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.

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 affected 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 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...
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 false alarm.

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

“At 12:35 p.m., refreshments were served. At 1:10 p.m., the raffle opened and the raffle winner was announced,” said Kat Varela.

The seminar, titled “The Elephant in the Newsroom: Agen
das & Perceptions,” will talk about how the media can influ-
ence the masses.

Relax with a flick on Friday

Relax with a flick on Friday at 5:30 to 7:30 p.m., in Building 2. The speaker is Courtney Jinjuka, a Highline Foundation Board member and vice presi-
dent/area retail leader for Key-
bank.

Jinjuka will tell guests about employment opportunities avail-
able 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 to 2:30 p.m., in Building 8 and Mt. Olympus rooms.

Talk about communication

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

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.

“Rape for Profit” is an hour-and-

By Adam Horner  Staff Reporter

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ment is hosting a seminar today from 1:30 to 2:30 p.m., in Building 8 in the Mt. Constance and Mt. Olympus rooms.
Mercy for Animals paid students $2 to watch a short documentary about animal abuse in the meat industry by Building 6 on April 16.

Highline students got an eye-opening experience last Thursday, April 16.

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

The film, titled From Farms to Fridge, is a micro-documenary, 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.

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."
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 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 to 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, leaving Des Moines the only city that allows businesses, leaving Des Moines the only city that allows businesses.

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

Mike Brown was shot? I disagree. Being white is not a requirement for today’s youth.

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 you believe is a suitable philosophy for today’s youth.

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

A 2011 NYFD 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 a huge amount of black violence.

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 instance of the law shooting a dangerous black man in self-defense is racist but a group of black men in Jack-

sonville, 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, while 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 disininformation.

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

— Christopher Hanley, Highline student
1. PRESIDENTS: Which U.S. president graduated from Southwest Texas State Teachers College?
2. ASTRONOMY: Which planet rotates on its axis once every 243 Earth days?
3. TELEVISION: On M*A*S*H, what was the real name of the character called "Hawkeye" Pierce?
4. GENERAL KNOWLEDGE: Which year's World's Fair had the theme of "The World of Tomorrow"?
5. LITERATURE: Who wrote the nonfiction book Working?
6. HISTORY: What was the date of the stock market's "Black Tuesday" in 1929?
7. MOVIES: What movie based on a Henry Fielding novel won the 1963 Oscar for Best Picture?
8. RELIGION: Which book of the Bible first describes how God gave the Ten Commandments to Moses?
9. GEOGRAPHY: Where is Prudhoe Bay?
10. MYTHOLOGY: Who was the Roman goddess of the hearth?

Answers
1. Lyndon Johnson
2. Venus
3. Benjamin Franklin Pierce
4. 1939
5. Studs Terkel
6. Oct. 29
7. Tom Jones
8. Exodus
9. Alaska
10. Vesta

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Weekly SUDOKU
by Linda Thistle

Place a number in the empty boxes in such a way that each row across, each column down and each small 3x3 square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦

# Trivia test by Efi Rodriguez

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King Crossword

ACROSS
1. Unpaid TV ad
2. Carpet style
3. Old portico
4. Chaney of film lore
5. Caffeine-rich nut
6. Make up your mind
7. Demolish
8. Informer
9. Crucial
10. Highland boy
11. Bottom
12. Wield an axe
13. Fix watch, dog org.
14. Throat clearer
15. Scratch
16. Affirmative actions
17. Prohibit
18. Lustrous black
19. Saw things?
20. Stickum
21. Explanation
22. Small flutes
23. Victory
24. Charged bits
25. Pub order
26. Snaps
27. Naked
28. Upper limit
29. Egyptian cross
30. Casino patron
31. New England seafood
32. Crossword diagram
33. Whatever number
34. Read quickly
35. Legislation
36. Apprehend
37. Eurekals!
38. Hideaway
39. Chapeau
40. Adversary
41. Banned
42. Bug spray
43. Fire residue
44. Cat chat?
45. Microwaves
46. Mr. Gingerich
47. Pleasure
48. Threw
49. Grind, in a way
50. Language of India
51. One of the Three Bears
52. Ms.
53. Brockovich
54. Bottle feature
55. Session
56. With a shrink
57. Tibetan monk
58. Flair
59. Alluring

