressing mixture to pasta mixture. Mix well to combine.

2. Fold in chopped egg. Cover and refrigerate for at least 30 minutes. Gently stir again just before serving. Serves 4 (1 cup each).

\* Each serving equals: 257 calories, 5g fat, 20g protein, 33g carb., 686mg sodium, 2g fiber; Diabetic Exchanges: 2 Meat, 1 1/2 Starch, 1/2 Vegetable.

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Softball gets unexpected bye week

By Charles Prater  
Staff Reporter

The Highline softball team had an extended break from gameplay due to forfeits and rainouts.

Highline, 3-1 (7-9 overall), is currently in second place in the West Division, a game behind Centralia, 4-1 (9-14 overall).

The T-Birds were supposed to play in a doubleheader on April 10 at South Puget Sound, 0-6 (0-14 overall), but the Clippers forfeited both games, giving the two wins to Highline.

The Clippers forfeited their previous home game due to not having enough players on the team to field.

The T-Birds used this time off for practice and getting ready for their next game against Green River.

“We have a few players hurt and so some players are playing in new positions,” said Highline Head Coach Jason Evans.

“So the positions for these players are still a process.”

The two games against the Gators, 3-3 (7-14 overall), were to be originally played on April 11, but was canceled and postponed to April 14.

Both the T-Birds and Gators were on the field and ready to play, but the games were again



Matthew Roland/THUNDERWORD

Cheyanne Haas readies for a pitch in Wednesday’s afternoon game against Green River.

canceled because of rain.

The T- Birds played the resh-e-culed game against Green River on Wednesday with results unavailable at presstime.

This was the first game for Highline since April 4.

Even though the T-Birds haven’t played in a while, they’ve been practicing hard for when they will finally get a chance to go up against someone else other than themselves.

Highline only has 10 players

on the team, but they don’t use that as an excuse and try to get better everyday.

“All the girls on the team are working hard to get better throughout the season,” said Coach Evans.

“But mostly our sophomores are working the hardest to improve from last year,” he said.

“Our pitcher, Emma Seymar, who after last year’s showing has really stepped up and is throwing well for us this year,” he said.

Seymar has started eight out of the 10 games for the T-Birds at pitcher.

“Another player who’s been huge for us is Ally Ripping-ham,” said Evans.

“Ally plays on the basketball team for the school and just showed up when the playoffs were over for basketball, so she’s only been here for a little more than a month, but she has done a really good job.”

People are more then welcome to come tryout for the team, but Coach Evans said that the team in gelling really well right now regardless of the number.

“We are kind of getting to that point where we are starting conference play right now,” he said.

“So anybody that shows up is going to take about two to three weeks to get going and by then the regular season will be over.”

The T-Birds have a double-header Thursday against Pierce at 2 p.m. and at 4 p.m.

Saturday, April 18, is the start of the NWAC Crossover Tournament for the T-Birds, where they will play at the Gateway Complex in Yakima.

The first game is against Clark at 9 a.m. and another game at 11 a.m. against Columbia Basin.

Highline then plays on April 19 against Skagit Valley at 8 a.m. and in their last game of the NWAC Crossover Tourna-

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374514

Scoreboard

Woman's Softball		
Team	W-L	Season W-L
West Division		
Centralia	4-1	9-14
Highline	3-1	7-9
Pierce	2-1	9-12
Grays Harbor	3-3	3-9
Green River	3-3	7-14
South Puget Sound	0-6	0-14
South Division		
Clackamas	7-1	19-5
SW Oregon	6-2	19-5
Lower Columbia	3-3	12-8
Mt. Hood	2-4	14-6
Chemeketa	1-5	12-11
Clark	1-5	10-12
North Division		
Bellevue	9-2	17-8
Douglas	9-3	11-5
Everett	7-4	9-10
Olympic	6-4	11-7
Edmonds	4-8	8-12
Skagit Valley	3-8	3-8
Shoreline	1-11	2-14
East Division		
Spokane	17-1	25-2
Wenatchee Valley	12-5	21-9
Treasure Valley	13-7	16-16
Blue Mountain	7-9	9-17
Columbia Basin	5-7	13-13
Walla Walla	4-8	10-18
Big Bend	5-13	11-23
North Idaho	0-0	20-1
Yakima Valley	0-14	0-25

Highline swaps cross country for golf

By Charles Prater  
Staff Reporter

Cross country has appeared to have run its course at Highline, with the school deciding to dissolve the program and add golf.

