



Kayla Dickson/ THUNDERWORD

The building where a QFC used to be on Marine View Drive has been empty and for sale since 2013.

City optimistic about commercial development

By Adam Horner
Staff Reporter

Des Moines city officials are confident that a number of economic development projects will spur the city's economy and increase tax revenue.

The city is anticipating numerous commercial and residential projects, such as the Landmark on the Sound and the Des Moines Theater, which could bolster local sales and property tax revenue.

With an area of 6.5 square

miles, Des Moines stretches from Burien to Redondo and is west of Pacific Highway South. In 2010, it had a population of 30,000.

With its proximity to the marina and dining locations within several hundred feet of the Puget Sound shore, downtown Des Moines would appear to appeal to both consumers and businesspeople.

But empty buildings and lots dot the main drag along Marine View Drive, including the former site of the Des Moines QFC,

which has been vacant for the last two years. The closing left the downtown Des Moines area without a local grocery store.

Since the recession in 2007, businesses have either failed or left Des Moines, leaving storefronts unoccupied, and the city short of tax revenue.

Much of a city's revenue comes from the local sales tax. In Des Moines, sales tax is 3 percent.

See Economy, page 12

Community learns of light rail's future route

By Michael Muench
Staff Reporter

A presentation of light rail options and the City of Kent's plans to upgrade medians along Pacific Highway South collided during a community meeting and public comment was the casualty.

Last Wednesday's meeting was part of the third public comment period that Sound Transit has held regarding the southward expansion of the light rail over the last three years. The Neighbors of West-hill at Trinity United Methodist Church hosted the meeting and the agency will be taking into account all comments submitted over this period.

However, during last

Wednesday's meeting, only three people were able to ask questions during the time given due to lengthy presentations.

The public will have additional opportunities to comment during formal public hearings scheduled by Sound Transit 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.

Four possible routes were outlined at last week's meeting.

One may head directly down Pacific Highway South while another may divert along I-5.

Two other possible routes

See Transit, page 12



Jessica Strand/ THUNDERWORD

Sound Transit has released plans on potential locations for a light rail station.

Highline staff won't take part in state worker walkout

By Agatha Pacheco
Staff Reporter

Highline's classified employees will not join a walkout today that many other campuses will participate in.

State legislators are currently trying to forge a budget to authorize spending by all state agencies, including Highline, for the next two years.

Majority Senate Republicans have offered a plan that would ignore contracts already negotiated with unions representing state workers including WPEA.

Originally Gov. Jay Inslee approved contracts that would raise government employee salaries by 4.8 percent in the span of two years. The senate budget would disregard those contracts.

All state employees will be af-

ected by the budget proposed by Senate Republicans, which would adjust state employee salaries.

Dana Rollins, the Chief Shop Steward for Highline's local of the Washington Public Employees Association, said that all classified staff members and faculty will be affected by the Senate's budget.

"We have not had a cost of living adjustments in eight years.

We're increasingly asked to do more with less and have, classified staff at least, even taken a 3 percent reduction in wages to help the state," said Rollins.

Highline classified staff participated at a rally at Poverty Bay Café in Federal Way last weekend along with other state employee unions.

The rally was organized by the Washington Federation of

State Employees and the American Federation of State, County and Municipal Employees.

"There were a series of speakers, including the owner of the Poverty Bay Café who gave a powerful and eloquent endorsement of the call to fund

See Walkout, page 12

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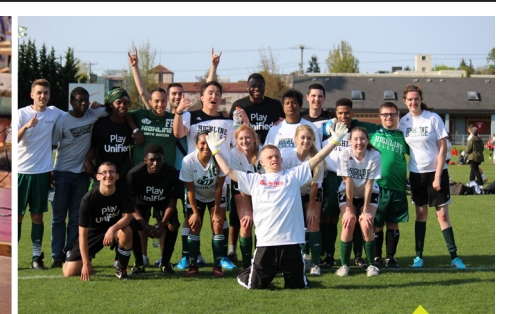
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Mercy for Animals paid students to watch animal abuse



Page 6

Highline to host seventh annual video game tournament



Page 11

Highline's unified soccer team wins first place



Fire alarm dismisses classes early

By Agatha Pacheco and Bryce Sizemore
Staff Reporter

Students in Building 23 got to enjoy the weather when they were evacuated due to a fire alarm.

The alarm disrupted class for some students on Monday, April 20.

"We had a fire alarm go off and have evacuated the building. We are keeping a perimeter until its clear," said Public Safety Sergeant George Curtis.

The fire alarm was triggered at 12:30 p.m. and was cleared by 12:50 p.m. by officials from South King Fire and Rescue Station 67.

Students in Dr. Ben Gonzalez's American Politics class sat on the grass outside Building 23 and said they did not mind the interruption.

"We were going through our study guide for midterms," said Kat Varela.

Students said they suspected someone pulled the fire alarm trigger.

"They probably pulled it because it's a beautiful day and wanted to get out of class," said Maria Mercado, a student in Dr. Gonzalez's class.

Dr. Gonzalez said he would give students an extra day to go over the study guide due to the alarm.

"This is actually the second time this has happened this quarter," said Dr. Gonzalez.

"It went off three times the first time," he said.

Sergeant Curtis said the most common fires at Highline are trashcan fires, from people disposing of cigarettes.

Highline was not charged for this fire alarm.

The college is allowed a number of false alarms before having to pay the fire department, said Public Safety Supervisor Rich Noyer.

The incident was not considered a false alarm therefore the college was not charged, said Noyer.

Inebriated male on campus

Public Safety responded to a report of an intoxicated male in the East Parking Lot on the morning of April 17. Public Safety officers were unable to locate the man.

Film brings sex trafficking to light

By Adam Horner
Staff Reporter

As part of an event to bring awareness of the tragedy of sex trafficking, Women's Programs will be showing *Rape for Profit* today from 10 a.m. to noon in Building 7.

"It's a really great opportunity to get awareness out about sex trafficking," said Deana Rader, director of Women's Programs at Highline.

The film will be followed by a panel composed of experts in the field of sex trafficking.

Women's Programs held a similar event last year, where speakers close to the problem had the chance to teach 175 students, faculty and staff, and community members about what's going on in their back yards.

"This year, we want to do something more engaging," Rader said.

Rader said that it is important for community members to understand the true nature of human trafficking and to understand that it does happen in the area, and to warn students of the dangers of vulnerability.

"Young women and men are promised the world, and are coerced into having sex," said Rader.

Women and men are locked into a life of physical, emotional and sometimes substance abuse, said Rader.

Rape for Profit is an hour-and-a-half long 2012 documentary that paints a stark picture of sex trafficking in the Seattle area, where it is estimated there may be as many as 1,000 underage girls exploited every day.

The film is a culmination of ride-along footage and interviews with local politicians and leaders, as well as victims of sex trafficking and users themselves.

Both young men and women sell their bodies. Ninety percent of the time, they are forced to by a pimp, said Jeanette Burrage, Des Moines city councilwoman and co-chairwoman of Southwest King County Coalition Against Trafficking.

According to the U.S. Department of Justice, roughly 300,000 children are at risk of being exploited in the United States.

The average age of entry into

prostitution in the United States is between the ages of 13 and 14 years old.

According to a United Nations report, human trafficking, which includes both forced labor and prostitution, generates a \$9.6 billion each year in the United States.

The film focuses heavily on the toll on individuals who have been forced into prostitution, and the efforts to get them out of their situation.

"We thought the prostitutes were the bad guys," said Burrage. "Now we're realizing they're the victims."

Rather than arresting prostitutes, local law enforcement agencies have been more focused on getting them out of the life of sex trafficking and focused more on targeting the individuals that exploit them, Burrage said.

Burrage explained that undercover sting operations have been under way that specifically target users, called johns.

Police will establish fake fronts for prostitution and arrest the johns as soon as they attempt to purchase sex.

Independent agencies have been getting more involved in solving the problem of sex trafficking in recent years.

Institutions dedicated to saving trafficked individuals have begun to gain more notoriety in the law enforcement world. Rather than imprisoning prostitutes, they are taken to recovery centers.

