

# Most students have tried pot

By Thunderword Staff

Nearly half of Highline students say they have used marijuana.

Of 117 students who participated in a recent non-scientific survey, 53 have tried marijuana. Of the 53 students, 25 consider themselves regular users with an average consumption rate of five times per week. Eighteen of the students have come to

school high at least once.

"I use more like once every three months," Connie Johnson said about her marijuana usage.

Students who asked for their identity to be kept on a weed-to-know basis were in agreement on their joint love of marijuana.

"Let's say 10 times a week, that's about a blunt and a half a day," said an anonymous student.

"If there is a word for more

than regular, then that's me," said his bud.

Some students used marijuana less regularly.

"Like once every other month," said one student who wanted to keep his identity anonymous. "Just when I get together with friends."

The students who do not consider themselves regular users cite various reasons as to why they have chosen to refrain.

"It's just a personal choice," said Nicole Nielsen, a Highline student. Nielsen said she has never tried it before.

Another anonymous student used to consume marijuana but decided to stop.

"I wanted to focus on my education," he said.

See Marijuana, page 15

# Citizens give Sound Transit a wish list

By David Moran  
Staff Reporter

Local citizens say they want open areas, public art and more police to follow Sound Transit's potential expansion.

Sound Transit, the public agency that runs light rail in central Puget Sound, is hoping to get voters to approve ST3, a \$50 billion expansion of its existing routes, next November. To that end, the agency is conducting hearings around the area to find out what people want.

One of those meetings was last Wednesday, April 13, in Highline's Student Union. Members of the public met to discuss aspects of the plan in detail with volunteers who took down ideas.

Sound Transit phase 2 includes projects such as the light rail link next to SeaTac Airport, and a plan to build a stop on I-5, near Highline College.

The Highline station is scheduled to be completed in 2023. Stage 3 will extend that same line as far south as Tacoma Community College and as far north as Everett.

Construction is expected to begin in late 2016, and the last project is expected to end in 2041. This construction includes building a parking structure on South 272nd Street in the year 2023.

For that to happen, Sound Transit will need money. Community meetings are introducing people to Sound Transit's plans.

Topics for discussion at the meeting were community

# Walking for a (stilettto) point

Highline student leads march against sexual assault

By Olivia Sullivan  
Staff Reporter

Some people run a mile, others jog, but Highline's Javier Cordova is choosing to walk his mile in a pair of high heels.

Twenty-year-old Cordova, from Seattle, will be graduating from Highline this spring and is majoring in social welfare.

He can also always be found wearing his bright red, six-inch high heels on campus.

"I've been wearing them every day since last quarter," Cordova said. "It's definitely gotten easier."

Although Cordova has no personal connection to sexual assault, he is inspired by this huge issue to sport the shoes, he said.

Walk A Mile In Her Shoes, The International Men's March To Stop Rape, Sexual Assault and Gender Violence, started in 2001 and is a nonprofit event that gives people an opportunity to raise awareness about sexualized violence against women, according to its website.

In the Walk A Mile events, men are en-



Jessica Strand/THUNDERWORD

Javier Cordova wears his high heels daily to raise awareness about sexual assault.

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Highline math professor turns Pharaoh in Kent production



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Lady T-Birds aim for consistency





## Women being propositioned on campus

By Ani Miller-Wells  
Staff Reporter

A female student said she was approached and propositioned in the East Parking Lot on April 14.

The student told Public Safety that a male asked her if she wanted to make extra cash.

The way he was dressed — in a pair of black sweatpants with a white snapback — and the way he approached her made the student uncomfortable enough to report it.

He was a 5'3" caucasian male in his 30s. The student described his face as "cratered" from acne. He was last seen leaving campus on his phone.

Another student that she was asked the same question by a man in a vehicle.

Public Safety officials say there is no evidence that it's the same man.

## Student bullied in Student Union

A student with special needs verbally lashed out in the Student Union after being mocked and laughed at by other students.

Public Safety Officers were able to calm him down before Des Moines Police showed up.

Des Moines police were called as a precaution as Public Safety Officers on campus can't be hands-on with students. The incident occurred at 10:20 a.m. on April 14.

## Disagreement in parking lot

A parking disagreement triggered a verbal disagreement on April 14.

A student said he felt insulted after another student tried to go around his car in the South Parking Lot, and followed the student out of the lot and into the Building 21 fitness center.

The second student said he only passed the car because he thought it was stopped, as they weren't using their turn signals.

## Dude, where's my bag?

A backpack was mistakenly taken from outside the Highline Bookstore on April 14 at around 10:45 a.m. The backpack was returned to Public Safety at 12:10 by an apologetic student who thought the bag was his.



Highline anthropology professor Dr. Lonnie Somer points out a Savannah sparrow and a white-crowned sparrow on Wednesday's birdwatching walk. More Earth Week events still to come.



Jessica Strand/THUNDERWORD



## Earth Week events to come

Highline is hosting Earth Week this week in celebration of Earth Day coming up this Saturday. Here are the events left on Earth Week's calendar.

• **Environmental Club Sponsored All Day Campus Cleanup:** Take part in the campus cleanup hosted by the Environmental Club. The cleanup is taking place today, April 21, between 9 a.m. and 2 p.m. To participate, go to the second floor of Building 8 and find the sign-up table.

• **Sustainability Task Force Presents HC Ivy Snip:** Students will be snipping the overgrowing ivy from around trees being smothered by it on the lower part of campus today, April 21, between 11 a.m. and noon. To participate, meet the Sustainability Task Force in front of the greenhouse next to Building 12.

• **Environmental Ethics Seminar:** The seminar, hosted by Adrienne Cochran, will be on April 22 from 10 to 10:50 a.m. in Building 2.

• **Cooking Club Presents Cooking from the Garden:** Explore vegetarian recipes and using ingredients from the Urban Agriculture Program's on campus garden.

## Clear the way at Redondo Beach

In celebration of Earth Day, Highline's Marine Science and Technology Center is hosting it's third annual Earth Day Pier Clear this Saturday, April 23.

The MaST center is looking for volunteers to help clear debris from the docks and roadways. The center is seeking land-based and diving volunteers to help out.

The MaST center is located at 28203 Redondo Beach Dr S, in Des Moines. The Pier Clear will take place on April 23 from 9 a.m. to 1 p.m.

For more information, or to volunteer, email Jillian Mayer at [Jmayer@highline.edu](mailto:Jmayer@highline.edu).

## Historically necessary but now causes problems

The Science of Obesity will be presented by Highline Physical Education Professor Darin Smith at this Friday's Science Seminar.

Smith will explain how the ability to store fat served our hunter-and-gatherer predecessors well, during the winter months when food was not found as readily, but in an environment with abundant food has spurred an epidemic of obesity, and delve into potential solutions.

Join Smith April 22 from 1:30 to 2:30 p.m. in Building 3, room 102.

## Major information for students

The Transfer Center and the Counseling Office are teaming up to help students understand how majors work. Find out which jobs you can land with which majors.

Dr. Gloria Rose Koepping, Highline counseling psychologist, will provide tips on researching career opportunities and options based on academic interests and majors.

The workshop will take place April 26 from 12:15 to 1 p.m. in Building 6, room 164.

## Got culture? Show it at Global Fest

Present your culture at Global Fest. Global Fest is an annual event put on by the International Leadership Student Council. The ILSC are looking for student and staff volunteers to present their culture at a booth, or perform at this year's festival.

For more information or to volunteer, email Jenith Wen at [Jwen@highline.edu](mailto:Jwen@highline.edu).

Global Fest will be held on Saturday, May 7 from 1 to 6

p.m. in Building 8.

## Congressman seeks interns

The Issaquah office of Congressman Dave Reichert is seeking interns interested in government, law, public policy, or social sciences.

Students will get experience in the inner workings of the federal government.

Responsibilities include, but are not limited to, researching constituent requests, drafting correspondence, constituent outreach, keeping up to date on local and national issues, and data entry.

Candidate should be energetic, self-motivated, possess strong communication skills, and be familiar with Microsoft Office.

Internships are unpaid and run from May through August.

For more information, or to apply, contact Constituent Services Liaison Kelley Goetz at 425-677-7414 or [Kelley.Goetz@mail.house.gov](mailto:Kelley.Goetz@mail.house.gov).

## Get well during Week of Wellness

Week of Wellness is a week-long event put on by the Counseling Center to promote a healthy mind. It runs from

May 2-5. The events are:

• **Resiliency and Wellness:** Learn how to find wellness through resiliency with Dr. Allison Lau, Highline associate dean. The discussion is on May 2 from 10:30 a.m. to noon in the Student Union, Mt. Constance room.

• **Relationship Bootcamp: Loving Yourself and Others:** Communication is important for healthy relationships. Improve communication skills with tips from Joshua Magallanes, faculty counselor. Join Magallanes on May 3 from 11 a.m. to noon in the Inter-Cultural Center of the Student Union.

• **Artsy Partea:** Show your creativity while enjoying deserts and tea. Dr. Gloria Rose Koepping and Thressa Alston will host this event to promote reflection and creativity. Get creative on May 4 from 11 a.m. to 1 p.m. in Building 2.

• **Retire Like a Bo\$\$:** Learn how to manage your money with Adam-Jon Aparicio, faculty counselor. Aparicio will talk about management and budgeting for your goals. Join Aparicio on May 5 from 11 a.m. to noon in the Inter-Cultural Center of the Student Union.

**Got news?**  
Send news tips  
to [thunderword@highline.edu](mailto:thunderword@highline.edu)

## WHAT CAN I DO WITH A MAJOR IN (your major here)? Workshop!

- Have a major in mind, but wondering what you can do with it?
- Love your major, but worried about job prospects?
- Have several majors in mind, but unsure of the "best" one for you?
- Not sure how majors and careers are related?

With careful research and planning, you will be able to learn how to develop excellent career-related skills and experiences to prepare you for a BRIGHT employment outlook, regardless of the major you pick!

No need to sign up!  
**TUESDAY, APRIL 26th**  
12:15 PM - 1:00 PM  
Highline Transfer Center, Building 6, 1st floor, Room 164





# E(xcellence)=MRC<sup>2</sup>

## Center helps students do the math

**By Cierra West**  
Staff Reporter

Students and tutors alike agree that Highline's Math Resource Center is the place to go if things aren't adding up in your math class.

The Math Resource Center is part of the Academic Success Centers and is a place where students can drop in and get help with math, from review of arithmetic to Calculus IV.

"There are tutors there if I mess up or need help," said Taylor Straight, a student who said she goes to the Math Resource Center almost daily when she has a math class.

"They have computers available specifically for math," Straight said.

Students are not divided about the help they get at the Math Resource Center.

"Whenever you need help, they will help you," Rita Rai said. "I come at least two to three times a week."

"They are friendly and helpful," said student Zackary Conley.

Some students reported their grades multiplying whole letter grades as a result of using the resource center.

"I love this place," said Zak Mohamed, but "the computers



Mike Simpson/THUNDERWORD

*Trihn Pham (right) helps Danh Dinh understand homework for a mathematics class at Highline.*

are slow."

"We are working on it," said Terry Meerdink, math instructor and Math Resource Center director, referring to the computer speed.

Other buildings have also reported slow computer speeds in the last few months.