DOWN
1. Turn the soil
2. Former frosh
3. Con
4. Roller derby participant
5. With fervor
6. Shaving cream additive
7. Casino patron
8. New England seafood
9. Melt
10. Leak slowly
11. Mimic
12. Read quickly
13. Legislation
14. Apprehend
15. Eurekals!
16. Hideaway
17. Chapeau
18. Adversary
19. Banned
20. Bug spray
21. Fire residue
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37. Alluring

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Weekly 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: ♦

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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 resume 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. 105th 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 brownpapertickets.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=finance. 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 lighthearted romantic spoof of 1920s musical comedy. Set in the French Riviera in 1920s, an English heroine 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 capacity,” he said.

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 780 players registered to compete.

“We have 50 of the top fighting 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 than $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.

NW M7 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 northwelmajors.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 by 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 Doubt and Moonstruck and directed by Wilson Milam, showcases dark humor and modern woe 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 Voice 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 partners maintain respect for 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.

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’ll 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.

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.

Financial wellness, a Seattle University official told Highline students and staff during last Thursday’s workshop on the matter.

Wellness event last week.

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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.

Financial knowledge can improve life

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’ll know what money is coming in, and what’s going out. Thus minimizing doubts of your financial status.

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Restless legs may be linked to iron

DEAR DR. ROACH: Don’t forget that although there are many medical causes of restless legs 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 antidepresants, 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 helped their symptoms.

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**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 refresh- ing drink, and cele- brate both Cinco de Mayo and the beginning of sunny skies ahead here in the States.

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 carbs, 29mg sodium, 0g fiber. Diabetic Exchanges: 1/2 Fruit.

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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 red with string or tied a net together to pull a meal from streams and oceans. Even to- day, in some cultures, fishing is much more meaningful than just providing food. It’s a way of life, a way of knowing and fitting into the heredity. Taking food from the water was, and is, the most basic way to provide suste- nance.

Today, food choices abound. Having fish as a part of our di- ets is not a necessity, but it’s a common and a healthy choice. Along with being a naturally low-fat protein, most fish, es- pecially 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 soy- beans.

Choosing the right fish is important. Some fish are sus- ceptible to mercury and other environmental contaminants. Other fish are in danger of be- coming 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 eating. There also are informa- tive 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 Craw- dads: appropriately farmed
- Anchovies: fast-growing and abundant
- Shrimp -- Atlantic North- ern Pink: Abundant and cap- tured without environmental damage
- Scallops: responsibly farm- raised and abundant

Along with species and har- vesting 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 Sautéed Cat- fish with Anchovy Chimichurri showcases two relatively inex- pensive but nutritious types of seafood in a simple, flavorful dish.

**SAUTEED CATFISH WITH ANCHOVY CHIMICHURRI**

For the Anchovy Chimichurri:

3/4 cup fresh basil
1/4 cup fresh celery leaves
3/4 cup cilantro
1/2 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 of each the olive oil and lemon juice. Cover and reserve mix- ture to garnish the fish.

To make the Chimichurri:

Puree the remaining basil mixture and the remaining an- chovy in a food processor or a blender. Slowly drizzle in the 1/4 cup olive oil until ingredi- ents are well-combined. Season to taste and serve with 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. Sea- son catfish on both sides with the poultry seasoning, paprika, salt and pepper. Place fillets in skilet and saute for 3 minutes per side, or until fish is com- pletely 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 au- thor, 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.peache- sandprose.com. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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**Spring risotto good any time**

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

peas and 1/2 teaspoon salt, and cook, covered, until vegetables are tender-crisp, about 5 minutes. Remove vegetables to bowl.

3. In the same saucenpan, in 1 ta- blespoon olive oil, water, salt and ground red pep- per. Puree until smooth. Transfer to a medium bowl. Add mixture garnish. Serves 4-6.

Spring risotto good any time

**Good Housekeeping**

**Catfish is easy to prepare and takes flavors well.**

Spring risotto good any time

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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 tournament, losing three out of back in the NWAC Crossover.