The Genesis Project is non-profit organization dedicated to rescuing prostitutes, and provides food, clothing, laundry services, hygiene services and numerous legal services for free. It functions as a drop-off center for any victims of human trafficking in need of help.

Founded in 2011 by a law enforcement officer who was frustrated at the lack of help for prostitutes, the Genesis Project was the first sex traffic-specific comprehensive care and recovery center in the Seattle area.

Further information on the Genesis Project can be found at <http://genesishow.org/>. They may be contacted by calling 206-592-2362 or emailing info@gpseattle.net.



Discuss career options at event

Alumni Relations is hosting an event on Monday, May 11, from 5:30 to 7:30 p.m., in Building 2.

The speaker is Courtney Jinjika, a Highline Foundation Board member and vice president/area retail leader for Keybank.

Jinjika will tell guests about employment opportunities available at Keybank and her insight on the current job market.

Learn about stats at seminar

A Science Seminar all about statistics will be held tomorrow at 1:30 p.m. in Building 3, room 102.

The seminar is "Randomization-based approaches to probability and statistical inference."

Dr. Helen Burn, a mathematics professor, is the speaker.

She will talk about statistics and how they are important. Also, there will be hands-on activities that require no formal understanding of statistics.

Talk about communication

The Communication Department is hosting a seminar today from 1:30 to 2:30 p.m., in Building 8 in the Mt. Constance and Mt. Olympus rooms.

The seminar, titled "The Elephant in the Newsroom: Agendas & Perceptions," will talk about how the media can influence the masses.

Teela Foxworth, a communications professor, will lead the discussion.

Relax with a flick on Friday

Sit back, relax, and watch a movie at Flick Fridays on April 24 from 10 a.m. to noon in Building 8, room 204.

Flick Fridays is a weekly event hosted by the Inter-Cultural Center.

Celebrate women at annual event

Women's Programs is hosting its 33rd annual celebration May 6 in Building 8, the Mt. Constance and Mt. Olympus rooms, starting at 10 a.m.

The event is called "Bridging Tides: Hope Through Education."

At 10 a.m., the raffle opens up. At 11 a.m., Highline Thunder Steppers will perform.

The steppers are a club who step in a way to make a beat together.

At 11:30 a.m., guest speaker Kelly Rider will discuss how to end homelessness.

From 12:15 to 12:30 p.m., a question and answer forum will be held.

At 12:35 p.m., refreshments are served.

At 1 p.m., the Women in Action award ceremony will happen.

At 2:30 p.m., the raffle winners will be announced.

Application goes online

Foundation scholarship applications are now online.

The scholarships range from \$500 to \$2,500. Requirements for each scholarship differ depending on the type of scholarship.

The application is at www.highlinescollegescholarships.awardspring.com/home.

To apply, you need to have your unofficial transcript, student identification number, social security number and financial-aid information.

Explore your transfer options

A representative from The Evergreen State College is here today from 10 a.m. to 1 p.m. in Building 8, first floor.

The representative will be handing out flyers and answering questions about Evergreen.

18-23 year olds needed for paid UW study!

Earn up to \$770 in Amazon gift cards!

For more information:

Contact Project Transitions at the University of Washington by calling 206.543.0080, emailing LifeExp@uw.edu, or visiting blogs.uw.edu/LifeExp or facebook.com/PrjtTransitions. See if you're eligible by scanning the QR code to the right!

PAID RESEARCH STUDY AT THE UNIVERSITY OF WASHINGTON

We are looking for men and women aged 18 - 20 years old in the Seattle area to participate in a study on health behaviors. **Earn up to \$150 in amazon.com gift cards!**

Email: dartuw@uw.edu
Visit:
<http://depts.washington.edu/dartUW>

Vote for student leaders in May

By Jon Albers
Staff Reporter

Highline Student Government leaders are taking steps to get students more involved in campus events such as the upcoming Student Government elections.

Student Government controls a \$2.6 million budget generated from 10 percent of each student's tuition.

It is in charge of the allocation of funds to about 60 different accounts, which include things such as the Inter-Cultural Center, Phi Theta Kappa and Women's Programs.

There are three main things that student government is in charge of: advancing issues that are important to students and to the Legislature, allocating funds for student activities, and building a community of lead-

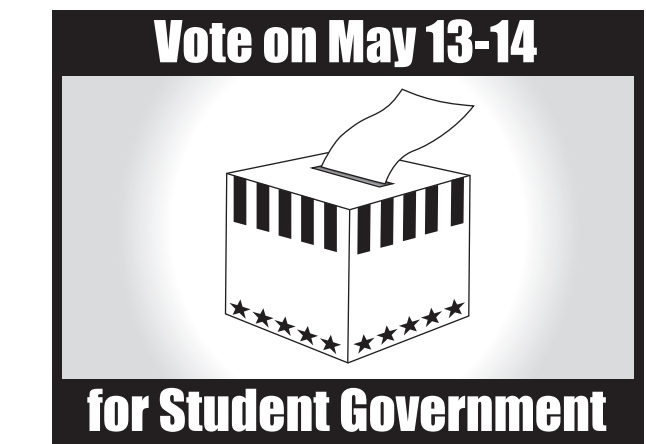
ers, said Ruth Krizan, the Associated Students of Highline College vice president.

The student elections draw between 300 and 1,200 students each year depending on how many candidates are running and how robust their campaigns are, said Jonathan Brown, associate dean for Student Programs.

The college's enrollment hovers around 18,000.

"This year student government executives have a target of getting 1,000 students to vote," Brown said.

To do that, Student Government will hold a forum where students can meet the candidates. Student leaders have also been working with Instructional Computing and sending out an email to every student each year in order to get students



informed and involved in the elections, Brown said.

Vice President Ruth Krizan said Student Government has also held council meetings, is using the Highline Facebook page and is collaborating with groups such as International Student Programs in order to get as many students as possible involved.

The goal is to find what stu-

dents are interested in and get them to participate in those things, Krizan said.

Elections will be on May 13-14 in Building 7. The election packets are available online for students who plan to run for office. Packets are due on Monday, May 8 by noon at the Center for Leadership Services office in Building 8, room 310.

Construction of veterans' plaza began this month

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 seen on the flag.

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

The contract was awarded to L.W. Sundstrom Inc. of Ravensdale and workers broke ground and removed existing debris at the site last week.

Karen Herndon, the college's Facilities project manager said that all removed materials are being recycled; the trees and shrubs are being mulched, the soil will be sifted and reclaimed and masonry and stone will also be reclaimed.

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.

Memorial Day is celebrated on the last Monday of May. This year, it will land on May 25.



Jessica Strand/THUNDERWORD

Mercy for Animals paid students \$2 to watch a short documentary about animal abuse in the meat industry by Building 6 on April 16.

Students paid to watch animals' pain

By Adam Horner
Staff Reporter

Highline students got an eye-ful when the college was visited by an animal protection organization last Thursday, April 16.

The group, Mercy for Animals, a Los Angeles-based, nationwide organization, set up a tent outside Building 6 and gave students the opportunity to watch a five-minute video. Those who watched received \$2 and a brochure.

Cat Liguori was an organizer of the visit, and said that the reason they had a "paid-per-view" system was to entice people to watch something they normally wouldn't.

On that day, they brought \$400 to give out to students, half of which was obtained by

a grant, and the other half from personal funds.

The film, titled From Farms to Fridge, is a micro-documentary, and exposes viewers to the practices of industrialized farming.

Illustrating the conditions of the cows, chickens and pigs that feed America, the film holds nothing back. Using video obtained by workers with hidden cameras, viewers are shown cramped and dirty living conditions, where disease is rampant.

The film showed debeaking, where a chicken's beak will be cut off using a heated blade. According to the film, the pain from such practices is usually chronic, and infection is commonplace.

According to the film, on some dairy farms calves are

killed to save milk for production by bleeding or the use of a high-speed bolt that may or may not be lethal on the first try.

Male piglets are castrated by hand, using a knife and without anesthesia.

On the egg farm shown in the film, male chicks are useless to egg production. They are killed by pouring them into a large drill-like grinder, or being placed into plastic bags to suffocate.