"It's not just this building," she said.

Meerdink said the math courses that are in highest demand for help right now are Math 91 and Statistics. Part of this is due to the higher demand

for statistics with the associates of arts and associates in science degrees now requiring them.

Tutors also report the Math Resource Center helps them out as well, by helping them gain experience and earn tutoring certificates.

"As an international student, it helps my resume for transferring," said Thu Nguyen, who has worked at the center for four quarters now. She said that helping students with their math helps her improve her English.

"Both sides get the benefit," said tutor Li Liu. It is good for

helping students learn new concepts and it helps tutors keep the math fresh in their minds she said.

Tutors at the Math Resource Center must have earned a 3.5 or higher in the class for which they are tutoring. They must also have an instructor's recommendation in order to work in the center, so you know you're getting reliable help.

The Math Resource Center has more than just tutors.

"Students have access to textbooks, handouts, comput-

ers and posters designed to help them succeed," said Meerdink.

"We do not want math to stop students from realizing their dreams. Everyone should be able to succeed at the level of math they need to achieve their goals."

Student success is the goal of the Math Resource Center.

"It is the most important reason for the MRC to exist," said Meerdink.

The Math Resource Center is in Building 26, room 319 and is open Monday-Thursday 8 a.m.-7:30 p.m. and on Friday 8 a.m.-1 p.m.

## Unity Week builds bridges across borders

**By Jessica Crane**  
Staff Reporter

Organizers of this year's Unity through Diversity Week say they hope the event will help students cross a few borders.

April 25-29 marks the college's 19th celebration and exploration of diversity. Although coming up on its two-decade anniversary, this year's Unity Week will not be lacking in new and exciting elements, its organizers say.

"Every year we are trying to push our boundaries and supplement the in-classroom experience you get at Highline," said Inter-Cultural Center Leadership Adviser Doris Martinez.

This year's theme, Rewiring OUR Minds: Reconnecting Our Roots across Invisible Borders, focuses on the struggle between past and present, Martinez said.

"We are being influenced by media, negative propaganda,



Doris Martinez

and so many toxic forums; this has really disrupted our connecting as people. It is about getting back to square one and seeing what we can do as a community to move forward constructively."

The five-day school week will be filled with 10 programs.

Beginning Monday at 9 a.m. in Building 7, Olin Tezcatti-

poca, director of The Mexica Movement, will present the lecture Learning and Teaching the Truth of the Last 500 Years of Colonialism.

He will also hold a workshop on a similar topic later that afternoon at 1:30 in the Mt. Constance room in the Student Union.

Benjamin Shabaaz will present a lecture about the African American Muslim perspective on Tuesday at 10 a.m. in Building 7.

Rick Barrot, award-winning Filipino poet, will present that day at 11 a.m. in the Mt. Constance room in partnership with National Poetry Month.

Also on Tuesday, Highline's LGBTQIA taskforce will also hold a Safe Zones Training, at 12:30 p.m. in Building 2. The training will focus on what people can do as a community to be more inclusive.

On Wednesday at 11 a.m., Multicultural Affairs Leadership Adviser Barbara Talkington and Richelle Enriquez, Student Government vice president, will present a Bystander Training showing students how to step up and speak out against inappropriate situations they may encounter in the real world.

Tracy Rector will present a lecture and film on Indigenous Thoughts on Borders on Thursday at 11 a.m. in Building 7. At 1:30 that afternoon, TED Talk speaker Jeffron Seely will present the workshop The Leap: From Ordinary to Extraordinary in the Mt. Constance room in the Student Union.

Friday, April 26, will begin with a lecture at 10 a.m. in Building 7 by Robin Yassin-Kassab and Leila Al-Shami, authors of Burning Country: Syrians in Revolution and War. The presentation will address

the media misrepresentations of the Syrian War.

Unity Week will conclude with a workshop from 2-4 p.m. by Dr. Leticia Nieto and Yvette D. Murrel. The workshop will take place in the Mt. Constance room and cover exploring social interactions without borders.

Martinez said she encourages everyone to attend Unity Week, including staff, faculty, students and community members. The week is dedicated to providing the unique experience of engaging in a campus-wide conversation that celebrates diversity and inclusion.

"These programs are made to [enable people] to meet other people that you might not have met before, and engage in conversations about race, gender, LGBT issues, classism, and more," Martinez said.

"These programs can be life-changing. Seize the opportunity," she said.



# State faces taxing problems

Washington’s budget problems aren’t exclusively because of partisan bickering; they are also due in large part to the Washington’s antiquated tax system.

Washington primarily collects revenue through sales taxes and property taxes on individuals, and a business and occupation (B&O) tax on the gross income of businesses in Washington.

This system came about as compromise in the 1930s, when the state Legislature sought to reduce its reliance on property taxes in favor of an income tax. However, this income tax was found unconstitutional by the state Supreme Court by a single vote.

As a stopgap measure, the state created the B&O tax in 1933, and a sales tax was instituted as part of a suite of excise taxes in the Revenue Act of 1935.

Washington’s tax code has gone through some minor changes, but remains largely the same as the system established during the Great Depression.

The system worked reasonably well for much of its life, however the tax is tied closely to the economy and has been less and less effective at producing revenue over time.

When the economy dips, consumer spending and sales tax revenue take a great hit as families spend a smaller percentage of their income.

Unfortunately, these declines in revenue occur when more people require government assistance due to financial difficulties, and at a time where capital projects are needed the most to stimulate the economy.

As of 2016, sales taxes also raise much less revenue in general compared to an income tax.

The Department of Revenue calculated that if it adopted Oregon’s tax code, Washington would raise an additional \$21.3 billion, enough to fully fund K-12 education, and have about \$10 billion extra.

Washington’s sales tax is also extremely regressive, meaning that as you make less money, you pay a greater proportion of your income in taxes.

As a poor family in Seattle, you pay far more of your income in taxes than a middle class or rich family, and that is unfair to everyone.

In fact, a rich or middle class family in Seattle has one of the lowest tax obligations in the country.

If Washington had an income tax, it would result in a more fair system for families, and generate enough revenue to more than pay for the budgetary issues the state is currently facing.

Rather than trying to deal with a tax system created during the Great Depression, Washington needs to devise a new tax code. This may require amending to the state constitution in order to get the best system through the courts.

**Have something to say?**

Have something you want to say to the student body?

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

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

Send submissions to [thunderword@highline.edu](mailto:thunderword@highline.edu) by Monday for print on Thursday.

Write to us!

# The Bear awaits new president

## Guest Commentary

The next president will have to deal with Russia.

The issue of the threat posed by the Russian Federation is something not on many people’s radar.

Russia invades a formerly Soviet country, claiming to protect a Russian minority seeking their independence — what am I referring to?

If you guessed that I was describing the 2008 Russo-Georgian War, you would be right.

Western media has largely forgotten the aggressive act, and the lack of repercussions have taught the Russian government, (which is basically President Vladimir Putin), what they can get away with on a world stage.

The war also spurred the modernization and expansion of the Russian military and its capabilities.

An emboldened Russia then annexed Crimea in 2014, and invaded eastern Ukraine shortly after.

Ukraine has been defending itself from Russian military aggression ever since, with very little support from the other countries, who are afraid of angering Russia.

The majority of support Ukraine has received is in the form of economic sanctions against Russia, leading to a nosedive in the Russian economy.

As a result of this, and the countries formerly in its sphere of influence aligning themselves with Western Europe and NATO (The North Atlantic Treaty Organization, Russia feels threatened.

NATO is a defensive pact between western nations, such the United States and the United Kingdom.

“Once could go as far as to say that we have slid back to a new Cold War,” Russian Prime Minister Dmitry Medvedev said.

Russia increasingly sees itself as being in conflict with the west and NATO.

When Montenegro was invited to join NATO, Russia threatened that joining NATO could



Bryce Sizemore



Vladimir Putin

“result in retaliatory actions,” against Montenegro, said Putin’s spokesman Dmitry Peskov.

Russia has responded to this perceived threat with a growing list of provocative military actions.

NATO aircraft have been frequently scrambled to intercept armed, Russian aircraft probing the defenses of NATO countries. An example of this was the British Royal Air Force interception of two Russian bombers that were carrying nuclear weapons flying over the English Channel.

Russian bombers and fighters have buzzed U.S. Navy ships, including an incident where Russian fighters made more than 20 simulated attack runs, within meters above the USS Donald Cook over a two-day period, and failed to respond to any Russian and English radio hails from the Cook.

“We condemn this kind of behavior,” said Secretary of State John Kerry.

“It is reckless. It is provocative. It is dangerous. And under the rules of engagement, that could have been a shoot-down.” Russian submarines have been prowling the territorial waters of Sweden and Finland, resulting in extensive searches by both countries, and the use of depth charges by the Finnish Navy to warn off the submarines.

In his annual report for 2015, NATO Secretary General Jens Stoltenberg said, “Over the past three years, Russia has conducted at least 18 large-scale snap exercises, some of which have involved more than 100,000 troops. These exercises include simulated nuclear attacks on NATO allies.”

The Baltic States are seen as the next targets for Russian invasion under the pretense of defending a Russian minority. Lithuania is planning to restart military conscription in response to the threat posed by Russia; they have also published a war manual instructing its citizens on how to deal with an invasion.

In response, the United States has been forced to contribute extra troops, bombers and fighters in order to act as a counterbalance in the region.

Russia has “chosen to be an adversary and poses a long-term existential threat,” said Gen. Phillip Breedlove, the Supreme Allied Commander, Europe, and commander of the U.S. European Command.

“To counter Russia, EUCOM (U.S. European Command), working with allies and partners, is deterring Russia now and preparing to fight and win if necessary,” said General Breedlove.

In addition to invading and bullying its neighbors, Russia is seeking to expand the existing divisions in countries through propaganda news networks such Russia Today (RT) and the Internet blog Sputnik.

These networks broadcast anti-western/NATO, and pro-Russian propaganda crafted to drum up support for Russia, gain support for Russian aggression in Europe, and sow discontent among Russian speaking minorities.

As the Russian economy continues to decline, Putin has rekindled Russian nationalism through internal propaganda, and that push includes casting the west and NATO as adversaries.

Although the media has forgotten about the threat posed by Russia, it is important that our next president has the foreign policy chops to deal with this recently developed adversarial relationship.

*Bryce Sizemore is opinion editor of the Thunderword.*

## the Staff

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This is where my sanity goes to die.

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# Weekly SUDOKU

by Linda Thistle

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		4			3	8		
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	3			7				6

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

**DIFFICULTY THIS WEEK: ★★**

★ Moderate    ★★ Challenging  
★★★ HOO BOY!

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1. **GEOGRAPHY:** On what continent is the nation of Sierra Leone located?
2. **TELEVISION:** Which TV character was known for the saying, "Live long and prosper"?
3. **GENERAL KNOWLEDGE:** Which of Santa's reindeer comes first, alphabetically speaking?
4. **MEASUREMENTS:** What is the time frame indicated in "circadian rhythm"?
5. **MATH:** How many sides does a heptagon have?
6. **MUSIC:** What was the Oscar-winning theme song of *The Poseidon Adventure*?
7. **COMICS:** What company created *Avengers*, *Spider-Man* and *Hulk*?
8. **HIGHER ED:** What private university's main campus

- is in South Bend, Indiana?
9. **ASTRONOMY:** What was the first planet to be discovered using the telescope?
10. **MEDICAL:** What is the focus of oncology?