“The proposal right now is to add golf in place of cross country,” said Highline Athletic Director John Dunn.

“We haven’t really nailed down what we are going to do yet, but we’re just trying to make a transition from cross country to golf.”

Dunn says its will have a positive effect and that the change came at a right time due to the cross country coach departing for a full-time job elsewhere.

“Sometimes things fit in the right order and it felt like the

right thing to do,” said Dunn.

Highline hopes to get the program going and ready for the 2015 Fall Quarter.

“To be honest, recruiting is always difficult,” said Dunn.

“It’s hard work and right now we are in the process of getting a head coach and they will do what all the other coaches do and pound the pavement and try to find golfers that want to play at Highline,” he said.

“We have a partnership with Twin Lakes where we do our yearly golf tournament, so we’re really excited.”

Dunn hopes that adding golf will be a good addition to the sports family, but the loss of another will surely be felt by the cross country players.

Endalkachew Abebaw is a freshman and one of the top

runners in the NWAC, finishing first in the Northwest Region Championship and ninth among 75 runners in the NWAC Championship.

“Personally, I’m deeply saddened by it, because cross country was a part of my life for a long time and now it’s gone,” said Abebaw.

“I was really looking forward to returning and being No 1.”

Even with cross country gone at Highline, there are still options for runners as other colleges in the area have cross country teams.

“Green River is an option and so is Everett,” said Abebaw.

“One of the runners on the team, David Huff, already transferred to Green River after the team was told in December about this, so he is getting ready

for the season over there,” he said.

“It would be a little difficult for me to transition to a new school because I’ve made good friends here, but Green River is willing to pay me and running is what pays for my education, so it’s sort of a win-lose scenario,” Abebaw said.

All things aside, John Dunn made it clear that he will help any of the players figure out what they want to do that will help them achieve their goals.

“If any of the players don’t have options, we’ll do anything we can to help or support them,” said Dunn.

“They’re not just going to be left in the cold. We’re going to do whatever we can to get them in the right direction.”



# Pool unleashes ducks to teach safety

By Sam McCullough  
Staff Reporter

Swim your way to water safety at Mount Rainier Pool’s April Pools Day event this Saturday, April 18, from 1 to 3 p.m.

Mt. Rainier Pool is at 22722 19th Ave. S, Des Moines. The pool offers public swims, swim lessons, lap swims, lifeguard lessons, and water exercise classes.

All the activities available at the pool cost under \$10, unless you decide to do private swim lessons. The pools hours for Monday, Wednesday, and Friday are 5:30 a.m. to 9 p.m. The hours for Tuesday and Thursday are 8:30 a.m. to 8 p.m. The hours for Saturday are 10 a.m. to 2 p.m. On Sundays, the pool is available for rental.

The pool is indoors and is



Kayla Dickson/THUNDERWORD  
*The display of rubber ducks that will be used in the duck egg hunt.*

open year-round.

April Pools Day is an event focused on teaching people about water safety.

“For years, we’ve tried telling people that if you don’t

know how to swim, you’ll drown,” said Gene Achziger, the pool’s outreach and marketing coordinator.

Olympic Outdoor Center of Des Moines is supplying pad-

dleboards, kayaks, and rafts for the event, which guests can use.

Olympic Outdoor Center provided equipment for last year’s April Pools Day as well, Achziger said.