Prior to viewing, participants were warned about the graphic nature of the film.

Even still, Highline students watching the video audibly groaned at parts.

"Most people are pretty shocked," Liguori said.

Liguori explained that roughly 25 percent of viewers

watch and walk away without comment, though she said that she sees the impact on their faces. Around 50 percent say something about meat and the remaining quarter say that they will consider exploring a meat-free diet.

At the end of From Farms to Fridge, viewers are encouraged to explore a vegan diet. A vegan diet rejects any product coming from an animal, such as meat, milk, eggs, or cheese.

For those who are not willing to give up meat, Liguori warned about misleading labels on animal products, such as free-range or grass-fed.

"Ninety-nine percent [of animal products] comes from industrial farming," Liguori said. "Unless someone actually visits a farm, they wouldn't know."

Got news?
Send us
some tips to
Thunder-
word
@Highline.
edu

Light rail should be near Highline campus

Two public hearing in May will determine how the Sound Transit Light Rail will serve the Highline campus. Sound Transit is a regional government that provides transportation in the Puget Sound area.

The plan is to expand the Sound Transit Light Rail from Angle Lake to Federal Way.

On April 10, the agency released a draft statement about the environmental impact.

The light rail could be constructed underground or elevated around the east parking lot.

There are also 10 other alternate routes, taking light rail down I-5 or Pacific Highway South.

The city of Des Moines has expressed concern for the people and local businesses that will be destroyed in order to construct the light rail, and would prefer it be built down I-5.

Des Moines can't afford to lose any businesses.

The I-5 route alternative costs approximately \$1.32 billion and Pacific Highway alternative will cost approximately \$1.84 billion.

Wherever the light rail station is, it should be close enough to Highline that it is a convenience for students, faculty and staff to ride the light rail to and from campus.

This will help with the parking problem on Highline campus. If there is a station close enough to campus for students to walk to and from, they can leave their cars at home or at a park and ride and catch the train to class.

Having the station closer to I-5 is an inconvenience to the people on campus.

On the agency's website is the complete breakdown of the Sound Transits proposal.

Visit the agency's website at <http://www.soundtransit.org/Projects-and-Plans/Federal-Way-Link-Extension>.

It's our marijuana and we want it now

The city of Federal Way wants to ban marijuana businesses.

Banning marijuana businesses in Federal Way isn't going stop people in the Federal Way community from buying and smoking marijuana.

Fifty-three percent of the people voted for recreational marijuana use to be legal.

Why go against what the people voted for?

Federal Way plans to join Kent, if they fully ban marijuana businesses, leaving Des Moines the only city that allows businesses to sell marijuana for recreational use.

Dave Kaplan, mayor of Des Moines, said if the people want it, then fine.

Jin Ferrell, mayor of Federal Way, said he is seriously thinking of vetoing this ordinance that bans marijuana businesses in the city of Federal Way.

The people voted for marijuana to be legalized for recreational use which means being able to also buy and sell marijuana as well.

If the council is here to serve the people, then they shouldn't ban what the people clearly desire.

When you're in a position of authority over a community of people, you have to sacrifice your own belief and opinions and support the ones of the people you serve.

Over half the those people voted in support of marijuana, so marijuana is what should be made available to them.



Letter to the Editor

Column misleads on nature of racism

Dear Editor:

I write this email in response to your op-ed piece of April 16. The article in question is titled "Racism is still a major problem, but we can work to eliminate it."

I am concerned by the grossly misleading content in the article which you believe is a suitable philosophy for today's youth.

The first issue is the way you blatantly paint blacks as blameless victims. You claim the frequency of black shootings as evidence for institutionalized racism. This claim is based on incomplete information, however.

A 2011 NYPD study shows that whites, although responsible for only 4 percent of the violent crime, make up an incredible 44 percent police shooting victims!

Considering blacks commit well over half the violent crimes, but account for 22 percent of the shooting victims, you ought to be thankful that blacks aren't shot more often.

If you must preach to us about police brutality, then do so, but leave behind the completely unjustified conclusions about race.

What's especially abhorrent is your claim that the media participates in the oppression of black people.

Do you remember the day Mike Brown was shot? I distinctly remember that before the whole story got out, the

news anchors were extolling Brown as a model citizen who was a good boy who went to school rather than a dangerous criminal not above stealing and assaulting an officer.

But what's even more disgusting is the extreme amount of black violence on white that isn't even reported on.

When crimes are reported in the media, they make a huge deal about race when the victim is black and the perpetrator white, but when the opposite happens (which is much, much more frequently), the media's response to the race is "no comment."

Where was the incessant media coverage and protests when 18-year-old Gilbert Collar was shot dead by black policeman Trevis Austin in Alabama?

I suppose that I can understand your line of thinking though, considering that it's based on an assumption that happens to be flawed.

You've made it quite apparent in your article how little you actually know about the subject of racism.

You reveal this when you shamelessly tell us that racism is an institution rather than an individual attitude.

If you step out of your fantasy world where whites are the source of all the world's evils, you'll find that racism is not exclusively white. Racism is NOT by its definition the result of prejudice plus power.

Racism is a belief held by individuals, not a grand conspiracy to keep the minorities down. The myth of an "institutionalized racism" is completely ludicrous.

Being white is not a requirement to believe your race is the best or look only skin deep at

others.

What on Earth leads you to believe that an officer of the law shooting a dangerous black man in self defense is racist but a group of black men in Jacksonville, Florida who decided to "brutalize the next white person they saw" (leading to a 50-year-old white man's death) is not? You'll never hear the latter story in the media, by the way.

And to top off your article, you leave us with perhaps the largest offense of all: the myth of "white privilege."

Yes, what amazing privilege we whites have, in a world where we can be persecuted for looking at a black person wrong, where whites are made to feel guilty for history that occurred hundreds of years ago but black crime is turned a blind eye to today, where common black street thugs are made into martyrs, but white persecution is swept under the rug.

What a great time to be alive as a white person, is it not?

I realize that I may have been awfully direct in my accusations. However, I cannot in good conscious sit idly while "progressives" endeavor to spread malicious lies and promote harmful racial politics.

As part of a newspaper staff, you have great power and control over the flow of events, facts, and ideas. I am dismayed that you choose to use it by spreading disinformation.

I understand that nothing I say may cause you to change your position, but I implore you to carefully consider the effects of the ideas which you choose to publish.

— Christopher Hanley, Highline student

the Staff

“ You don't fight injustice by burying your head in the sand. ”

E-Mail: tword@highline.edu

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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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- PRESIDENTS:** Which U.S. president graduated from Southwest Texas State Teachers College?
- ASTRONOMY:** Which planet rotates on its axis once every 243 Earth days?
- TELEVISION:** On *M*A*S*H*, what was the real name of the character called "Hawkeye" Pierce?
- GENERAL KNOWLEDGE:** Which year's World's Fair had the theme of "The World of Tomorrow"?
- LITERATURE:** Who wrote the nonfiction book *Working*?
- HISTORY:** What was the date of the stock market's "Black Tuesday" in 1929?
- MOVIES:** What movie based on a Henry Fielding novel won the 1963 Oscar

for Best Picture?

- RELIGION:** Which book of the Bible first describes how God gave the Ten Commandments to Moses?
- GEOGRAPHY:** Where is Prudhoe Bay?
- MYTHOLOGY:** Who was the Roman goddess of the hearth?