- Answers
1. Africa
2. Mr. Spock, *Star Trek*
3. Blitzen
4. 24 hours
5. Seven
6. *The Morning After*
7. Marvel
8. Notre Dame
9. Uranus
10. Cancer

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**Puzzle answers on Page 15**

# 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 3 5 6 7 7 8 9

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# King Crossword

## ACROSS

- 1 Frosty's "eyes"
- 5 Family member
- 8 Burden
- 12 Earthen pot
- 13 Alias abbr.
- 14 Crooner Jerry
- 15 Uncategorized (Abbr.)
- 16 Journey segment
- 17 Sicilian spouter
- 18 Bet collector
- 20 Of a heart chamber
- 22 Mag. staffers
- 23 Big bother
- 24 Channel marker
- 27 Re movement
- 32 Cleo's slayer
- 33 "Hail!"
- 34 Life time?
- 35 Sane
- 38 Trudge
- 39 Charged bit
- 40 Eco-friendly org.
- 42 Homes
- 45 Froot Loops spokesperson Sam
- 49 Hindu princess
- 50 Blond shade

1	2	3	4		5	6	7		8	9	10	11
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42	43				44		45			46	47	48
49					50	51			52			
53					54				55			
56					57				58			

- 52 Appellation
- 53 Country that's an anagram of 49-Across
- 54 Carnival city
- 55 Cornfield intruder
- 56 Skilled
- 57 B&B
- 58 Pianist Dame Myrat
- servant
- 5 Willy Loman, e.g.
- 6 A Turner
- 7 Long story
- 8 Exaggerate
- 9 Countrywide
- 10 Arm bone
- 11 Close tightly
- 19 Freudian concept
- 21 Skater Babilonia
- 24 Prohibit
- 25 Oft-chanted initials
- 26 Not necessary
- 28 Eggs
- 29 On-air fund
- raiser
- 30 Way back when
- 31 Started
- 36 Cut remedy
- 37 Indivisible
- 38 Beer belly, maybe
- 41 Italian river
- 42 Met melody
- 43 Zinger
- 44 Garment for 49-Across
- 46 Give a darn
- 47 Old Testament book
- 48 Information
- 51 Sermon subject

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**ARIES** (March 21 to April 19) Whether a waiting period is taking longer than expected, or just seems that way, the anxious Lamb would do well to create a center of calm within her- or himself, and not do anything rash.

**TAURUS** (April 20 to May 20) Practical matters dominate the week, but cultural activities also are favored, especially those that can be shared with someone special in the Bovine's life. Some important news might be forthcoming.

**GEMINI** (May 21 to June 20) You need to know more about a possible career move in order to see if it offers a real opportunity or just a change. You're sure to get lots of advice -- some of it good -- but the decision must be yours.

**CANCER** (June 21 to July 22) The arrival of hoped-for good news about a loved one dominates most of the week and provides a great excuse for the party-loving Moon Child to plan a special event to celebrate.

**LEO** (July 23 to August 22) Leos and Leonas rushing to finalize their plans might



want to think about slowing down the pace, or risk overlooking an important consideration that could become a sore point down the line.

**VIRGO** (August 23 to September 22) The week's challenges call for logical approaches. But sentiment also has its place. Sharing memories with a special someone, for example, strengthens the bond between you.

**LIBRA** (September 23 to October 22) A brand-new approach to a problem could have a good chance of succeeding if it's based on a solid foundation of fact to strengthen its potential for standing up to scrutiny.

**SCORPIO** (October 23 to November 21) A favorable report should give your optimism an important boost as you confront another phase of a challenge. Don't be timid about accepting advice from someone you trust.

**SAGITTARIUS** (Novem-

ber 22 to December 21) You might want to target another goal if your current aim is continually being deflected. But stay with it until you find that first sign of an opening, and then follow through.

**CAPRICORN** (December 22 to January 19) Although offers of advice might not always please the usually sure-footed Goat, good counsel is always worth considering, especially from those whose experience can be invaluable.

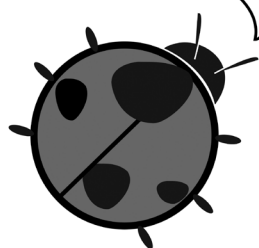
**AQUARIUS** (January 20 to February 18) Don't rush to make up for lost time. Your productivity can be measured not only by what you do, but how you do it. Move carefully until the job is done the way you like it.

**PISCES** (February 19 to March 20) Emerging facts about someone you know might cause you to rethink your relationship. But remember to make judgments in context of a full situation, not just on scraps of data.

**BORN THIS WEEK:** You are known both for your love of acquiring beautiful things as well as for your generosity to others.



Arts  
Round up



- **Joseph and the Amazing Technicolor Dreamcoat**, April 22, 23, 29 and 30 at 7 p.m. May 1 at 3 p.m. Tickets are \$12 at the door. At Kent Covenant Church, 12010 SE 240th James St., Kent.
- **Ceramics Department Pottery Sale and Demonstrations**, April 22 in the Student Union on the stage from 10 a.m. – 2 p.m.
- **Symphonic Legends**, April 30 at 7:30 p.m. and May 1 at 2:30 p.m. Tickets are \$35 for adults, \$28 for seniors and \$10 for students. At Auburn Performing Arts Center, 702 4th St. NE, Auburn.
- **Northwest Symphonies Concert 4 Season Finale**, April 30 at 8 p.m. Tickets are \$15 Adult, \$12 for Seniors and students and are available at [brownpapertickets.com/producer/9639](http://brownpapertickets.com/producer/9639). At Highline Performing Art Center, 401 S. 152nd St., Burien.
- **Blood Song Book Reading**, April 30 at 2 – 4 p.m. Free with admission, \$15 for adults, \$12 for seniors, \$11 for students, and Children 5 -12 years old are \$10. At The Wing Luke Museum of the Asian Pacific American Experience, 719 S. King St., Seattle.
- **Federal Way Symphony Concert 6 Season Finale**, May 1 at 2 p.m. Tickets are \$35 for adults, \$31 for seniors and \$15 for students. At St. Luke's Church, 515 S. 312th St., Federal Way.
- **Relocating Authority: Japanese American Writing to Redress Mass Incarceration** book reading, May 5 at 6 – 8 p.m. Free with admission, \$15 for adults, \$12 for seniors, \$11 for students, and Children 5 -12 years old are \$10. At The Wing Luke Museum of the Asian Pacific American Experience, 719 S. King St., Seattle.
- **Hillsong UNITED concert**, May 9 at 7 p.m. Tickets range from \$32.50 - \$99.50. At ShoWare Center, 625 W. James St., Kent.
- **Seattle International Film Festival**, May 19 - June 12. Ticket and movie information is at [www.siff.net](http://www.siff.net)
- **The Ladies Night Out Vol. 7**, May 28 at 7:30 p.m. Tickets range from \$32 - \$99. At ShoWare Center, 625 W. James St., Kent.

Local flutist’s composition featured at Northwest Symphony’s finale

The Northwest Symphony is wrapping up its season featuring a world premiere concert by local composer Dr. Sarah Bassingthwaighe.

The concert will feature pieces selected from three composers, *Sinfonia* by Donald Johnston, *House of Doors Concerto for Flute and Orchestra* by Dr. Sarah Bassingthwaighe, and *Symphony No. 7* by Antonin Dvorak.

In addition to being an award-winning flutist, Dr. Bassingthwaighe is a soloist with a number of her recordings featured on Pandora and iTunes. She was also a past president of the Seattle Flute Society and has served as faculty at the University of Washington and Seattle University.

*House of Doors* will feature guest flutist Merrie Siegel.

Siegel’s flute playing has been described as wonderful and a joy to hear by The American Record Guide.

“I’m incredibly excited about premiering this amazing concerto by outstanding flutist and composer Sarah Bassingthwaighe,” said Siegel. “Sarah has done a fabulous job highlighting all the interesting aspects of the flute.”

Siegel said she is enthusiastic about the concert, describing some of the passages as technical and difficult, and including techniques such as flutter tonguing, which produces different tone colors, she said.

“This is a huge honor for me, as well as a once-in-a-lifetime opportunity,” said Siegel. “I am



Sarah Bassingthwaighe photo  
The world premiere of Dr. Sarah Bassingthwaighe’s House of Doors Concerto for Flute and Orchestra will mark the conclusion of the Northwest Symphony’s 2015-16 performance season.

very fortunate because besides being an incredible musician, Sarah is also a dear friend.”

Donald Johnston’s *Sinfonia* will also be performed alongside *House of Doors*, and Dvorak’s *Symphony No. 7*.

Dvorak’s *Symphony No. 7* is described to represent some of his finest work.

The Northwest Symphony Orchestra was founded in 1987, and this concert would conclude their 29th concert season. This season has featured some of the Northwest’s top female composers, and The Northwest Symphony Orchestra has a re-

cord of performing distinctive concerts.

The Northwest Symphony Orchestra’s Concert 4 – Season Finale will be presented at the Highline Performing Arts Center, 401 S. 152nd St., Burien.

Tickets are \$15 for adults and \$12 for students and seniors.

Tickets are \$35 for adults, \$28 for seniors, and \$10 for students.

If you are interested in helping raise funds for the Auburn Symphony Orchestra, the Annual Wine Tasting & Gala Fundraiser is an opportunity for you to do so.

This event will feature a wine tasting, a silent auction, a raffle, dinner, and a performance by an artist with the Auburn Symphony.

The Annual Wine Tasting & Gala Fundraiser is on May 21 at 6 p.m. in the Meridian Valley Country Club, 24830 136th Ave. SE, Kent.

The fundraiser will cost \$75 per person while tables and sponsorships are available if you inquire at 253-887-7777.

Tickets and information can be found at [auburnsymphony.org](http://auburnsymphony.org)

Auburn Symphony ends on legendary note

Legends will come to life in the Auburn Symphony’s last concert of the season.

Symphonic Legends will present works by Lalo and Tchaikovsky in two shows at the end of this month.

The symphony concert includes the overture from French composer Édouard Lalo’s opera *Le Roi d’Ys*, plus his cello concerto, featuring the symphony’s principal cellist, Brian Wharton.

Following that will be Tchaikovsky’s *Symphony No. 2, The Little Russian*.

Aram Demirjian, who is the associate conductor of the Kansas City Symphony, will be guest conductor for the concert.

The Auburn Symphony Orchestra is a professional orchestra that was founded in 1996, and has performed in King and Pierce counties ever since.



David Bickley photo  
Aram Demirjian will guest conduct for the Auburn Symphony finale.

The Auburn Symphony is partially funded by the city of Auburn, while another portion comes from fundraising.

Musical Director Steward Kershaw is the leader of the Auburn Symphony Orchestra,

which is regarded as one of the top performing orchestras in the Northwest.

Symphonic Legends will take place on April 30 at 7:30 p.m. and May 1 at 2:30 p.m. in the Auburn Performing Arts Center.



Highline math professor Dusty Wilson practices for his role as an Elvis-inspired Pharaoh for a local production of *Joseph and the Amazing Technicolor Dreamcoat*.