In addition to the water activities, guests will be able to just swim in the pool and participate in the Duck Egg Hunt.

The hunt is a lot like an Easter egg hunt, but guests will look for rubber ducks instead of plastic eggs.

“The duck egg hunt is an extension of an Easter egg hunt,” Achziger said.

Last year, 150 people attended the event.

To attend, you must pre-register at the pool. It costs \$4 per person and parents must accompany children 6 and under.

“Come to April Pools Day. Get a cupcake,” Achziger said.

The pool, in addition to events, has had an interesting history.

Mt. Rainier Pool opened in 1975, along with 16 other pools in King County. In the 1990s, the pool was deemed to be too expensive and was going to be closed. Highline School District, Des Moines, SeaTac, and Normandy Park formed a group to keep the pool open. SeaTac eventually left the group.

The Des Moines City Council wanted to shut the pool down because they didn’t have enough money to keep it open.

In 2009, the citizens voted to form a metropolitan park district, with 63 percent of people voting “yes.”

The district has additional taxing power, which helps create revenue, that is used to keep the pool afloat.

## Keep close to the things that inspire you

By Anna Trinh  
Staff Reporter

If you believe that you aren’t good at anything, maybe being an artist is something you should look into, a Highline fine arts professor told Spring Quarter’s first Honors Colloquy.

Tracy Carrera told an inspirational story of how her educational experience was all about perception, challenging stereotypes by simply being true to herself, and how being flexible and adaptable are the key elements to success.

Growing up, she embraced her Mexican heritage even when she was encouraged to adapt to American ways. This would influence her artwork, which reflects her personal experiences.

She calls her art “sensual impressionism.”

“It’s all about attitude,” Carrera said.

Being open to anything is

something Carrera said she believes is very important in life.

She grew up not being good at anything, she said, leaving everything to her twin sister. But one thing her sister wasn’t good at was art.

“If you find something that inspires you, keep that close,” Carrera said.

Her other advice: Travel.

“It’ll make you a better person,” she said.

Thus far, Carrera says she believes she has had the best career in the world.

Next week, April 15, Renee Jones will speak from personal experience about overcoming extreme hardships to pursue education at Highline and beyond.

Those intending to attend should be aware that seats are limited and should arrive early to get a seat.

Honors Colloquy meets every Wednesday from 12:15-1:20 p.m. in Building 10, room 205.

## Colloquy offers stories of success to help motivate current students

By Anna Trinh  
Staff Reporter

Passions found, and hardships overcame, Honors Colloquy is back.

Spring quarter is kicking off with a series of inspirational stories and tales of enlightenment.

Honors Colloquy features a wide-range of individuals, from single moms to Highline alumni, who tell stories about their trials and tribulations in hopes of inspiring students to do their

academic best.

Honors Program Manager, Jacque Clinton, is in charge of organizing Honors Colloquy series and said “the speakers this quarter come from a variety of life backgrounds and career fields, including social work, web design and Peace Corps. I would encourage students to look through the lineup and attend the presentations that resonate with their life and goals. All are welcome.”

Next up on the series:

April 15 – Renee Jones, a

single mom who is pursuing a master’s in social work at UW-Seattle)

April 22 – Food advocate Michelle Harvey

April 29 – Highline alumna Paul Hyun Park

May 6 – Che Dawson, Highline paralegal professor and men’s basketball coach

May 13 – Highline alumna Tessa Olmstead

Honors Colloquy meets every Wednesday in Building 10, room 205 from 12:15-1:20 p.m.

Seating is limited.

# HELP WANTED

## Assistant Business Manager

The Thunderword has an immediate opening for an assistant business manager, to help the business manager with advertising and record keeping. Preference will be given to students who will be returning for the 2015-2016 school year. The ideal candidate will be majoring in business, advertising or accounting.

This is a 10-hour-a-week, on-campus job with flexible hours.