Answers

- Lyndon Johnson
- Venus
- Benjamin Franklin Pierce
- 1939
- Studs Terkel
- Oct. 29
- Tom Jones*
- Exodus
- Alaska
- Vesta

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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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1 2 4 5 6 7 8 9 9

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King Crossword

ACROSS

- Unpaid TV ad
- Carpet style
- Old portico
- Chaney of film lore
- Caffeine-rich nut
- Hack
- Make up your mind
- Molecular matter
- Demolish
- Informer
- Crucial
- Highland boy
- Bottom
- Wield an axe
- Rx watchdog org.
- Throat clearer
- Scratch
- Affirmative actions
- Prohibit
- Lustrous black
- Saw things?
- Stickum
- Explanation
- Small flutes
- Vicinity
- Charged bits
- Pub order
- Snaps

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- Casino patron
- New England seafood
- Melt
- Leak slowly
- Mimic
- Read quickly
- Legislation
- Apprehend
- "Eureka!"
- Hideaway
- Chapeau
- Adversary
- Banned bug spray
- Fire residue
- Cat chat?
- Mr. Gingrich
- Pleasure
- Threw
- Grind, in a way
- Language of India
- One of the Three Bears
- Ms. Brockovich
- Bottle feature
- Session with a shrink
- Tibetan monk
- Flair
- Alluring

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ARIES (March 21 to April 19) You still might have to deal with some lingering confusion that marked a recent workplace situation. But for the most part, you should now be well on your way to your next project.

TAURUS (April 20 to May 20) A new commitment might demand more time than you'd expected to have to give it. But rely on that special Bovine gift for patience, and stick with it. You'll be glad you did.

GEMINI (May 21 to June 20) You're earning the admiration of a lot of people who like the way you handle yourself when your views are on the line. Even one or two of your detractors are being won over.

CANCER (June 21 to July 22) Taking your responsibilities seriously is what you do. But ease up on the pressure gauge, and make time for much needed R & R. Start by making this weekend a "just for fun" time zone.

LEO (July 23 to August 22) Some recently uncovered information might make a change of plans inevitable. If so, deal with it as quickly as possible, and then find out what went wrong



and why. What you learn might surprise you.

VIRGO (August 23 to September 22) Aspects favor moving carefully and deliberately when making any significant changes. Could be there are more facts you need to know, which you might overlook if you rush things.

LIBRA (September 23 to October 22) A problem neighbor might be looking to goad you into an action you don't want to take. Ask someone you both respect if he or she would act as an impartial arbitrator for both of you.

SCORPIO (October 23 to November 21) A recent workplace accomplishment hasn't been overlooked by those who watch these things. Meanwhile, start making travel plans for that much-too-long-deferred trip with someone special.

SAGITTARIUS (November 22 to December 21) Those

money matters continue to move in your favor. Now would be a good time to start putting some money back into the house, both for esthetic as well as economic reasons.

CAPRICORN (December 22 to January 19) A changing workplace environment can create job pressures. But, once again, follow the example of your birth sign and take things a step at a time, like the sure-footed Goat you are.

AQUARIUS (January 20 to February 18) Cheer up. You could soon have the funds you need for your worthy project. Your generous gifts of time and effort are well known, and someone might decide it's time to join with you.

PISCES (February 19 to March 20) Your inner scam-catcher is right on target, and you're absolutely right to reject that "too good to be true" offer. Meanwhile, something positive should be making its way to you.

BORN THIS WEEK: You are generous, and also sympathetic to people who find they need the help of others.

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Arts
Calendar

- Auditions for *Sweeney Todd: The Demon Barber of Fleet Street, the Musical* at Renton Civic Theatre begin on May 3 - 4. Come prepared with a one-minute monologue and 32 bars of a classic Broadway song. Bring a headshot and resume to be considered. To schedule an audition time, email your requested time to auditions@rentoncivictheatre.com
- The Auburn Symphony Orchestra presents A Grand Tour of Europe. This program features classical works from Mozart, Vivaldi, Elgar, and Bizet. The program will be 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 as well as on www.northwestsymphonyorchestra.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.
- *The Boy Friend* comes to Renton Civic Theatre June 12 - 27. The Jazz Age lives on in this light, romantic spoof of 1920s musical comedy. Set in the French Riviera, an English heiress attending Finishing School, falls in love with a local delivery boy. Things get complicated with the unexpected arrival local royalty. Tickets are available online at www.rentoncivictheatre.org

Student Union readies for invasion of video gamers

By Agatha Pacheco
Staff Reporter

Hundreds of gamers will be coming to Highline this weekend to see if they can make the grade at Northwest Majors 7.

Northwest Majors is a three-day tournament for multiple video games, specifically fighting games such as Super Smash Bros. Melee or Ultra Street Fighter 4.

"Expect a lot of activity. With 18 different games and 20 different events, it will be a fast moving and fun filled weekend," said the event organizer Chris Anderson.

To compete in the tournament you have to register. Online registration has closed but you can register at the door for \$60.

Highline has been the home of Northwest Majors since 2012.

"It's been the easiest facility to use for us," said Anderson.

"Rachel Collins [Highline conference service manager] and her staff have been great to work with the last few years. The cost for the venue is also extremely reasonable for the size of the space and Internet capability," he said.



Singh Lion photo

As many as 700 video gamers are expected to invade campus this weekend for Northwest Majors 7.

Anderson puts on the event with the help of few other organizers and a dozen other volunteers.

"In the four years we have done this specific event we have almost tripled in size," said Anderson.

Northwest Majors 4 had about 250 participants; this year it is expected to have 700 players registered to compete.

"We have 50 of the top fight-

ing game competitors in the U.S. coming and some from Japan," said Anderson.

Prizes are different for certain events; NWM 7 will also have a raffle prize.

"Overall we will pay out more then \$12,000 in cash prize money and give away about \$8,000 in prizes in our raffle. Our largest event will have a prize pool of about \$3,000, so first place will take home about \$1,500 of that plus a trophy,"

said Anderson.

NWM 7 is open to the public for free to watch the competitions.

"An event like this is something you do not get to experience very often. It's unlike anything else," said Anderson.

Northwest Majors 7 will be in the Student Union, Building 8 from April 24 to 26. Doors open Friday at 5 p.m.

For a full schedule and more information visit northwestmajors.com.

Rep's 'Mullingar' takes you inside love

By Jeff Rowden
Arts Editor

If you'd like to see two people take a chance on love, take a chance on *Outside Mullingar* at the Seattle Repertory Theatre.

The story of *Outside Mullingar*, starring Emily Chisholm and M.J. Seiber, revolves around Anthony and Rosemary, two farmers from rural Ireland who are scarred from the effects of unrequited love.

The unlikely pair will have to overcome a bitter land feud, family prejudice and rivalries, as well as the ominous task of overcoming their own romantic fears to find happiness.

"This is a cute little 80 minute love story with no intermission, and a nice way to end the spring season," said Sarah Meals, public relations manager for Seattle Repertory Theatre.

"*Outside Mullingar* is very different from the rest of the shows in this season. The writing is what really sets this show apart from the others. It's very lyrically written,"

The play, written by John Patrick Shanley, author of



Seattle Repertory Theatre Press Photo

Emily Chisholm and M.J. Seiber star in Seattle Repertory Theatre's production of *Outside Mullingar*.

Doubt and Moonstruck and directed by Wilson Milam, showcases dark humor and modern woes to remind audiences of the theme that it's never too late to take a chance on love.

"It's definitely a dose of Irish humor. It's dark humor, but more of an uncomfortable type of laughter. Seattle audiences love that type of smart humor," said Meals.

Outside Mullingar opened on Broadway starring Debra Messing and Brian F. O'Byrne at the Samuel J. Friedman Theatre in January 2014 and was nominated for a Tony Award.

Previews for *Outside Mullingar* open at the Seattle Rep on April 24-28, and the play runs until May 17.

There will be a Stage Voices event on Tuesday April 28,

where the audience will have a chance to hear from playwright Shanley about his career and *Outside Mullingar*. This event is free and open to the public with no RSVP needed.

Tickets are online at www.seattlerep.org with a student discount available.

Seattle Repertory Theatre is at Seattle Center, 155 Mercer St. in Seattle.

Healthy, happy hearts

Workshop teaches on how to have a balanced relationship

By Michael Muench
Staff Reporter

Responsibility, trust, and mutual respect are just a few of the aspects of a healthy relationship that were touched upon during last Thursday's workshop on the matter.

Josh Magallanes, who is a member of Highline's Counseling Center, ran the workshop during the college's Week of Wellness. He ran the participants through a series of points on the subject over the course of the hour.

It is important that both parties show mutual respect to each other, Magallanes said. Mutual respect promotes harmony in a relationship.