Kent Covenant Church Dessert Theatre photo



# A whole lotta shakin' goin' on

## Expect a biblical performance from Highline math prof

**By John Van de Ven**  
Staff Reporter

Highline's own Dusty Wilson is taking the stage to play Pharaoh in Kent Covenant Church Dessert Theatre's run of *Joseph and the Amazing Technicolor Dreamcoat*.

Dessert Theatre's run of *Joseph* is a take on the Andrew Lloyd Webber's popular rock opera of the same name.

The story is also a retelling of the biblical tale about forgiveness and centers around Joseph.

Jacob, the father of Joseph, gives him a multicolored coat he and becomes the envy of his many siblings. Joseph's siblings then conspire against him and sell him into slavery.

The musical takes a few liberties such as Joseph's coat, but is overall biblically accurate. Wilson plays Pharaoh, who is a version of Elvis, whom everyone should be familiar with.

"I loved the music and the story," said Wilson, who teaches math at Highline. "I love drama, I love singing and I love Elvis, so this was a chance to bring it all together."

Wilson said that his Pharaoh wears a white suit, has mutton chops and is portrayed as a lady killer as all the women on stage faint whenever they see him. Wilson's Pharaoh will also have the moves that made Elvis one of the world greatest entertainers.

"I didn't have plans to get into drama," Wilson said.

His eldest daughter Melissa Wilson also wanted to audition for the show. They decided to audition together under the stipulation that they either both get a part in the production or they wouldn't do it. It paid off and both landed roles in the play with Melissa Wilson landing a spot in the chorus.

Wilson, who admits to doing some acting in the past, is excited about his opportunity to entertain.

"It's been years [since doing anything with acting]. If you are around me enough, you know that I sing a lot," Wilson said.

"It's going to be fun. Anyone that comes is going to have fun. Anyone that knows me and goes is going to have plenty of blackmail."

Wilson is also quick to point out that the Old Testament tale has an important message for everyone today.

"It's easy to hold grudges. It's a good reminder of the power of forgiveness."

The cast is large and diverse, 43 actors and actresses, with ages ranging from about 10 years and on up to about 50.

Live music is played during the show. Tickets will be \$12 at the door and includes dessert. The shows run time is approximately 75 minutes and includes an intermission.

*Joseph and the Amazing Technicolor Dreamcoat* is running April 22, 23, 29 and 30, with doors opening at 7 p.m., and May 1 at 3 p.m. at Kent Covenant Church, 12010 SE 240th St.

# The Des Moines theater to reopen summer 2018

**By Konner Hancock**  
Staff Reporter

The owners of the Des Moines theater are making tons of progress with the ongoing renovation, said one of the partners, Jeff Angell.

The three partners, Dan Spalding, Benjamin Anderson and Angell, have made "tons of progress on moving forward with the theater, but it's all been underground," said Angell. Angell said, "We are pushing to have the building permit this summer, but we may or may not start building right away."

The building permit is expected to be issued this summer

to the owners. They do not plan on demolishing the building completely but instead, "build on top, behind and completely renovate the inside," said Angell. He plans on eight upper residential units, six commercial spaces, and a space for public events.

The theater is located 22333 Marine View Drive S.

Angell says he and his partners plan on keeping the theater in the building because it has been around Des Moines' downtown for such a long time.

The theater was opened as the Des Moines Cinema in March of 1947 by Delbert and Wally Osterhoudt to house a

400 seat cinema, retail stores, and office spaces. The cinema over the years has changed hands and had been closed entirely.

In 1973 the theater was sold and changed from running family-oriented films to showing adult films. As a result, groups picketed the theater throughout the 1970s. In the 1980s the city even took legal action.

In the 1990s the theater reopened under new management and reverted to showing family-oriented films.

Since 2010, the theater has been unoccupied, until Splading purchased the building on Feb. 27, 2015.



Konner Hancock/THUNDERWORD

Work continues on the Des Moines Theater complex.

The whole inside renovation, commercial space, private space and public events area is estimated to be complete sometime

in 2019, said Angell. But the building is estimated to be partially complete and open sometime in 2018.



# A mirror to the soul

Great literature can open up new worlds

Reading great fiction can do more for you than you might think.

Each book shapes and fills the reader's worldview. Each book teaches you something new about yourself if you let it.

Great literature is at the heart of the life and times of a day and age. That is to say that the purpose of the book is to provide an accurate portrayal of another human's living experience. The work of the great author, much like the psychologist or the historian, is to uncover the mysteries of the human condition.

They are searching, sentence by sentence, for truths which are often unclear, often indemonstrable outside of fiction or the first-person of our own lives, and which are always slippery.

A great fiction writer is someone who thinks at the edge of consciousness, always pushing toward fuller truth, grasping at the straws of the experience of another incomparably individual human, and receiving the wealth of wisdom for their work.

A great fiction reader is someone who can read between the lines of action in a novel and absorb the underlying themes which are the philosophical backbone of the work.

The truth that the best fiction tries to get at is an existential one, not a literal one.

The problems of the world, wars and terrorism and loneliness and love, are brought to life through the lives of literary figures. They are the problems that you face daily, examined on the page in front of you. Philosophical problems put into practice, into the closest the author can get to a real world scenario.

In the hands of the great writer, the smallest of problems reflected in the life of the character takes on universal significance. The smallest of problems becomes a route through which the author might submerge themselves in the experiences that all people share.

It is not, however, the same type of philosophical work done by Wittgenstein, or Heidegger or Kant. The most well developed literature acts as a mirror to us. It is intensely more personal and alive than the sterile work of philosophers.

It reveals to the attentive reader facets of themselves previously unknown or pieces of themselves only vaguely understood, printed with miraculous



Rhiannan Smith/THUNDERWORD

## Art and Letters



Michael Muench

clarity, accuracy and depth.

In the words of Ralph Waldo Emerson, the great American essayist and poet: "In every work of genius we recognize our own rejected thoughts: they come back to us with a certain alienated majesty."

Think of the last time you were reading, watching a movie or speaking to someone, and something came up which seemed familiar; some idea or trait which you had thought of or which you possess, a flash of familiarity which maybe resonated with a part of you that you didn't know that you had, or an idea of yours that you had last week developed to fruition on the page in front of you.

Recognizing and grabbing on to these flashes of recognition is an essential act in reading literature. Trusting and developing these flashes is the act of self-realization and development which literature so adamantly promotes.

Literature is the fertile soil where an individual can begin to find his own meaning and direction. It is the bridge across consciousness which we might use to understand each other.

In *Crime and Punishment's* Raskolnikov, we find a deep psychological examination of a man who we might find surprisingly similar to us. In *The Sound and the Fury's* Benji, we find reflected the whole of human sadness and impotency; in Jason Compson our stiff-legged brutality; in *Caddie* love.

It is through the medium and transparency of these figures which we may begin to understand just what it is that we all have in common; that there might be some universality to our problems; that our internal world is not only the desert island which separates us from everyone else, surrounded by a void of silence.

The unique honesty and transparency which literature approaches the human condition reveals to us traits which are universal among all of us. They reveal what makes an individual an individual. They ask what is the role if the individual in the world. They question the role of everything, and everything's relation to everything else.

Through literature it becomes apparent that at some level our lives aren't all that different from one another. In fact in most cases they are really very similar.

It is human nature to grow and to appropriate and to adapt to one's circumstances. When one reads a novel, one absorbs and adapts to the projected circumstances of the novel itself. One experiences the novel vicariously through the eyes of the protagonist. And one becomes fuller for having experienced.

Knowing this one can find a sense of belonging where before there might have been none. One might know sympathy for one's enemies.

Literature reveals that life is primarily searching and rarely, if ever, finding.

It shows us that the beauty of life is in experiencing instead of having; that fullness comes from giving instead of taking.

If we can understand that our condition is the same one, which ails all others, then a whole new range of motion and sight and meaning is opened up to us.

Maybe if we can find the thread of familiarity tying us together - laid bare and plain to see in the pages of Steinbeck, Faulkner, Mann, DeLillo, Grass, Emerson, Kawabata, Beckett, Hesse, Kosinski, Melville, McCarthy and a thousand others - then we can shift our perspective from a self-centered one to a view more altruistic in nature.

And if altruism is too much to ask then my call to action is at least understanding. And if you don't know yet how to approach the problem of sympathy here is where you can start: [http://www.nobelprize.org/nobel\\_prizes/literature/laureates/](http://www.nobelprize.org/nobel_prizes/literature/laureates/).

If we can understand the invincibility of humanity ("that thesis which I'm always hammering away at," -Faulkner) or the absurdity of life ("I can't go on, I'll go on" - Beckett) or the beauty of the mundane and the monotonous (the theme of countless authors, among them Proust and Whitman) than the meaning of what little time we have on this earth takes on a whole new light.

Life is not material-centric in this light, it is action-centric. The treasure of life lies in companionship and in developing a rich inner world through experience; Finding our dragon or chasing our bliss, Joseph Campbell might say.

So go read a book.

Michael Muench is managing editor of the Thunderword. He is the anti-hero of his own story.



## T-Birds search for consistency

**By Samuel Biehn**  
Staff Reporter

The Highline offense reached a peak in their back-to-back victories against Grays Harbor on April 13, winning the first game 11-3 and the following game 10-9. However, the T-Birds went on to lose their next four.

Highline currently sits at fourth in the NWAC West with a 4-4 division record.

The first game showcased the beginning of a great offensive performance for the T-Birds, as Highline finished the game with 11 runs off of 11 hits.

"We got out of our heads in the first game," Highline pitcher Stefani Gollin said.

Highline designated hitter Precious Tabangcura led the way for Highline, finishing with three runs batted in.

On top of the strong offensive production, Highline produced a solid outing from the mound. Thunderbirds pitcher Stefani Gollin struck out one but gave up just three runs off of eight hits.

In relief of Gollin, Maggie Victor closed out the win giving up no hits in one inning.

Highline followed up this game by edging Grays Harbor in a nail biter.

The Thunderbirds took command early in the game, leading 9-2 by the end of the fifth inning. However, the Chokers came back strong in the sixth and seventh innings, piling up seven runs to tie the game.

Pitching had more issues this time around, with Highline's Maggie Victor allowing nine runs off of 16 hits.

Highline scored the go ahead run in the eighth to put away Grays Harbor.

"We buckled down and focused, our energy dropped [in the seventh and eighth inning]," Gollin said of the second game.

Catcher Aly Rippingham had three RBIs in the game to lead the Thunderbirds.

In the next four games, Highline saw their production slide. In the first game of the Yakima Crossover Tournament, a 14-6 loss to Edmonds on April 16, Highline had 11 hits but was only able to convert for six runs.

Additionally, the pitching struggled against the Tritons, as Highline pitchers Gollin and Tabangcura allowed 14 runs off of 15 hits.

Edmonds jumped ahead of the Thunderbirds early in the first inning, going up 10-2. Highline was never able to catch up.

Highline third baseman Cheyanne Haas was hit in the



Mike Simpson/THUNDERWORD

*Highline second baseman Taylor Poe readies herself for the ball in practice.*

elbow by a pitch in the game, causing irritated nerves and a numb hand, but Haas said "All is well now, my pinky still tingles a little bit, just gonna have a bad bruise and some tight muscles for a while nothing too serious." Haas said she doesn't expect to miss any game time.