Please send a resume and cover letter to [thunderword@highline.edu](mailto:thunderword@highline.edu)

### Go Figure! answers

8	+	7	÷	5	3
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+		-		-	
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### King Crossword — Answers

Solution time: 27 mins.

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### Weekly SUDOKU — Answer

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



# Science, brew come together at seminar

By Angelica Somera  
Staff Reporter

It was Happy Hour last Friday at Spring Quarter's first Science Seminar, with a discussion on beer and the chemistry that occurs during the brewing process. Chemistry Professor Aaron Moehlig discussed the steps of how to brew homemade beer and also focused on how people analyze and consume beer on

both large and small scales. There are eight main steps to the brewing process: Mashing, transferring, boiling, cooling, fermenting, maturing, packaging and enjoying. The most important part of the brewing process is during the transfer stage because this is where you have to rinse all the sugar out of the grain until it tastes like nothing, Moehlig said. Cleanliness throughout the process is im-

portant because if any bacteria enters, the beer will taste bad. It was a full house with about 40 or more students who came to watch Moehlig's interaction-filled presentation. He had samples of the ingredients that are used in the brewing process such as hops and malts that the students were able to smell and even taste. No actual beer was consumed, however. Science Seminars are weekly

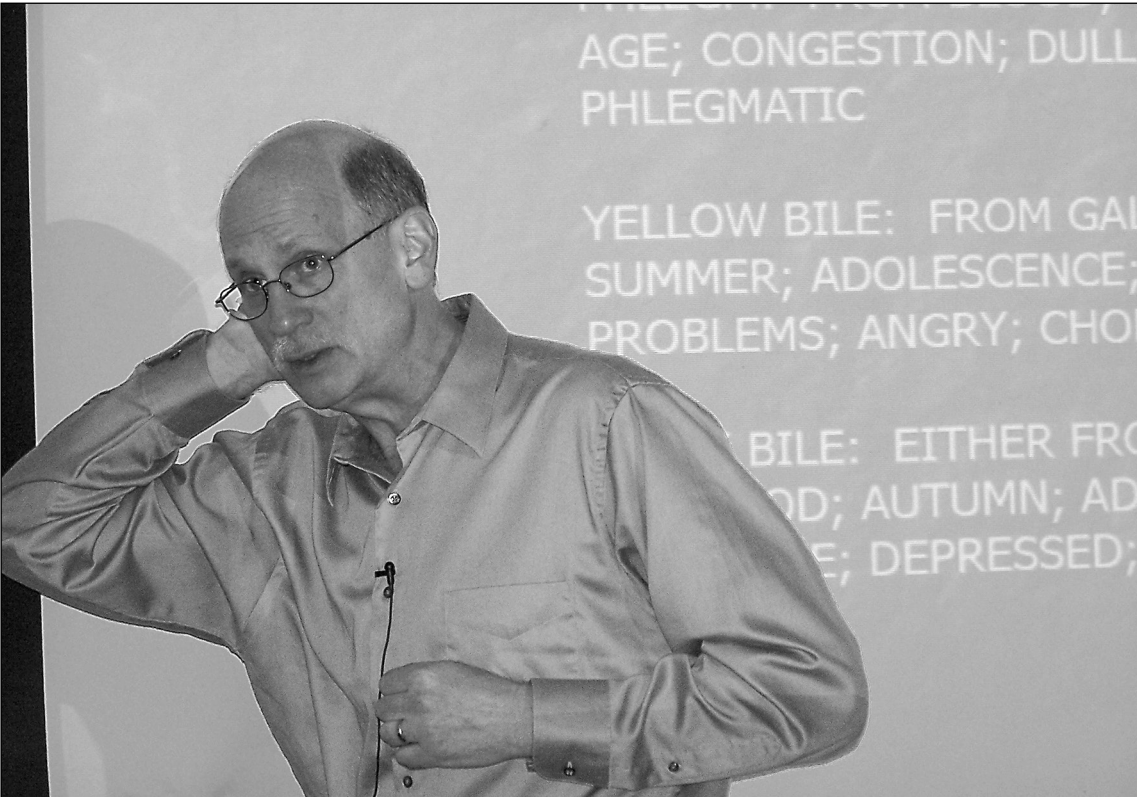
presentations given by Highline faculty in their fields of study. The sessions take place in Building 3, room 102 at 1:30 p.m. on Fridays. They will run each week through May 29. Each seminar is one hour long and is open to the public. Admission is free and there are question-and-answer periods, time permitting. Future topics will address organ transplants/health care; random-