Curiosity about the person is very important. It is also very important that a person notices what the other person is saying and also very importantly, what they are not saying, he said.

People should be open with each other; honesty and authenticity are essential components to any healthy relationship, Magallanes said.

"The feeling of authenticity is a universal need and a source

of strength and resilience," he said.

A person needs to stay involved in the relationship. When one person does something nice in a relationship the other should reciprocate.

"Sometimes it is more important for us than for the other

person," he said.

It is important that people remain open with each other and make it a point to listen to what they have to say.

"Communication is key," Magallanes said. Often times people are not able to accept compliments and that can cause

many problems in a relationship.

If you can get through conflict then you can gain from it, Magallanes said. It is important that a person takes responsibility. It is important not to give up on the relationship and to stay with the process.



Mai Lam/THUNDERWORD

Financial knowledge can improve life

By Anthony McCurter
Staff Reporter

Stress caused by finances can greatly hinder your personal wellness, a Seattle University official told Highline students and staff attending a Week of Wellness event last week.

Assistant Director of Housing and Residence Life at Seattle University Brian Hooks discussed how to manage personal finances at the Money, Wellness, and You! event on April 14.

Twenty-two people showed up to hear about the importance of budgeting.

Hooks said if you create a budget before each month, you'd know what money is coming in, and what's going out. Thus minimizing doubts of your financial status.

"Know your status, know your goal. Budgets are about your goals," he said.

Brian Hooks speaks at the Money, Wellness, and You! workshop

Making a budget and staying committed is an essential habit to pursue. Hooks initiated an audience exercise on creating a budget.

He said he pays his bills using a credit card to build credit, while also stressing how important

it is that such accounts are paid off each month.

When covering the issue of banks, Hooks recommended that people pay attention to what banks they save money in.

He said that it's a smart thing to do to save money in a

non-profit bank with high interest rates.

If you know your financial status, you won't be worrying paycheck to paycheck about what kind of money you'll have left over. This will greatly lower your level of stress, Hooks said.



Jessica Strand/THUNDERWORD

Restless legs may be linked to iron

DEAR DR. ROACH: Don't forget that although there are many medical causes of restless leg syndrome, varicose veins also can be a source of symptoms, and we have cured many people of symptoms with minimally invasive varicose vein treatments.

We always recommend that if you have visible varicosities or strong family history of varicose veins, you should get an ultrasound to determine if you have venous insufficiency. The treatments have essentially no down time and can mean one less medication for many people. In addition, just because you can't see visible varicosities does not mean you do not have venous insufficiency. We have patients with beautiful legs whose ultrasound reveals large veins under the surface.

-- Melissa A. Sandman, M.D.
ANSWER: Many people also have written about other causes and treatments for restless leg syndrome, so I wanted to talk a bit more about this important subject.

There are several other important causes, including kidney disease, usually when dialysis has started. Multiple sclerosis and Parkinson's disease are both associated with RLS, and Parkinson's is important because when medicines such as levodopa/carbidopa (Sinemet) wear off, it can mimic RLS symptoms. When dopa drugs are used long-term for RLS, symptoms can get worse, a condition called augmentation.

Pregnant women are more likely to have RLS. Many drugs, especially antidepressants, can cause RLS. I had a reader tell me that hers was due to Benadryl she was taking for sleep. Magnesium deficiency is common in RLS, and several readers told me magnesium supplements stopped their symptoms.

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Something’s fishy, and that’s a good thing

By Angela Shelf Medearis and Gina Harlow

Since prehistoric times, man has seized a spear, fashioned a rod with string or tied a net together to pull a meal from streams and oceans. Even today, in some cultures, fishing is much more meaningful than just providing food. It’s a way of life, handed down and etched into the heredity. Taking food from the water was, and is, the most basic way to provide sustenance and survival.

Today, food choices abound. Having fish as a part of our diets is not a necessity, but it’s a common and a healthy choice. Along with being a naturally low-fat protein, most fish, especially fatty fish, are high in omega-3 fatty acids, which contribute to heart and brain health. Omega-3s also can be found in nuts, flaxseed and soybeans.

Choosing the right fish is important. Some fish are susceptible to mercury and other environmental contaminants. Other fish are in danger of becoming overfished. So what’s a fish lover to do? Luckily, new fishing practices have evolved that allow us to choose types of fish we can feel good about



Catfish is easy to prepare and takes flavors well.

eating. There also are informative websites like www.seafood-watch.org that provide up-to-date information about the best types of seafood to serve.

Here are a few suggestions from eNature:

- * Catfish: responsibly raised, fast-growing herbivores
- * Dungeness Crab: from well-regulated fisheries
- * Salmon: wild caught
- * Crayfish, crawfish or Crawdads: appropriately farmed
- * Anchovies: fast-growing and abundant
- * Shrimp -- Atlantic Northern Pink: Abundant and captured without environmental damage
- * Scallops: responsibly farm-raised and abundant

Along with species and harvesting methods, it’s important to choose the right place to buy your fish. Select a store known for selling in large quantities on a daily basis, so you’ll have some assurance that your fish is fresh. Never buy packaged fish unless

it’s frozen, and then make sure you read the labels and check the producers. Don’t be afraid to ask the fishmonger to let you smell the fish. Fresh fish should have no smell, a translucent quality to the meat and be firm to the touch (although they’re probably not going to let you touch it).

My recipe for Sauteed Catfish with Anchovy Chimichurri showcases two relatively inexpensive but nutritious types of seafood in a simple, flavorful dish.

SAUTEED CATFISH WITH ANCHOVY CHIMICHURRI

For the Anchovy Chimichurri:

- 3/4 cup fresh basil
- 3/4 cup fresh celery leaves
- 3/4 cup cilantro
- 3/4 cup parsley
- 7 anchovy fillets (boneless and skinless), finely chopped
- 1 celery stalk, sliced
- 1/4 cup plus 2 tablespoons

- plus 1 teaspoon extra-virgin olive oil
- 2 tablespoons plus 1 teaspoon fresh lemon juice
- 1 tomatillo, husk peeled and discarded
- 2 garlic cloves, 1 chopped
- 1/8 teaspoon crushed red pepper
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper

For the catfish:
4 catfish fillets (3.5 to 4-ounces each), U.S. Farm-Raised Catfish

- 2 tablespoons olive oil
- 1 1/2 tablespoons poultry seasoning
- 1/2 teaspoon paprika
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper

Mix the basil, celery leaves, cilantro and parsley with 6 of the 7 chopped anchovy fillets. Transfer 1/3 of the basil herb mixture to a medium bowl. Add sliced celery and 1 teaspoon

each of the olive oil and lemon juice. Cover and reserve mixture to garnish the fish.

To make the Chimichurri:
Puree the remaining basil mixture and the remaining anchovy in a food processor or a blender. Slowly drizzle in the 1/4 cup olive oil until ingredients are well-combined. Season the Chimichurri with salt, as needed. Cover and set aside.

To prepare catfish:
1. Heat olive oil in a medium skillet over medium heat. Rinse catfish fillets and pat dry. Season catfish on both sides with the poultry seasoning, paprika, salt and pepper. Place fillets in skillet and saute for 3 minutes per side, or until fish is completely opaque and flakes easily with a fork.

2. Remove catfish from pan. Serve with a generous amount of Anchovy Chimichurri and top with the remaining basil mixture garnish. Serves 4-6.

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.



Spring risotto good any time

Asparagus, crisp sugar-snap peas and carrots bring wonderful color and flavor to this all-season supper.

1 can (13 3/4 to 14 1/2 ounces) vegetable broth, substitute chicken broth

- 2 tablespoons olive oil
- 3 medium carrots, diced
- 3/4 pound asparagus, trimmed and cut into 2-inch pieces

6 ounces sugar snap peas, strings removed and each cut in half

1/4 teaspoon coarsely ground black pepper

- 1 teaspoon salt
- 1 small onion, chopped
- 2 cups Arborio rice (Italian short-grain rice)
- 1/2 cup dry white wine
- 1/2 cup Parmesan cheese, grated

1/4 cup fresh basil leaves, chopped, substitute parsley

1. In 2-quart saucepan, heat broth and 3 1/2 cups water to boiling over high heat. Reduce heat to low to maintain simmer; cover.