The T-Birds were led by center fielder Savanna Gusman and catcher Morgan Struck, who each finished with two RBIs.

In the following game on April 16, Highline still struggled to produce runs in a 9-1 loss to Douglas.

Highline managed three hits in the game. The Thunderbirds' single RBI came from second baseman Taylor Poe.

Highline's Tabangcura struggled from the mound, allowing nine runs off of eight hits while throwing one strikeout and walking four.

"I think that we were not as ready to play as we thought we were," Poe said. "It was hard to get mentally going after the car ride [to the games] so we just tried our hardest and hoped for the best outcome."

Highline wasn't able to bounce back in their following game, a 6-0 loss to Mount Hood. Perhaps a part of the struggle was due to unfamiliarity.

"We played teams from other divisions that we haven't seen before," Highline center fielder Savanna Gusman said.

Highline players also say that they need to remain confident in their at bats.

"I am going to continue going up to bat with the mindset that I am going to win the battle between the pitcher and I no

matter what," Poe said. "And that I am going to make her look like a fool for throwing it down the plate."

Highline followed up by dropping a close one against Shoreline, 9-8.

Shoreline jumped ahead ear-

ly in the game, leading 9-4 after five innings of play. However, the T-Birds made a run at it, scoring four runs in the sixth inning to try to mount a comeback, but fell just shy of a victory.

Despite the loss, the Thunderbirds were able to convert

successfully in the game, scoring 8 runs off of 10 hits.

However, Highline had trouble from the mound, with pitcher Maggie Victor giving up nine runs off of 19 hits.

Highline first baseman Tabangcura, second baseman Poe, and shortstop Megan Chan led the way with two RBIs each for the T-Birds.

Even with the four consecutive losses, Highline players know they are still right in the thick of things.

"We have outstanding coaches with a lot of experience, they know where we are and what each of us need to work on," Gusman said. "But there is a lot of talent on our team and we will do very well in our division."

Highline next begins a two-game series against Centralia at home on April 22, with the first game at 2 p.m. and the second game at 4 p.m. Highline follows with a two game series on the road against Olympic on April 23, with the first game at 1 p.m., followed by the second game at 3 p.m.

"The only thing that motivates the team and I is the NWAC and knowing how we can make it if we really try our hardest and believe in ourselves," Poe said.

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Scoreboard

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

Scores

- Everett 14 Grays Harbor 3
- Shoreline 9 Treasure V 5
- Olympic 11 Spokane 5
- Douglas 9 Wenatchee 6
- Centralia 9 Chemeketa 0
- Douglas 9 Mt. Hood 6
- Bellevue 4 Treasure V 3
- Walla Walla 8 Pierce 4
- Columbia 19 Yakima 1
- Mt. Hood 6 Highline 0
- Clark 6 Blue Mountain 0
- Skagit Valley 9 Olympic 3
- Edmonds 3 Chemeketa 0
- Clackamas 3 N Idaho 2
- Columbia 4 Everett 3
- Shoreline 9 Highline 8
- Wenatchee 14 GH 0
- Clackamas 14 Mountain 9
- C Basin 14 Bellevue 5
- Walla Walla 11 S Valley 4

Wrestlers tackle fundraiser

By Samuel Biehn  
Staff Reporter

If you love getting deals when you shop, and benefiting your local sports programs, then you want to look into the Highline wrestling team's latest fundraiser. The wrestling team is selling spirit cards that cost \$20 each and proceeds will help the team with travel expenses.

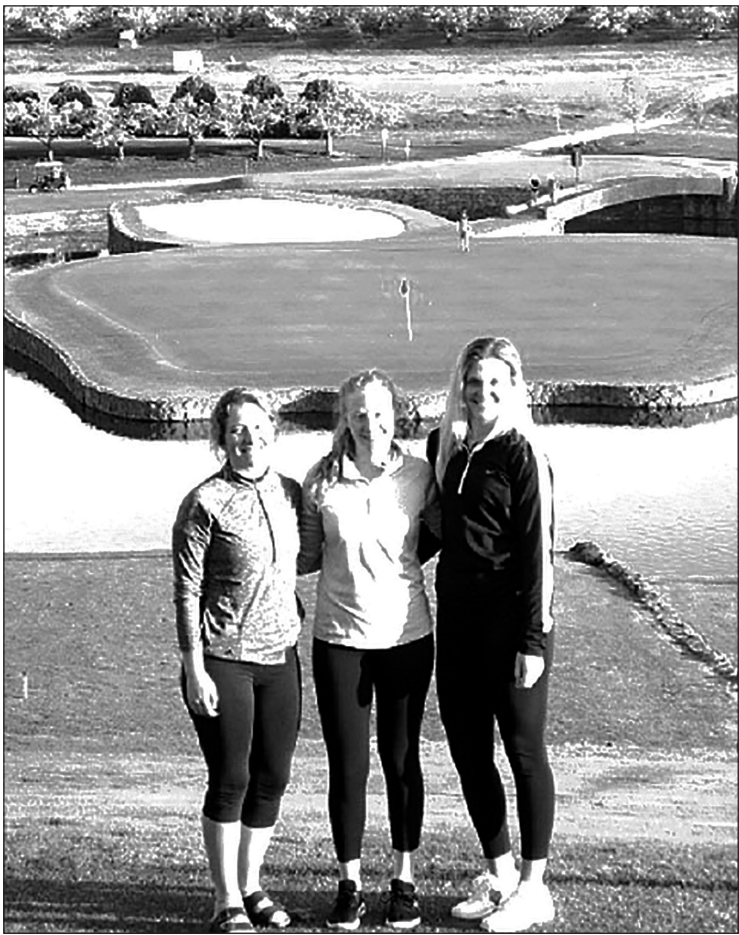
Highline assistant coach Bradley Luvaas says this includes hotels, van rentals, and entry fees. The spirit cards are what Luvaas calls a "coordinated effort between the Highline College wrestling team and local merchants." Luvaas said the cards give customers discounts at local stores but also offer deals at more than 300,000 merchants across the country. Those who are interested in purchasing a spirit card can do so in multiple ways, including sending an email to Coach Luvaas, or by personally walking into the wrestling room on Monday or Wednesday. You can also purchase spirit cards online at [xtraman.com/Highline-CollegeWrestling.aspx](http://xtraman.com/Highline-CollegeWrestling.aspx). If you would like to purchase

more than one spirit card, you are free to do so. There is no limit to how many cards an individual can purchase, Luvaas said. "In fact we just had one gentleman purchase 10 cards to send as gifts to his family members," he said. For more information on the fundraiser, please contact wrestling assistant coach Bradley Luvaas at [bluvass@highline.edu](mailto:bluvass@highline.edu).

Thunderbirds tee off in Yakima

By Mike Simpson  
Staff Reporter

The Highline women's golf team placed 10th out of 12 with a total score of 651 at the Apple Tree tournament in Yakima on April 17 and 18. The team needs more players, practice and tournament experience to be more competitive, said Head Coach Steve Turcotte at a practice at Twin Lakes Golf and Country Club before the tournament.



Mike Simpson/THUNDERWORD  
Highline golfers Hailey Johnson, left, Megan Martin and Jasmine Hansgen pose at the Apple Tree Tournament in Yakima.

"Given that I just made some changes to my swing, I cut myself some slack," Hansgen said. Johnson was working on improving her technique and getting her score below 100, she said. Johnson scored 99 during the first round. "I'm working on my short game, like chipping and putting. I've also been hitting to the right so I'm working on trying to fix that as well," Johnson said before the tournament. It was Johnson's first time playing at Apple Tree, she said. With the season almost over, the ThunderBirds moved up to eleventh place in the NWAC standings. They have one more match before the NWAC Championship at the Veterans Memorial and Walla Walla golf course on May 15 and 16. Highline plays next at the Centralia League Match at the Riverside Golf Club in Chehalis, April 24 and 25.

Seattle City Council moves ahead on arena

SEATTLE (AP) – A Seattle City Council committee has voted in favor of vacating a street needed in order to construct a proposed arena in Seattle's stadium district. The Sustainability and Transportation committee voted 4 to 1 during its meeting Tuesday. Councilmembers Mike O'Brien, Tim Burgess, Rob Johnson and Bruce Harrell voted in favor of the street vacation, while Sally Bagshaw voted against the proposal. The street vacation will now be forwarded to the full City Council for a vote. The vacation of Occidental Avenue is the final major step in the arena proposed by investor Chris Hansen in the hopes of luring an NBA

Sports roundup

or an NHL team to Seattle and would lead to the issuing of a master use permit. The project has faced strong opposition from the Port of Seattle with concerns about traffic and more infringement on the maritime industrial area surrounding the stadium district. State opens some razor clam digging OLYMPIA, Wash. (AP) – State shellfish managers have approved a nine-day razor clam dig, beginning at Long Beach and later expanding to Moccrocks and Copalis. The clam dig on ocean

beaches begins Wednesday on Long Beach. The beach at Moccrocks is added Saturday and Copalis will be added on April 25. The Washington Department of Fish and Wildlife (WDFW) approved the digs after marine toxin tests showed the clams on those beaches are safe to eat. State officials recommend that diggers arrive at the beaches an hour or two before low tide for best results. Digging is not allowed on any beach after noon. Under state law, diggers are required to keep the first 15 clams they find. Each digger's clams must be kept in a separate container. All diggers age 15 or older must have an applicable 2016-17

fishing license to harvest razor clams on any beach. Hockey T-Birds advance in playoffs KENT (AP) – Ryan Gropp scored the eventual winner in the second period as the Seattle Thunderbirds advanced to the Western Conference final with a 3-2 victory over the Everett Silvertips in Game 5 Saturday night. The Thunderbirds won the Western Hockey League second-round series 4-1. Scott Eansor and Nick Howlowko gave Seattle a 2-0 lead with first-period goals. Brandon Ralph answered in the second for the Silvertips before Gropp scored the winner.



# Digital distractions in the gym

By Darin Smith

Special to the Thunderword

We live in a digital world surrounded by technology that gives us ready access to information and entertainment. Our smart phones and tablets are incredibly convenient portable computers that help us communicate, navigate, and educate. This technology is incredibly useful and has become integrated into our daily lives to the point where many people can't imagine the tragedy of being apart from their devices for any length of time. Unfortunately, the constant desire to access our digital devices has left us distracted in many aspects of our lives.

Our smart phones may tempt us to engage in "phubbing" (phone snubbing) of friends and loved ones, where a person has a stronger urge to pay attention to the phone than the person in front of them. They may distract us while driving, putting our lives and the lives of others in danger. They also make us less physically active and fit. A 2013 study of over 300 college students found cell phone use negatively associated with cardiorespiratory fitness. Specifically, low frequency cell users were more likely to engage in physical activity than high frequency users. High frequency cell users were also found to be more likely to participate in other sedentary activities like using computers, playing video games, and watching TV or movies.



Mike Simpson/THUNDERWORD

Highline student Sydney Mang changes her weights while using her phone.

So our technology is making us less active and less fit overall. But what about those people who are regularly making it to the gym? Does this technology help or hurt their ability to exercise?