ization-based approaches to probability and statistical inference; landslides in Washington state; Where mathematics come from; Nudibranch population densities at the MaST; Alan Turing and Enigma Machines; and finally the science of CSI. Students planning to attend every seminar can register for one elective credit by signing up for General Science 190 or 191.

# Dissecting bodies taught anatomy, prof says

By Jenn S. Tran  
Staff Reporter

Modern anatomy began with a criminal act, a Highline anthropology professor told last week's history seminar. Lonnie Somer told an audience of approximately 60 people that the dissection of the human body was considered a desecration under Renaissance law and people who risked jail to advance science began what we now know about the human body. Somer began with a slide show presenting forensic anthropology and morbid art. It expressed the importance of dissection and how necessary it was in order to figure out what was happening inside the human body. Famous artists such as Da Vinci and Michelangelo exhumed and dissected bodies illegally in this period, as evidenced by their artwork. The detail in their works on the human body could not have been imagined or predicted without seeing an actual dissected body.



Yui Fujiwara/THUNDERWORD  
*Anthropology professor Lonnie Somer presented at last week's history seminar, giving a presentation about anatomy through the ages.*

Other anatomists dissected bodies in order to write novels and contradict previous theories. Andreas Vesalius was chief among this group and he is re-

ferred to as the founder of modern anatomy. His published works consist of multiple intricate drawings of the human body during and after dissection, which displayed

the structures of muscles, veins and the skeleton. Often early physicians found it degrading to dissect with their own hands, so they would stand nearby, and order ser-

vants to dissect, step by step. This, however, created a space for inaccuracy. Vesalius was one of the first to decide that he himself should be the one to assemble and perform the dissection. Galen was another medical practitioner and successful doctor who played a big part in discovering the modern anatomy, however Vesalius found errors in his work. Prior to the work of the anatomists, people believed that the so-called four humors -- blood, phlegm, yellow bile and black bile -- were responsible for specific moods, emotions and behavior. Ailments were caused by either a lack or excess of these bodily fluids. The people of this era were also convinced that different colors of stones could heal or fix the human body. For example, they would wear a ruby amulet to benefit blood lines. The next History Seminar is on April 16 with the topic "The Opium Wars." The seminars are in Building 3, room 102 from 1:30 to 2:40 p.m.

# History repeats itself as history seminars start again

By Jenn S. Tran  
Staff Reporter

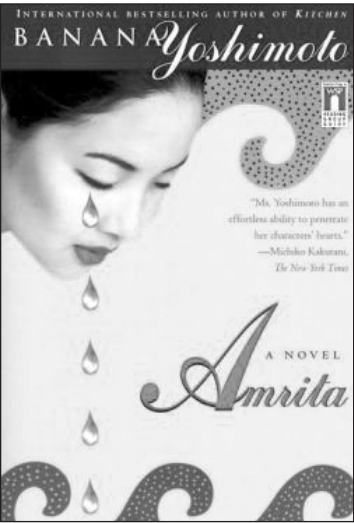
Highline's History Seminar was just that during Winter Quarter -- history. But now it's back. The series was on hiatus during Winter Quarter because "scheduling became difficult," said Tim McMannon, the coordinator. The History Seminar series celebrates its 6-year anniversary this quarter. This series began during Spring Quarter 2009 after the success of the Science Seminar series that year. It has been a successful event with an average of 30 students in attendance each week, and as many as 100 students on occasion, said McMannon, a history instructor. The topics that will be pre-