2. In 4-quart saucepan, heat 1 tablespoon olive oil over medium heat. Add carrots and cook 10 minutes. Add asparagus, sugar snap

Good Housekeeping

peas, pepper and 1/4 teaspoon salt, and cook, covered, until vegetables are tender-crisp, about 5 minutes. Remove vegetables to bowl.

3. In same saucepan, in 1 tablespoon olive oil, cook onion over medium heat until tender, about 7 minutes. Add rice and 3/4 teaspoon salt and cook, stirring frequently, until rice grains are opaque. Add wine; cook until absorbed. Add about 1/2 cup simmering broth to rice, stirring until liquid is absorbed.

4. Continue cooking, adding remaining broth, 1/2 cup at a time, and stirring after each addition until all liquid is absorbed and rice is tender but still firm, about 25 minutes (risotto should have a creamy consistency). Stir in vegetables, Parmesan and basil; heat through. Serves 4.

Homemade Hummus

Middle Eastern dips, such as hummus, once seemed exotic, but now they’re familiar old friends. Tahini is readily available at health-food stores and supermarkets.

- 4 cloves garlic, peeled
- 1 large lemon
- 1 can (15- to 19-ounce) garbanzo beans, rinsed and drained
- 2 tablespoons tahini (sesame seed paste)
- 3 tablespoons olive oil
- 2 tablespoons water
- 1/2 teaspoon salt
- 1/8 teaspoon ground red pepper (cayenne)
- 1/2 teaspoon paprika
- 2 tablespoons chopped fresh cilantro (optional)
- Pita bread wedges
- Olives

1. In 1-quart saucepan, heat 2 cups water to boiling over high heat. Add garlic and cook 3 minutes to blanch; drain.

2. From lemon, grate 1 teaspoon peel and squeeze 3 tablespoons juice. In food processor with knife blade attached, combine beans, tahini, garlic, lemon peel and juice, oil, water, salt and ground red pepper. Puree until smooth. Transfer to platter; cover and refrigerate up to 4 hours. To serve, sprinkle with paprika and cilantro, if using. Serve with pita bread wedges and olives. Makes 2 cups.

Gringo sangria makes a perfect holiday treat

Our neighbors to the south celebrate the Battle of Puebla on May 5. They sure know a thing or two when it comes to celebrations and food. Whip up this refreshing drink, and celebrate both Cinco de Mayo and the beginning of sunny skies ahead here in the States.



by Healthy Exchanges

- 2 cups unsweetened grape juice
- 3 cups diet lemon-lime soda
- 3 cups club soda
- Ice cubes
- 8 lime slices
- 8 lemon slices

1. In a large pitcher, combine grape juice, soda and club soda. Refrigerate for at least 30 minutes.

2. For each serving, pour 1 cup “sangria” into a tall glass filled with ice, and garnish the rim of the glasses with a lime and lemon slice. Makes 8 servings.

* Each serving equals: 36 calories, 0g fat, 0g protein, 9g carb., 29mg sodium, 0g fiber; Diabetic Exchanges: 1/2 Fruit.

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Softball stumbles in crossover tourney

By Charles Prater
Staff Reporter

The softball team took a step back in the NWAC Crossover tournament, losing three out of the four games.

Highline, 5-3 (10-14 overall), was in second place in the west headed into their division doubleheader against Pierce, but lost both games against them, 9-4 and 12-5.

In the first game, Pierce, 4-2 (11-16 overall), got off to a quick start against the T-Birds, scoring six runs in the first three innings before the T-Birds rallied back to score four runs at the top of the fourth.

With the score 7-4 in favor of Pierce, Highline went into the top of the sixth with a chance to tie it up, but Raiders were able to get a double play and register two outs before catching a pop-up for the third out.

The Raiders extended their lead when Anna Lennox, who is tied for fourth in the league in home runs, knocked one out of the park.

The second game against



Kayla Dickson/THUNDERWORD
Daysha Felipe takes a swing in last weeks win over Green River.

Pierce wasn't close but saw fireworks.

Paige Hughes was at bat for the T-Birds with runners on first, second, and third.

Down by four runs, Hughes hit a grand slam, taking Highline within one run at 6-5.

Highline scored four runs in the bottom of the fifth but the Trojans McKenna Gagner and Chloe Meier both hit doubles to

increase the lead.

Pierce scored two more runs in the sixth, with Highline unable to score to close the gap.

The T-Birds traveled to Yakima to compete in the Crossover tourney being held over the weekend.

The next match for Highline was an early morning win against Clark, which they won 10-3.

"We never gave up and we

battled," said Highline Head Coach Jason Evans.

"Even when we got down on the scoreboard we felt like we could come back and win it."

The T-Birds had an afternoon game that day against Columbia Basin, but failed to register a single run, losing 8-0.

The T-Birds had one more day of games on Sunday, April 19 and their first game was against Skagit Valley.

Skagit Valley was able to pull away in the sixth inning scoring five runs compared to Highline's two, to give the Cardinals a 10-7 win.

The T-Birds hit well, getting on base every chance they got, but the team just couldn't find a way to bring it in and score.

"We need to work on our defense mostly," said Coach Evans.

"We just fell apart defensively in those games and gave up five or six runs in one inning and we couldn't recover."

The T-Birds finished out the tournament with a game against Everett.

Everett got off to a quick start with Kayla Brissey hitting

a home run with a runner on second to go up 2-0.

From then on it was all the Trojans, shutting out the T-Birds to win 8-0 on the last day.

Regarding the number of players on his roster compared to rosters with more players, Evans felt it was a positive and a negative for the team.

"When you have a lot of players then they are all over the place and you have some players who aren't getting enough playing time and are upset," said Evans.

"But for us it's nice because everyone gets a chance to go out there and show what they got."

Highline played Green River, 3-5 (8-19 overall), April 15 in a doubleheader at home, beating them 9-5 and 9-8.

Highline's Cheyanne Haas registered a home run in both games, who is leading the team in homeruns with four.

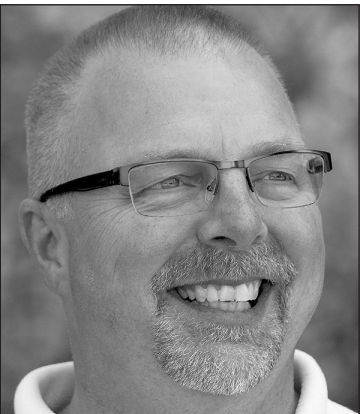
The T-Birds have two away games against Grays Harbor Friday, April 24 at 2 p.m. and 4 p.m.

Then Highline as a rematch on home turf against Pierce Saturday, April 25 at 2 p.m. and 4 p.m.

3835
14514
Scoreboard

Woman's Softball		
Team	Conference W-L	Season W-L
West Division		
Centralia	6-2	12-17
Highline	5-3	10-14
Pierce	4-3	11-16
Green River	3-5	8-19
Grays Harbor	3-5	3-15
South Puget Sound	0-6	0-14
South Division		
Clackamas	7-1	22-5
SW Oregon	8-3	24-6
Mt. Hood	4-4	18-7
Lower Columbia	4-4	16-10
Chemeketa	2-6	16-13
Clark	2-8	12-18
North Division		
Douglas	9-1	13-8
Bellevue	9-3	20-10
Everett	8-4	13-11
Olympic	6-4	11-7
Edmonds	4-8	8-12
Skagit Valley	4-9	6-10
Shoreline	1-11	4-16
East Division		
Spokane	17-1	30-3
Wenatchee Valley	13-5	22-10
Treasure Valley	13-7	17-19
Blue Mountain	7-9	10-20
Columbia Basin	5-7	16-14
Walla Walla	4-8	10-20
Big Bend	5-13	11-23
North Idaho	0-0	27-3
Yakima Valley	0-14	1-27
Scores		
4/15 Highline vs. Green River: 9-5 W Highline vs. Green River: 9-8 W		
4/16 Highline vs. Pierce: 9-4 L Highline vs. Pierce: 12-5 L		

New program to make you sweat



Tim Vagen

By Zachary Nunez
Staff Reporter

Highline community members who don't like showing up to class or work all sweaty after a workout now have an alternative thanks to the college's new evening Boot Camp said Tim Vagen, director of the Personal Fitness Training Program.