That depends on how the phones are used. Smartphones have apps that can log workouts, provide fitness information, and track a person's progress toward their fitness goals: all very helpful and motivational uses of the technology. They can also play your favorite exercise music. Music during exercise can improve exercise adherence and performance by serving as a distraction (dissociation) from your body's signals of pain, fatigue, and discomfort. A study

by Lim (2009) had participants ride bikes while listening to popular songs at different tempos. They found that the slower tempos adversely affected the pace and performance, while the faster tempo versions of the songs increased pedaling cadence, power per pedal stroke, mileage, and heart rate. The participants also reported higher enjoyment for the exercise sessions with the higher tempo music.

Unfortunately, some studies suggest that other forms of distraction during exercise (e.g. watching videos, reading, texting) are likely to slow down exercise performance due to too much distraction. They may also increase the risk of

injury by dividing a person's attention. Humans don't really multi-task, they engage in rapid task switching in which they divide their limited attention by switching back and forth between tasks, and as a result they do worse in terms of performance and safety. This is why texting and driving gives a person the equivalent driving ability as a person two times over the legal blood alcohol limit. Being glued to your screen might trip you up on the treadmill or cause you to stumble into another person lifting a heavy barbell. Cell phone use can also adversely affect your posture and exercise form if you are stooped over staring at a screen during your exercise. They also cause

people to take extended breaks between weight training sets, which cools down the muscles and results in a less efficient workout. Serious athletes, lifters, and exercisers need to concentrate on proper form, body movement, and muscle contraction, and cell phones provide enough of a distraction that a person may lose their focus on these things.

In addition to these safety and performance issues, phones just don't belong in the gym. They can be extremely annoying when the person on the treadmill is loudly holding a conversation next to you. It also becomes a problem when people lounge on the exercise equipment playing with their phone while other people are waiting to use the equipment. Lastly, part of the benefit of exercising is to get some "me time" where you can reduce some stress without a bunch of distractions. Bringing your phone with you will just add to your stress and cut into that valuable personal time.

So what is the bottom line? Cell phones like any technology can be good or bad depending on how they are used. They can be used to motivate you with fast-paced pump-up tunes and fitness tracking technology; however, most of the time they are workout killers that distract you, disrupt your performance, and annoy those around you. If you want really to have an efficient and effective workout, put down your phone and pick up some weights.

# Once a neat freak, dad now a hoarder

DEAR DR. ROACH: I know you're not a psychiatrist, but I hope you can help. My dad was a single parent raising us kids, and he was always clean when it came to housework. Every room in our house was almost spotless.

But lately, we have noticed him becoming a hoarder and being more disorganized. By that, I mean keeping weeks-old newspapers on the floor, the kitchen table, everywhere, and he gets upset if we try to help him clean. He's 79. Could it be a sign of senility or Alzheimer's disease? -- R.S.

ANSWER: Hoarding behavior can have several psychiatric causes, and, indeed, a psychiatrist may be necessary to make the diagnosis. However, odds are that your dad always had some form of obsessive-compulsive disorder, and with age



has become worse.

There are other possibilities. Fronto-temporal dementia, a type of dementia that is distinct from Alzheimer's disease, has a variant in which personality and behavior changes are prominent, but given the history of what sounds like unusual cleanliness habits, I would suspect that OCD is the most likely diagnosis. There usually is a long delay from the time symptoms begin until the time the diagnosis is made.

A diagnosis needs to be

made before treatment -- be it medications, psychotherapy or some combination -- can begin. Treatment can improve not only the hoarding behavior but also the distress your dad is feeling. A psychiatrist or psychologist is the expert in making the diagnosis and for treatment.

The booklet on Alzheimer's disease details the symptoms of this common illness. Readers can obtain a copy by writing: Dr. Roach -- No. 903W, 628 Virginia Drive, Orlando, FL 32803. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

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DEAR DR. ROACH: A year ago, my internist prescribed Evista for mild osteopenia, but my gynecologist said she would not have put me on medication yet. Two of my friends also have

osteopenia, but they have not been prescribed medication. I stopped taking Evista last month, because of my fear of developing blood clots. What is your view on this? -- N.S.

ANSWER: Osteopenia simply means "too little bone," and it is a risk factor for developing osteoporosis. Most experts would treat osteopenia by ensuring that you are getting adequate calcium and vitamin D, and seeing that there are no other causes for your osteopenia, such as low thyroid level or medications that can lower bone density, such as cortisone. Although there may be reasons to treat osteopenia before osteoporosis develops, medicines like raloxifene (Evista) are reserved for the more serious condition of bone loss, osteoporosis. Raloxifene does decrease the risk of fractures.

Raloxifene has risks: It in-

creases the risk of blood clots by about 1 person per thousand over five years. However, it decreases the risk of breast cancer.

Thus, raloxifene is a poor choice for someone with an increased risk of clots, but a very reasonable choice for women who need treatment for osteoporosis and also have an increased risk for breast cancer.

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Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu. To view and order health pamphlets, visit [www.rbmamall.com](http://www.rbmamall.com), or write to Good Health, 628 Virginia Drive, Orlando, FL 32803.

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No pressure when cooking turkey

There's a silent killer in America preying on more than 50 million people -- it's high blood pressure. High blood pressure, also known as hypertension, is called the "silent killer" because many people are unaware that they have the condition.

Untreated hypertension increases the risk of heart disease and stroke, the No. 1 and No. 3 causes of death in the U.S. Hypertension also can damage the kidneys and increase the risk of blindness and dementia. For this reason, it is important to have your blood pressure checked regularly.

Blood pressure is the force exerted against the arteries when the heart pumps blood through the body. It is written as a ratio called systolic (top number) and diastolic (bottom number). The systolic number shows the pressure in your blood vessels when your heart beats. The diastolic bottom number is the pressure in your blood vessels when your heart rests. Normal blood pressure is less than 120/80 mm Hg. Prehypertension is 120-139/80-89. High blood pressure is 140/90 or higher.

The good news about hypertension is that it can be prevented. If you have already been diagnosed with high blood



Depositphotos.com

Healthy fruits and grains can help reduce your blood pressure.

pressure, there also are ways you can control it. Follow these tips to maintain a normal blood pressure:

- Follow the DASH eating plan composed of a diet high in fruits, vegetables and low-fat dairy, and low in fat and calories (no more than 2,000 per day). Limit sodium to 2,400 milligrams per day and meat to twice a week.
- Do 30 minutes of physical activity most days of the week.
- If overweight, losing 10 pounds can help prevent or reduce high blood pressure.
- Reduce daily sodium intake to less than 2,300 mg/day (1,500 mg/day for those age 51 and older, those of any age who are African-American or those who

have hypertension, diabetes or chronic kidney disease).

- Stop smoking. It damages blood vessels and accelerates hardening of the arteries.
- Eliminate alcohol intake. Alcohol increases blood pressure.
- Manage stress.
- Take your blood-pressure medication as directed if you already have been diagnosed.

There also are uncontrollable risk factors that could lead to hypertension such as race (African-Americans have a higher risk), heredity and age (the older you are, the greater chance for developing hypertension).

Try my "blood-pressure friendly" recipe for turkey tenderloins with fresh balsamic

and blueberry sauce. And remember, check your blood pressure regularly and add more flavorful, high potassium, low-fat foods into your diet.

TURKEY TENDERLOIN WITH BALSAMIC AND BLUEBERRY SAUCE

A tenderloin is the all-white meat that is cut from the rib side of the turkey breast. Each tenderloin weighs 7-14 ounces. To save time and money, use the same spices to season your favorite vegetables, and roast them in a separate pan while the turkey is in the oven.

- 2 pounds turkey tenderloin (4 pieces)
- 1 tablespoon poultry sea-

- soning, divided
- 1 teaspoon salt, divided
- 1 teaspoon freshly ground black pepper, divided
- 1/2 cup all-purpose flour
- 1/8 teaspoon cayenne pepper
- 3 tablespoons extra-virgin olive oil
- 1/2 medium yellow onion, chopped
- 2 cloves garlic, peeled and minced
- 2 cups blueberries
- 4 tablespoons balsamic vinegar

1. Heat oven to 450 F. Season turkey with 1/2 tablespoon of the poultry seasoning, 1/4 teaspoon salt and 1/2 teaspoon pepper. Mix flour, 1/2 teaspoon salt, the rest of the pepper, and the cayenne in a shallow dish. Dredge turkey in the mixture. (Discard any leftover flour.)

2. Heat oil in a large oven-proof skillet over high heat. Add the turkey; cook until golden brown on one side, 3 to 5 minutes. Turn the turkey over and transfer pan to the oven. Roast until the turkey is just cooked through and no longer pink in the middle, 15 to 20 minutes. Transfer turkey to a plate and tent with foil to keep warm.

3. Place the skillet over medium heat (take care, handle will still be very hot!). Add onions and garlic, and cook 30 seconds to 1 minute. Add blueberries, vinegar and the remaining 1/4 teaspoon salt; stir, scraping up any brown bits. Cook until the blueberries burst and mixture becomes syrupy, 4 to 5 minutes. Serve immediately.



Bread pudding, an old favorite

Double chocolate bread pudding

- 2 cups heavy or whipping cream
- 1/3 cup sugar
- 1/4 cup whole milk
- 6 ounces semisweet chocolate, chopped
- 2 large eggs, lightly beaten
- 1 teaspoon vanilla extract
- 6 ounces day-old French bread, cut into 3/4-inch cubes (about 4 cups)
- 1/4 cup semisweet chocolate chips
- Whipped cream (optional)

1. Heat oven to 300 F. In 2-quart saucepan, heat cream, sugar and milk over medium heat until sugar dissolves, stirring occasionally. Remove from heat.
2. Add chopped chocolate, stirring with wire whisk until mixture is smooth and chocolate melts completely. Gradually whisk in eggs and vanilla until

Good Housekeeping

well-combined.

3. Place bread in shallow 1 1/2-quart or 8-by-8-inch glass or ceramic baking dish. Pour chocolate mixture over bread. Cover and refrigerate 30 minutes, stirring occasionally.

4. Sprinkle chocolate chips on top of bread mixture. Bake, uncovered, 40 to 45 minutes or until set. Cool 10 minutes to serve warm, or cover and refrigerate to serve cold later. Serve with whipped cream if you like. Makes about 8 servings.

\* Each serving: About 440 calories, 33g total fat (16g saturated), 6g protein, 35g carbohydrate, 33g total fat (16g saturated), 2g fiber, 136mg cholesterol, 150mg sodium.

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Enjoy a mexicali casserole in anticipation of Cinco de Mayo

If you celebrate Cinco de Mayo, here is a great dish to celebrate with!

- 4 ounces extra-lean ground sirloin beef or turkey breast
- 1/4 cup chopped onion
- 1/2 cup chunky salsa (mild, medium or hot)
- 1/4 cup reduced-sodium tomato juice
- 1/2 cup cooked elbow macaroni, rinsed and drained
- 1/2 teaspoon dried minced garlic
- 1/4 cup (3/4 ounce) crushed Frito-Lay Baked Tostitos Tortilla Chips
- 3 tablespoons (3/4 ounce) shredded Kraft reduced-fat Cheddar cheese

1. Heat oven to 350 F. Spray



2 (12-ounce) custard cups with butter-flavored cooking spray.