By Zachary Nunez
Staff Reporter

Highline community members who don’t like showing up to class or work all sweaty af -

New program to make you sweat

The Fitness Club has been doing Boot Camp open to the entire Highline community, so you

Softball stumbles in crossover tourney

By Charles Prater
Staff Reporter

The second game against

Then Highline as a rematch on

For more information, or to request a printed copy of the Draft EIS, contact Traelyne Myers

The T-Birds hit well, getting

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

The Raiders extended their lead when Anna Lennon, who

By Zachary Nunez
Staff Reporter

Highline community members who don’t like showing up to class or work all sweaty af -

Daysha Felipe takes a swing in last week’s win over Green River.

The T-Birds hit well, getting

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

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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 Opium Wars came about; Jennifer Jones discussed how 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 mis-sionaries came to treat the addiction. 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 addiction, 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 Building 3, room 102 with a discussion on the U.S. entry into World War I.

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 member, was primarily responsible for organizing this partnership between the college and Microsoft.

“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 environments,” 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 software that they use in their classes,” he said.

“Office 365 is accessible through PCs, Macs, tablets, and phone versions of Office 365 are also available,” McCune said.

Alum speaks about using assets

By Anna Trinh
Staff Reporter

One would think being a single mom and pursuing higher education would be stressful, but a Highline alumna 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 violence, and having to live in a shelter with her two little girls, she had no job and no education.

“A whole life-changing experience,” Jones said.

Reaching out and getting the right support, she overcame her hardships and acquired the education necessary to obtain a good paying job.

The support she found was through Highline’s TRiO program.

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 University of Washington-Seattle.

Today, she is pursuing a master’s in Social Work at the UW and will graduate this summer.

“Rock bottom is almost the best place to start because you have all these opportunities ahead of you,” Jones said. “Utilizing the services that are already in place is highly recommended.”

Those services included Highline’s Women’s Program and the Honors Program. They helped her develop her networking skills and gave her insight 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 help students who may not be able to afford the same software.

“Office 365 are also available,” McCune said.

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UNIVERSITY OF WASHINGTON | BOTHELL
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.

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

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.

Program changes name

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 BTECH1 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 tissue 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 as they would if they were not a donor, Graff said.

“To donate an organ you must be dead in a hospital after the doctors have done 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 marygraffe@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 universal.

“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.

By Jon Albers
Staff Reporter

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Transit

continued from page 1

either start on I-5 and cross over to Pa-
cific Highway South or vice versa.
Ten different variations of these four
routes were discussed during the pre-
sentation. The main points of consider-
ations were which side of Pacific Highway
South the Light Rail will run; where the
two stations will be placed; and the cost
of each variation.

Sound Transit has taken a particular
interest in Highline and its students, list-
ing 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 vicinity and could possibly
disrupt parking during its con-
struction. Two other possible station lo-
cations may be placed farther east of Pa-
cific Highway South.

The farthest east station would be a
quarter mile from Highline and could cause
costs, Sound Transit plans to have made a de-
cision 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 meet-
ing was a plan by the City of Kent to ren-
vate 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 coun-
cil chambers to take in Des Moines res-
idents’ 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 con-
tracts out of working families , ensure that the
wealthiest pay their share, and fully fund
our obligations, including state employ-
ee contracts,” said Rollins.

Economy

continued from page 1

Des Moines Mayor Dave Ka-
plan said that part of the ob-
stable to new businesses is the
condition of the buildings
themselves. Many of them were
were built in the mid-20th century,
and require significant renova-
tion. Potential tenants are dis-
suaded 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 addi-
tional $12 million for marina ex-
pectations, 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 Ka-
plan 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 develop-
ment into a resort, which would
bring more commerce to the
city.

Should the new development
begin, Mayor Kaplan also said
the city is on the lookout for entire-
ly new types of revenue sources.

The Federal Aviation Ad-
ministration intends to move its
office. Given the city’s proxim-
ity to Seattle-Tacoma Interna-
tional 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 pa-
tronize local businesses, and
possibly hire Des Moines resi-
dents.

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.