Starting April 27, the Fitness Club will be offering a 5 p.m. Boot Camp class every Wednesday in addition to the 7 a.m. class on Wednesday.

"I think that the evening class will be very popular because people prefer to exercise after

work. People don't want to get all sweaty right before they have to go to class or work," said Vagen.

He also said that there is going to be a mix of workouts, ranging from strength training and cardio, to kickboxing and flexibility. There are also workouts for all fitness levels.

The workouts will be all group oriented and open to the entire Highline community, so you will never have to go through a work out alone.

The Fitness Club has been doing Boot Camp lessons for several years, but this is the first time it has introduced an evening class.

Boot Camp will be held in Building 27.



Federal Way Link Extension

SOUNDTRANSIT

PLEASE JOIN US
Public Meetings

Federal Way Wednesday, May 6, 2015 4-7 p.m. Public hearing begins at 5:30 p.m. Federal Way Community Center 876 S. 333rd St. Federal Way, WA 98003	Des Moines Thursday, May 7, 2015 4-7 p.m. Public hearing begins at 5:30 p.m. Highline College, Student Union Building 2400 S. 240th St. Des Moines, WA 98198
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The Federal Way Link Extension Draft Environmental Impact Statement (EIS) is now available for public review and comment. It provides information about alternatives for extending light rail to Federal Way and how the project could benefit and impact the community and environment.

Visit **FederalWayLink.org**

Learn about and comment on Federal Way Link Extension progress

- Watch our video
- Build your route
- Submit your comments
- Read the Draft EIS

Public comment deadline: May 26, 2015

For more information, or to request a printed copy of the Draft EIS, contact Tralayne Myers at 206-398-5014 or tralayne.myers@soundtransit.org.

To request accommodations for persons with disabilities or information in alternative formats, call 1-800-201-4900/TTY Relay: 711 or email accessibility@soundtransit.org.

Drug addiction caused a war, prof says

By Angelica Somera
Staff Reporter

Opium was an addictive drug that sparked a war between Britain and China. At last week’s History Seminar, geography professor Dr. Jennifer Jones discussed how the Opium Wars came about; what opium is; the treatment to cure the addiction; and the crisis that started because of the treatment. In the 1800s it became clear that opium was an addiction for the Chinese people, so to decrease the amount of opium

addiction in their country the leaders decided to ban it. When the British learned about this, they saw an even greater opportunity to make money. In order to get silver to pay for tea, silk and porcelain, they started to smuggle opium into China. As a result China declared war on England. The Chinese confiscated 20,000 cases of opium, which they smashed, burned and washed out to sea. Thus, in 1839 began the first Opium War, which lasted for two years. It was a very uneven war with Great Britain and the

East India Company on one side and China on the other. After many Chinese ships were destroyed, China signed the “Unequal treaty of Nan-king,” to end the war, Dr Jones said. The treaty stated that the Chinese had to pay for all the war damage, release all their captured enemies, and open up ports so that the British could sell opium. Although the Chinese signed the treaty, they still opposed the idea of having opium in their country. It brought about a second war in 1856, which lasted four years. This time British

and French troops looted and burned the Summer Palace in Beijing. After that war, the opium trade increased dramatically; Chinese addiction soared and because of that Christian missionaries came to treat the ad-diction. Their plan was to lock up the addicts in a room with no windows, isolating them from getting any opium. Not many survived because of withdrawal but the few who did were able to receive the cure for opium that only caused an even greater ad-diction, because the remedy was

heroin and morphine. “What goes around comes around,” Dr. Jones said, because opium circled back to Britain and the United States. Stronger derivatives followed the same addiction as opium. Jones asked: “Did the opium wars make the Chinese rulers lose the mandate of heaven?” Confucius would say yes, she said. The next History Seminar is will be presented by Tim Mc-Mannon on April 22, in Build-ing 3, room 102 with a discus-sion on the U.S entry into World War I.

Alum speaks about using assets

By Anna Trinh
Staff Reporter

One would think being a sin-gle mom and pursuing higher education would be stressful, but a Highline alumnus last week painted a positive picture of the scenario. Five years ago, Renee Jones hit rock bottom. From living a life as a victim of domestic vi-olence, and having to live in a shelter with her two little girls, she had no job and no educa-tion. “A whole life-changing expe-rience,” Jones said. Reaching out and getting the right support, she overcame her



Renee Jones

have all these opportunities ahead of you,” Jones said. “Uti-lizing the services that are al-ready in place is highly recom-mended.” Those services included Highline’s Women’s Program and the Honors Program. They helped her develop her net-working skills and gave her in-sight and support to pursue her education goals. She advised students to reach out and get help navigating through education and figuring out what’s next in life. “Please, feel free to call me,” Jones said. Busy as she is, her goal is to respond to all in need of help. She can be reached at 206-226-6379 or reneekj@uw.edu On April 29, alumnus Paul Hyun Park, an entrepreneur who started out living in his car and is now pursuing multiple business ventures, will tell of his path to success. Honors Colloquy meets ev-ery Wednesday from 12:15-1:20 p.m. in Building 10, room 205.

hardships and acquired the ed-ucation necessary to obtain a good-paying job. The support she found was through Highline’s TRiO pro-gram. TRiO helps students where neither parent graduated from college, are low-income, and/or the student has a documented disability. After her education here, she transferred to the Uni-versity of Washington-Seattle. Today, she is pursuing a mas-ter’s in Social Work at the UW and will graduate this summer. “Rock bottom is almost the best place to start because you

Microsoft Office free for campus

By E. Abebaw
Staff Reporter

Microsoft Office 365 is available free of charge to all students, staff and faculty with an active myHighline log-in account. Gary McCune, Information Technology Services staff mem-ber, was primarily responsible for organizing this partnership between the college and Micro-soft. “Highline is excited to be able to offer this software free to our students as it’s the same software they will use both in their campus classes and in most real-world business envi-ronments,” McCune said. “Microsoft is able to both promote the everyday use of their software and genuinely help students who may not be able to afford the same soft-ware that they use in their classes,” he said.

“There is currently no end sight,” McCune said concern-ing the longevity of this part-nership. However, students should not assume other Microsoft software will be available. Students having problems with the installation process are advised to visit the High-line IT Service Desk web-site for step-by-step instruc-tions. “The steps are fairly easy: Go to the Office site, verify your email address, sign in, download software. [The web-site] outlines everything pret-ty well,” McCune said. Office 365 features Word, Excel, PowerPoint, OneNote, Outlook, Publisher and Ac-cess. “Office 365 is accessible through PCs, Macs, tablets, and phone versions of Office 365 are also available,” Mc-Cune said.

Go Figure!
answers

2	×	7	+	6	20
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9	×	4	−	9	27
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King Crossword
Answers
Solution time: 24 mins.

P	S	A		S	H	A	G		S	T	O	A
L	O	N		K	O	L	A		C	H	O	P
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Weekly SUDOKU
Answer

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

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Jennifer Sandler Photo

Highline's Unified Soccer team won first place at a soccer competition against 17 other local colleges last weekend. The competition was organized by Special Olympics of Washington.

Unified Soccer wins first place

By Sam McCullough
Staff Reporter

Highline's Unified Soccer team took home the gold last weekend by winning first place at a soccer competition at Seattle University on April 18.

Unified Sports, which is a division of Special Olympics of Washington, organized the event.

This is the first year of Highline having this type of team.

The team includes students both with and without disabilities. There are nine members on the team right now, with six students with disabilities and three students without disabilities.

The students with disabilities are called athletes, while the other students are considered partners.

The competition was

played as five-a-side, which meant there were three athletes and two partners playing at once.

The matches were played on Championship Field at Seattle University.

Seventeen colleges from around the state competed in the competition.