2. In a large skillet sprayed with butter-flavored cooking spray, brown meat and onion. Add salsa, tomato juice, macaroni and garlic. Mix well to combine. Evenly spoon mixture into prepared custard cups.

3. Sprinkle 2 tablespoons tortilla chips and 1 1/2 tablespoons Cheddar cheese over top of each. Place custard cups

on a baking sheet and bake for 15 minutes. Place pan on a wire rack and let set 5 minutes.

Serves two.

TIPS: 1) Purchase a 16-ounce package of extra-lean ground meat, divide by 4 and freeze 3 portions for future use. Don't forget to date and mark packages.

2) Usually 1/3 cup uncooked elbow macaroni cooks to about 1/2 cup.

Each serving equals: 247 calories, 7g fat, 19g protein, 27g carbs, 552mg sodium, 92mg calcium, 3g fiber; Diabetic Exchanges: 2 Meat, 1 Starch, 1 Vegetable; Carb Choices: 2.

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# Make the day easier, get some sleep

**By David Moran**  
Staff Reporter

Eat well; sleep well and your brains will work for you, said a Highline here last week.

Anne Whitson, Highline professor, and professional nutrition consultant spoke last week as part of weekly science seminar presentations.

To open the marathon of science seminars for this quarter, Whitson gave a memorable presentation on caring for brains with your nutrition last Friday.

“I want students to know that they have control over how their brain works,” said Whitson in an interview. Whitson showed in her presentation how the brain’s health could be boosted using exercise, sleep, and natural foods.

“There are two aspects of brain health, neurogenesis and plasticity,” she said. Both of these properties concern the behavior of neurons, the basic parts of the brain that link together to form a messaging system.

“Neurogenesis is the process of making new neurons,” Whitson said. “Getting moderate exercise, sleeping regularly, and managing emotional stress can do this.” Whitson said.

“Plasticity is the ability to make new connections between neurons,” she said. Cutting processed sugars and trans fat



Jessica Strand/THUNDERWORD  
*Professor Anne Whitson speaks on the link between getting enough sleep and the health of one’s brain at last Friday’s Science Seminar.*

from diets, checking for allergic reactions to things like gluten, dairy and soy will help boost plasticity.

Eating nutritious fats, colorful vegetables, nuts, and protein, and trying to learn new things will help to boost plasticity, Whitson said.

To test for food allergies, Whitson recommends using the coca pulse test.

“The coca pulse test is a non-scientific but reasonably accurate way to test for food sensitivities,” she said.

The coca pulse test is done by first taking a resting pulse for a full minute. Then, taking a food suspected of causing a reaction and placing it inside the mouth for another minute.

Do not eat the food yet. Spit the food out and take another pulse. If the pulse is higher than before, you can be reasonably sure of a reaction.

Whitson spoke on sleep as an important role in helping brains work. Sleeping regular hours and for seven to eight of them at a time keeps students refreshed and helps them study, she said.

Whitson has been advising people for over 12 years and established her formal practice in 2010. Primarily, her advice is sought for controlling weight. Her practice is called Anne Whitson, Nutritional Therapy.

“The advice for weight control falls along the same lines,” Whitson said. Eating better, sleeping more, and getting regular exercise creates a path for weight control.

For the next seminar, Darin Smith will be speaking about the Science of Obesity. The seminar will be held in Building 3, room 102 from 1:30-2:35 on Friday, April 22.

# Failure can lead to success, prof says

**By Olivia Beach**  
Staff Reporter

When failure meets resilience, there is an opportunity for re-innovation, a communication professor said at last week’s Honors Colloquy.

Ellen Bremen said that even when you are doing the right thing, failure can occur. When failure occurs, you have an opportunity to “switch and shift” your mindset and life into a new direction.

Honors Colloquy is open to the public and held weekly. It is based on Honors in Action and is a class students can get credit for. Each week a new speaker comes, speaking with the general theme of a contemporary world issues.

“If you are following your efforts, you are taking tangible steps,” Bremen, a communications professor of 12 years and published author, said.

Bremen explained the struggle her husband experienced getting laid off multiple jobs and how he now owns his own successful company.

Bremen said that times got hard, but because of the resilience she had built as a teenager, she was able to push through and help her husband.

“Let yourself feel the fear... but keep pushing,” she said.

“Create quick change,” Bremen said. “That is the same concept as re-innovating ourselves and being able to find ways to do something different.”

Bremen said she learned how to deal with disappointment while learning how to help others with it. In addition, she learned how to turn failure into success.

“There are no bonus points for good people,” she cautioned. “Don’t ask why did this happen to me? You have to ask: what will I do now that it has? That is re-innovation. That is resilience.”

Get an education, remember to self care, and let yourself fail is more advice Bremen gave.

Such skills are needed throughout life, in every aspect she said.

The next Honors Colloquy will be in Building 8 at 12:15 to 1:20 p.m. April 20. Claudia Castro Luna will hold a writing workshop as a part of Highline’s National Poetry Month.

# Put on some boots and give back to Mother Earth at the MaST Center and the Des Moines Creek Trail

**By Cierra West**  
Staff Reporter

Staff, faculty and volunteers are invited to ride the tide into Redondo on the April 23 and clean the beachfront community in observance of Earth Day.

The clean up at Highline’s Marine Science and Technology Center will be the Saturday following Earth Day. The MaST Center event coordinator wants to reach their goal of finding at least 500 pounds of rubbish around Redondo.

“We are hoping to start a snowball effect,” said Jillian Mayer, an AmeriCorps Service member and volunteer coordinator at the MaST Center.

Getting people to think about their environment and the effect each person has on the place he or she lives is one of the goals, Mayer said.

Volunteers are to show up at the MaST Center at 9 a.m. on April 23 for a half-hour of training before they will be put into groups and sent out to clean the streets, beach and even Poverty Bay.

If you’re thinking about volunteering, don’t worry about getting wet; volunteer divers will be the ones getting in the water.



Mike Simpson/THUNDERWORD  
*Students Anthony Trang and Angelo Espinosa attended yesterday’s birdwatching session hosted by Dr. Lonnie Somer.*

Volunteers should dress in boots, have tough pants on, and be ready to get dirty.

“Pretend you’re going to be gardening all day,” Mayer said.

You can bring your own gloves or they will be provided. Volunteer divers should bring all their own gear as well as a knife and a bag for collecting rubbish underwater.

All trash collected will be brought to the MaST Center, sorted, weighed and documented for Project AWARE, an international non-for-profit organization that works

with volunteer scuba divers to clean up the oceans and gather data on the amount and types of trash that they find in the oceans.

If you’re interested in volunteering, want more information, or want to R.S.V.P., contact Mayer at jmayer@highline.edu, you can go down to the MaST Center and sign up on the white board outside or you can join the Facebook invite at <https://www.facebook.com/events/1570872246556466/>.

Meanwhile, at the other end

of town, on April 23 there is a volunteer opportunity to help remove the invasive ivy from the native plants in an effort to preserve the plant life at Des Moines Creek Trail.

The group will meet at 9 a.m. in the north parking lot of the Des Moines Creek Trail and work until noon. Volunteers will be working in the dirt and mud so they should dress accordingly in boots, tough pants, a shirt they don’t mind getting dirty and gloves.

Volunteers are encouraged to bring their own gardening tools, although there will be tools provided. Children younger than 12 are welcome to come help out as long as they have adult supervision. Volunteers should also bring water and any snacks they want.

To R.S.V.P, please email laurahartema@yahoo.com put “volunteer” as the subject line and include the number of people that will be in your group in the email.

To find more Earth Day events visit <http://www.kingcounty.gov/services/environment/stewardship/being-green/events.aspx>



# Highline seeks next student leaders

By Ariana Thomas  
Staff Reporter

Highline is looking for students who are interested in applying for jobs for the next school year starting in fall.

Three student employees had the opportunity at the Leadership Luncheon on April 11 to encourage students to apply for on-campus jobs. This was an opportunity for students to learn which departments on campus are hiring and for what positions.

Doris Martinez, Inter-Cultural Center leadership coordinator in Multicultural Affairs, welcomed students as they walked around each department booth and asked questions about the jobs available.

It is important to be involved on campus and be academically successful, said Dr. Jonathan Brown, the associate dean for Student Programs/Center for Leadership and Service.

“Students who are engaged and involved in their college experience get higher grades when involved, are more likely to achieve goals, and gain persistence,” Dr. Brown said.

Leadership Development Coordinator Noory Kim shared her experiences about changing directions in her life and taking the opportunities for change.

“All of you that are here, I see as an opportunity,” she said. “There is potential for change.”

Assistant Director for Center for Leadership and Service Ie-



Ariana Thomas/THUNDERWORD

Noory Kim speaks to students on Highline leadership positions at the April 11 Leadership Luncheon.

sha Valencia said students need to know that they can talk to others on campus about available jobs.

“Being a student leader on campus does not just start and stop the minute you come onto campus,” Valencia said. “It impacts every other aspect of your life.”

Community Resource Consultant in the Center for Leadership and Service Dulce Armas shared her experiences working and urged students to apply.

“There is so much potential for all of you, and it is very rewarding,” she said.

The Center for Leadership and Service on the third floor of Building 8, is currently hiring students for these jobs: five leadership consultants, four community resource consultants, two Design Team graphic designers, one marketing outreach social media tech, and one Speaker of the Caucuses in student government.

The Center for Leadership

and Service is having elections later this quarter and both the president and vice president positions are minimum wage jobs. But students have to run in the election for these positions.

Inter-Cultural Center student leader Zin Win spoke about her experience of not being able to speak English very well before she started working in the Inter-Cultural Center and learning speaking skills.

“One of the biggest accomplishments from working is

improving my communication skills,” she said.

The Inter-Cultural Center on the second floor of Building 8, is hiring for five student leaders.

The applications for these jobs are due May 9 by 4 p.m. and are available in the Center for Leadership and Service.

Other job opportunities are also available.

Peer navigator in the Achieve Program Anotoliy Voznyarskiy talked about the importance of getting out there and working.

“If you are thinking about becoming a navigator or having any leadership job, look into it. You can have fun and gain many great relationships,” Voznyarskiy said.

Along with the Achieve Program located in Building 99, the Outreach Program is hiring four student ambassadors.

Student Services in Building 6 is also hiring. The TRiO program, the Counseling Center, Women’s Programs, and Student Employment are all looking for students help.

Union Crew is also hiring. These jobs pertain to cleaning, making sure Building 8 looks it’s best, and setting up or taking down equipment for events.

International Student Programs located in Building 25 is also hiring for students to work for the International Leadership Council. For more information, go to Building 25 on the 5th floor.

For any more information students should contact any of the departments directly.

# Annual gala aims to raise funds for college programs

By Jessica Strand  
Staff Reporter

Dinner and an auction are on the agenda for a sold-out annual Highline College Foundation Gala.

The Highline Foundation is hosting its annual gala April 23 at Cedarbrook Lodge, with most of the proceeds going towards scholarships.

Attendees of the gala will have dinner and be able to bid on items that have been donated such as travel packages, or a dinner out, said Rod Stephenson, foundation executive director.