sented this quarter are: Vesalius and the Beginnings of Modern Medical Science; The Opium Wars; U.S. Entry into World War I; Changing Demographics of South King County; Women in American Higher Education; The Magna Carta; Alan Turing and Enigma; and American Sign Language. The presentations are determined by either what the professor would like to share, or if it is near the time of an anniversary of a historical event. Students can receive one credit towards the History 190 class for the price of regular tuition, but the seminars are open to all students, faculty, and the public for no cost. The seminars are presented every Thursday this quarter from 1:30-2:40 p.m. in Building 3 room 102.

# Read your way to diversity

By Mark Kirylka  
Staff Reporter

Celebrating Highline's cultural diversity is the focus of this month's Recommended Reading List from the college's librarians. Each month a librarian compiles a list of selected readings designs to provide enlightenment on that month's theme. With Unity Week coming up April 27-May 1, the April list celebrates cultural diversity by highlighting world literature. "Highline College serves a very diverse community, with over 70 percent students of color, representing over 35 nations and more than 100 languages," said librarian Christina Nilsen. Nilsen said the Recommended Reading Lists also promote and create awareness about various parts of the Library's collections. Each month, a differ-



ent librarian chooses a theme, and selects titles from the Library related to that theme. "The themes are often chosen to make connections with other campus activities, such as Disability Awareness Month. The Library supports these activities with its collec-

tions, and we want to spread awareness throughout the Highline community about the many great resources available at the Library," Nilsen said. She said a secondary purpose is to promote reading and encourage students, faculty and staff to explore books by authors they might not know. "Anyone who thinks they are interested in world literature can read these books," Nilsen said. "I have a few favorites in the list. But if I had to choose, I guess I'd say Haruki Murakami's postmodern novel, A Wild Sheep Chase." "Murakami is one of my favorite Japanese authors and his novels, which incorporate elements of surrealism and magic realism, tend to explore themes of alienation and individuality in post-World War II Japanese culture," she said.



# Budget

continued from page 1

top in the state.

Paton said that despite the challenges of using new technology in an old building, faculty are doing a great job.

Building 26 is home to modern medical simulators, manikins that can be programmed by teachers to exhibit different vital signs, allowing students to practice high-risk medical procedures.

Part of the challenge of a remodel

el would be relocation of the college's health programs, and Paton said that things could get a little cozy on campus.

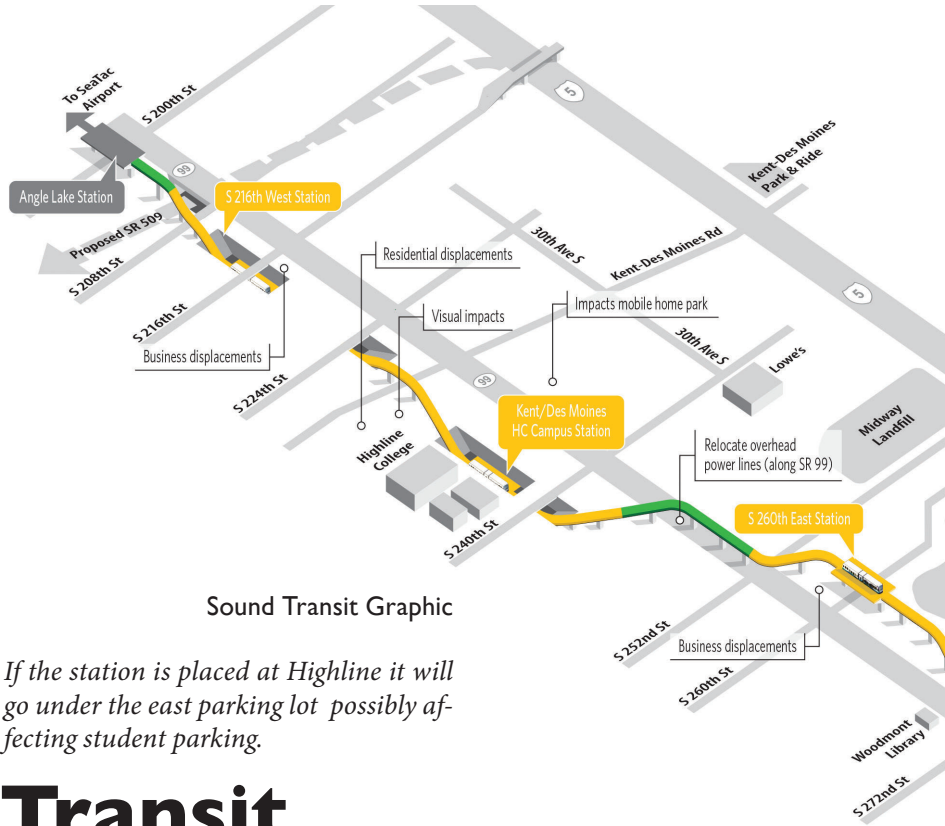
Bob Bonner, coordinator of the Respiratory Care program, said that while the building is not fitted for the current technology, knowledge is not suffering.