"Out of all of the teams, we got first place. We won the tournament. Out of 17 colleges, we won all three of our matches and came out on top," said Fawzi Belal, coordinator of sports diplomacy and outreach.

This is not the end of the line for the team, as they will continue practicing once a week and competing in matches with other unified soccer teams.

"It's empowering players who've never played before. They can achieve a goal together," Belal said.

Program changes name

By Jon Albers
Staff Reporter

Highline's business technology program will be revamped this summer with the desire to make students more employable in today's business world.

With the change comes a new name: BTECH will become BSTEC.

"We went through the program review to be more in line with the industry needs, to give the students the necessary skills to be more competitive in the job market, and to allow the students to complete the program in the appropriate time," said Oussama Alkhalili the department coordinator.

The changes will include the addition of social media and SharePoint classes in order to equip students for today's business world. Most social media programs that are being taught focus on marketing, but new

BSTEC program will take a different approach. The social media classes will primarily focus on setting the network up, and managing the network, Alkhalili said.

The department will also be dropping classes that are no longer applicable and combining some classes in order to reduce redundancies, Alkhalili said.

The department received feedback from an advisory committee comprised of people in the business world who know what skills are in demand and a review committee that was made up of staff at Highline. They also investigated other colleges in order to get a better idea of what is being offered right now, Alkhalili said.

The department is also changing its name for class numbering reasons. The current BTECH class numbers are out of order, but the new BSTEC classes will be numbered in sequence, Alkhalili said.

Use your heart for a good cause

By Jenn Tran
Staff Reporter

There is a critical need for organ donations, but many people are reluctant to participate due to myths about the process, a representative from Life Center Northwest told last week's Science Seminar.

Mary Graff, a community outreach program manager said that there are more than 3,000 people in the Northwest that are awaiting a transplant that could save their lives.

Organ donation is the process in which organs, tissue, blood, and or skin is donated to a patient in need from a dead or living person. Organs such as: lungs, heart, liver, kidneys, pancreas and bowels can all be donated.

What most don't know is that they can also donate tissues such as: eye, skin, heart valves, bone, tendons, veins and ligaments. While some may feel uneasy about donating skin, Graff said that people can choose specifically what they would like to donate.

She said that the donation decision is completely up to the individual. It is a legal authorization, and state and federal laws support such donations.

The biggest fear people have is that if they are an organ donor, the doctors will not try as hard to save them and that they will let them die on the spot at an accident, Graff said.

"To donate an organ you must be dead in a hospital after the doctors have done ev-



Kayla Dickson/THUNDERWORD

Student speaker Jatta Omer discusses the costs of health care and how many people tend not to have it at last week's Science Seminar. Multiple guests spoke at the seminar.

everything they can to save you. The doctors are not told that you are an organ donor," she said.

The ways to register to be an organ donor is at the DMV on your driver's license, going onto www.lcnw.org, or by calling 425-201-6591. To learn more about organ donation, contact Graff at marygraff@lcnw.org.

Prior to Graff's presentation, students Elizabeth Jatta and Nahid Omer discussed the affordability and lack of health care in the United States.

"Forty million people in the U.S. are without medical insurance," Jatta said. "We want to spread awareness here at Highline."

Dr. Donald Mitchell, a health care specialist, said health care should be univer-

sal. "Universal doesn't mean for most people, it means for everybody," he said.

Mitchell said it should be continuous, easily affordable, sustainable and the best quality.

On the issue of affordability he described the different levels of medical insurance people can buy: bronze equals 60-70 percent coverage; silver 70-80 percent coverage; gold 80-90 percent coverage; and platinum equals 90-100 percent coverage.

The next Science Seminar will be April 24 with the topic of "Randomization-Based Approaches to Probability and Statistical Inference" presented by Dr. Helen Burn, a mathematics professor, from 1:30-2:40 p.m. in Building 3, room 102.

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Transit

continued from page 1
either start on I-5 and cross over to Pacific Highway South or vice versa.

Ten different variations of these four routes were discussed during the presentation. The main points of consideration were which side of Pacific Highway South the Light Rail will run; where the three stations will be placed; and the cost of each variation.

Sound Transit has taken a particular interest in Highline and its students, listing four possible stations very close to the college and three more along the I-5 route that are farther from the college.

A station may be placed underground in Highline’s East Parking Lot and could possibly disrupt parking during its construction. Two other possible station locations may be placed farther east of Pacific Highway South.

The farthest east station would be a quarter mile from Highline and could cause a time consuming walk to reach campus.

Of the seven different station possibilities near Highline, only one will be chosen based on the factors of cost efficiency and the public’s commentary.

Three Light Rail stations will be

placed along the selected route from Angle Lake station at South 200th to Federal Way. One will be in the Highline vicinity, one station will be placed near South 272nd Street and the last station will be placed in the area of the Federal Way Transit Center.

Route costs range from \$1.32 billion to \$1.84 billion.

The Sound Transit representative said that current funding extends the Light Rail to the Highline area by 2023.

An estimated 24 to 134 businesses could be displaced along all possible routes, with 36 to 285 residences could be displaced as well.

However, 25,500 to 27,500 passengers will be provided transportation by the construction of this link.

Sound Transit plans to have made a decision on which route it will choose by June.

A complete breakdown of Sound Transit’s proposal can be found on the agency’s website at <http://www.soundtransit.org/Projects-and-Plans/Federal-Way-Link-Extension>.

Also presented during the meeting was a plan by the City of Kent to renovate the medians along Pacific Highway South from South 272nd Street all the way up to Kent-Des Moines Road.

Des Moines will hold an open house

on April 30 at 5:30 p.m. in the city council chambers to take in Des Moines residents’

ident’s opinions on the Sound Transit’s Light Rail plans.

Walkout

continued from page 1
the contracts as negotiated,” Rollins said. Rollins said the solution would be for the Legislature to approve the contracts

“Both the House and governor have proposed budgets that restructure our tax system to take the burden off of working families , ensure that the wealthiest pay their share, and fully fund our obligations, including state employee contracts,” said Rollins.

Economy

continued from page 1

Des Moines Mayor Dave Kaplan said that part of the obstacle to new businesses is the condition of the buildings themselves. Many of them were built in the mid-20th century, and require significant renovation. Potential tenants are dissuaded from moving in, given their disrepair.

Lack of commercial activity means sales tax revenue suffers.

Mayor Kaplan said that the city has compensated for lack of tax revenue with spending cuts. “We don’t have the money that we need for all the services that we provide,” he told a Highline class last week.

Des Moines has a \$20 million operating budget, with an additional \$12 million for marina expenses, Mayor Kaplan said.

“We haven’t paved [a road] in seven years. It costs \$1 million to pave one mile of road,” Mayor Kaplan said. “There are 101 miles of roadway in Des Moines.”

In spite of the hardship of the last seven years, Mayor Kaplan said he is optimistic that a number of new projects could help solve the city’s revenue problem.

In the next few months, Mayor Kaplan said that around six projects may break ground on vacant lots.

Along with these projects is the fate of two high profile properties.

The Des Moines Theater, vacant since 2010, was sold last February to a developer from

Spokane for \$430,000. The developer is planning on renovating the theater and adding a music studio and apartments.

Mayor Kaplan said he is optimistic that the project will bring increased attention to the city.

The Landmark on the Sound closed in late 2014, and has been for sale since then. Mayor Kaplan said that the city is in favor of a buyer who will maintain the current structure, as the city considers it to be an important Des Moines landmark. A possible future for the property could be development into a resort, which would bring more commerce to the city.

Should the new development be complete and succeed financially, Mayor Kaplan said he anticipates some increased revenue for the city.

Mayor Kaplan also said the city is on the lookout for entirely new types of revenue sources.

The Federal Aviation Administration intends to move its office. Given the city’s proximity to Seattle-Tacoma International Airport, Des Moines is a contender for the relocation. Such a move would bring 1,600 family-wage employees to the city, many of whom could patronize local businesses, and possibly hire Des Moines residents.

The news is not all good, however.

The vacant QFC will stay empty until the two landlords who own the property negotiate a deal on whether they should redevelop the lot, or allow one of them to buy the other out. Such a move would unify the property under one owner.

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