"It isn't spaces that teach students," Bonner said. [We're] trying to build something to be used for the future."

Bonner said that a rebuild would need to be coordinated between program organizers and the college's administration.

Should Gov. Jay Inslee approve the budget as-is, construction would not be

expected to start until 2017 to allow for a design period. Once construction began, Building 26 would not be re-opened until 2018 or 2019.



Sound Transit Graphic

If the station is placed at Highline it will go under the east parking lot possibly affecting student parking.

# Transit

continued from page 1

Moines officials prefer the Light Rail to be built along I-5 in order to avoid any sort of disruption to local businesses or residential buildings. These sentiments

have been echoed by King County Councilman Dave Upthegrove who serves the Des Moines/Kent areas. A complete breakdown of Sound Transits proposal can be found on the agency's website at <http://www.soundtransit.org/Projects-and-Plans/Federal-Way-Link-Extension>.

# Council

continued from page 1

"You know Federal Way has a bad rap, I'm on a mission to change that," said Moore.

Moore said he has a vision to create an atmosphere for working people, families and especially children.

He has called around 200 of his constituents and said he has found that the majority do not want a marijuana store in Federal Way.

Legalizing recreational marijuana use and having marijuana stores are different, said Moore.

Another councilmember, Kelly Maloney, said that I-502 does not say where marijuana stores are required.

Mayor Ferrell on the other hand said there is language in I-502 that said distribution along with recreational use are legal.

Federal Way will join the City of Kent if it fully bans marijuana businesses, leaving Des Moines as the only local city zoned for marijuana business with Greenside Recreational along Pacific Highway South near campus.

Des Moines Mayor Dave Kaplan said that according to the owners of Greenside Rec-

reational, it sold an estimated \$300,000 worth of products in one month. This would mean the state sales tax revenue collected was around \$90,000.

Mayor Kaplan said the city only receives about \$2,500 a month from marijuana sales tax.

When it comes to marijuana issues, Mayor Kaplan said he's "pretty libertarian."

"To me you have this legal product that the people voted to legalize, if the people want it, then fine," he said.

Mayor Kaplan said Kent is repeating the same mistake by banning marijuana.

"Marijuana will be treated by the court in the same way adult entertainment video stores are treated. You can't ban it outright," he said.

Kaplan said that in his opinion even though the attorney general said local municipalities could ban marijuana businesses, in the end the court will decide whether that is the case or not.

Federal Way Councilwoman Duclos said the law should change so cities get the revenue from marijuana businesses, not the state.

Public comment will be taken at the City Council's next meeting at 7 p.m. on April 21 at City Hall, 33325 8th Ave. S., Federal Way.



Central Washington University

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