“That’s [the gala] our largest fundraiser, and historically its been used to help fund scholarships,” Stephenson said. “It certainly creates opportunities for some other projects as well.”

“We give out approximately \$175,000 to \$200,000 [in scholarships] a year,” Stephenson said.

Two hundred attendees will have an opportunity to place



Shelley Timmons

their bid on 25 items. Items being auctioned have been donated and consist of items such as travel packages and dinner out.

In addition to the auction, in the spirit of putting a face to the students who Highline supporters help, the foundation often has student speakers at its fundraisers. This year’s gala student speaker is Shelley Timmons.

Timmons started at Highline

back in 2001, but only completed a few quarters.

“I took a few quarters here and life just happened,” Timmons said. “I ended up getting married and having a baby. Throughout 2002 to about 2012 I had a lot of struggles, especially with my relationship that resulted in a divorce. I dealt with some physical and emotional abuse during that time.”

Timmons also was diagnosed with skin cancer on her face during that time and went through several reconstructive surgeries.

She returned to Highline in 2014 and played on the women’s basketball team in her first year back.

“It was a good achievement — once I was done with the basketball season I felt like I accomplished something,” Timmons said. “When I graduated high school I was offered full-ride scholarships, but I was so burnt out on basketball that I didn’t take them. So in a sense, I

felt like I was able to go back and do it.”

Timmons is a single parent of an 11-year-old daughter. She goes to college full time, works at the Highline Information Desk, and plays the roll of both mother and father for her daughter.

During Timmons’ first year back at Highline she received help from the Women’s Program. Due to Women’s Programs being funded through the Department of Social and Health Services, they were unable to help Shelley after her first year, so she had to find other resources to be able to continue towards her degree.

She found that help through scholarships through the Highline Foundation.

Timmons is now working on her bachelors degree in Cyber Forensics at Highline.

Her story is only one of the many students helped each year.

But the foundation does much more than scholarships.

“The foundation is a 501(c)

(3) corporation dedicated to assisting Highline College in its mission through fundraising and friend raising for scholarships, programmatic support and capital projects,” Stephenson said. “Basically, the whole purpose of our existence is to support the college to the benefit of faculty, staff, students and the community.”

“For example, when I say the community, the MaST Center is a great facility, it’s free to the community on Saturdays, so it’s a community asset. We raised \$2 million for that,” Stephenson said. “The community that we serve, from Federal Way to Burien, is part of Highline.”

The gala is the foundation’s biggest fundraiser of the year. It brought in \$160,000 last year.

Anyone interested in finding out more about the Highline College Foundation, or apply for scholarships can visit the foundation’s website at fund-s4highline.org.



# Get graduation-ready at Commencement Fair

**By Qeeshon Yim**  
Staff Reporter

Students graduating this June can ready themselves for graduation by attending the upcoming Commencement Fair on May 10.

The event will not only provide students the ability to look forward to the ceremony, but also help students make sure that they have everything they need, said Kristi Dopp, Highline Bookstore manager.

From buying tassels and gowns, to ordering class rings, the Highline Commencement Fair offers many opportunities for students to refresh their Highline memories, she said.

“The Highline Commencement Fair gives students both the opportunity to reminisce in their memories at Highline, and the chance to pick up their cap and gowns well before the ceremony,” Dopp said.

For students who haven’t pre-ordered their caps and gowns, now is a good time to submit pre-orders. Pre-orders can be made on the campus Bookstore website [www.high-](http://www.highlinebookstore.com)



Highline College Photo

*Students can pick up class rings, tassels, and caps and gowns for graduation on May 10.*

linebookstore.com. In addition, students who qualify to graduate can apply online. From the website, under the Graduation tab students can purchase their caps and gowns, look up information on the commencement ceremony, and information on how to apply for graduation.

If students would rather, caps

and gowns are available for pick up from 9 a.m. – 5 p.m. The location will be in the Student Union, Building 8, and will be held in the Mt. Constance/Mt. Olympus room on the first floor.

In addition to picking up graduation attire, there will also be Highline merchandise available at 30 percent off normal

price.

The choice of participating in the ceremony is optional for students. Students who have completed their degrees, or earned enough credits, can either participate in the ceremony or have their degrees mailed to them.

At the Commencement cer-

emony, students will be able to have their photos taken and have short videos of their memorable moments shown while on stage. The person in charge will be Bob Hier, the college’s audio and video director. Students who participate in the video are given an opportunity to give thanks to family and friends who have supported them.

“The purpose of the video is for students of this generation to give a shout-out to whoever they want and give thanks,” said Hier.

In addition, the ceremony and thank-you videos will be recorded. This will give students the ability to stream their videos through social media for loved ones around the globe. Graduation photos can be available through [www.darelophotography.com](http://www.darelophotography.com). Recordings for the videos will be held at the Commencement Fair.

The Commencement ceremony will be held at the ShoWare Center in Kent, on June 16 at 6:30 p.m. with student check-in at 4:30 p.m. The ceremony will conclude at 9 p.m. Admission for guests is free.

## Marijuana

continued from page 1

The most popular reason, for 26 respondents, was not wanting the feeling of being high.

Health reasons were the second most popular reason, expressed by 16 students. Of those 16, Sonia Del Casal and Gurkirad Singh both said that they didn’t use it because they were worried about the health problems that could come with it.

While Casal hasn’t used marijuana out of fear of health problems, she said that she still thinks marijuana should be used for medical reasons.

The most popular response from the students who never tried marijuana was because of health reasons or the cost of it.

“I do not want to try something that I’ll probably be dependent on to feel good or relaxed,” said Agoston Baldauf.

An anonymous student said something along the same lines: “I don’t use it, but I don’t have anything against it.”

Seven students said that they can’t stand the smell and six don’t use marijuana because of religious restrictions.

“I’m Christian, I don’t do that kind of stuff,” said Highline student Naomi Rujoni.

“I’m a Muslim so it’s not for us,” student Shahad Baren said. “We don’t drink and we don’t smoke.”

Three students said their lives had been negatively affected in the past by being a regular marijuana smoker, so they no longer smoke.

“My sister went to rehab for drugs when I was in middle school and I have always been very focused on my schooling and my family,” one anonymous student said.

Other students do not regularly use because of either cultural beliefs, athletics, the lack of access because of their age, or having strict parents.

“It might mess up my vocals,” said student and singer Seth Davis.

“I am an athlete,” said one anonymous student.

Marijuana use on campus is illegal due to the federal funding that the college receives as marijuana is illegal for recreational use on a federal level.

Recreational use of marijuana was approved in Washington state by popular vote on Nov. 6, 2012.

Recreational marijuana use is prohibited by law for those under the age of 21. The students surveyed were not asked their age.

There are still reports of marijuana on campus despite the laws.

A complaint about marijuana “can come a few times a week or once every couple weeks,” Public Safety Sgt. George Curtis said.

Being under the influence while on campus is against the law, but smelling of marijuana

is not. Public Safety officers will remind those who appear to be under the influence or smell of marijuana what the repercussions are of marijuana use, in the attempt to educate and prevent misconduct.

Public Safety will only take further action if there is proof of use on campus or the person under the influence is disrupting others on the campus.

Expulsion is a possible reprimand for using marijuana on campus. The Office of Student Conduct would be informed of the infraction, which would make that determination on a case-by-case basis.

The Office of Student Conduct would notify the Office of the U.S. Department of Education. The Department of Education governs Federal Student Aid and processes the Free Application for Federal Student Aid (FAFSA).

Reprimand for marijuana use on campus can lead to possible expulsion, withdrawal from all current courses, loss of tuition for the current quarter, and possible loss of federal student aid due to misconduct.

Highline Public Safety Office will only notify local police for legal ramifications in extreme cases, Sgt. Curtis said.

“There has never been a serious incident on campus,” Sgt. Curtis said.

*Staff Reporters Jesse Brand, Ryan McCandless, Cierra West, and Whitney Barrera contributed to this story.*

## Pot laws around the globe

**By The Associated Press**

Marijuana is illegal for any reason under federal law, but states have boldly experimented with allowing its use anyway, starting with California 20 years ago.

Eight states allow people with certain medical conditions to use marijuana, according to the Marijuana Policy Project, a pro-legalization group that tracks state pot laws.

At least 17 states have passed laws opening the door to marijuana use as long as the drug is extremely low in THC, the intoxicating ingredient. The laws have emerged in the last three years following publicity about children with severe seizures benefiting from oils derived from marijuana.

Five states have removed the potential for jail time for those caught with small amounts of the drug. That means pot isn’t legal for recreational use, but people smoking it to get high can’t be put behind bars.

A few states both have approved marijuana use by sick people and removed jail sentences for recreational users. Some consider the drug just as illegal as heroin but don’t enforce the ban.

## King Crossword

Answers  
Solution time: 25 mins.

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

## Go Figure!

answers

7	÷	7	+	6	7
+		-		+	
8	÷	2	+	9	13
÷		×		×	
5	×	3	+	1	16
3		15		15	

## Weekly SUDOKU

Answer

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



# Transit

continued from page 1

engagement, creating good jobs, maintaining a healthy environmental impact, having access and safety within the transit structures, and keeping housing near the stations affordable.

"Transit hubs should be big, open areas," said Mary Whitaker, a participant in the Access and Safety group.

The areas would be well lit and large to promote public

safety, using public artwork to break up the space, she said.

Others thought differently. "There's only one thing to make spaces safer, and that's cops," said a participant named Matthew, who preferred to give only his first name.

Supervision would make potential crime much more difficult to achieve, he said.

Regardless of the final form of ST3, Sound Transit officials said expansion of the light rail will help the economy and the people in it.

Being able to get to places of work and places of education is a strong social and economic factor, said King County Councilman Dave Upthegrove, who is also a Sound Transit board member.

"Access to employment is the biggest predictor of poverty," Upthegrove said.

People of color and low socioeconomic status have disproportionately less access to personal transportation such as cars, and are reliant on public transportation, he said.

"The cost of installing the Kent-

Des Moines stations will be about \$500,000," said Carly Brooks, volunteer for OneAmerica, an advocacy group for immigrants.

Projections made by the U.S. Census Bureau predict that the cost of building phase 3 will pay off in terms in the gain in jobs in the greater Seattle area, and surrounding communities.

"T.O.D. is what we're going for," said Brooks. "That's transit oriented design."

This focuses on making places like schools and grocery centers easily accessible to people using

the transit system, she said.

In the last five years, congestion has grown in the greater Seattle area, creating an average of 20 minutes longer travel time, according to Sound Transit. The total amount of people using cars to commute in and out of Seattle has been rising steadily since 1992.

Sound Transit and King County Metro will have another community meeting Thursday, April 28, 5:30-7:30 p.m. at Todd Beamer High School, 35999 16th Ave. S.

# Heels

continued from page 1

couraged to walk one mile in a pair of high heels and raise money to donate to local rape crisis centers, domestic violence shelters and other sexualized violence education, prevention and remediation programs.

"Our mission is to create a unique and powerful public experience that educates individuals and communities about the causes of men's sexualized violence against women, provides them with prevention and remediation strategies and empowers them to further develop and implement these knowledges and skills interpersonally and politically," according to

the organization's website.

Cordova is the captain of Team Highline College. Comprised of six men, the team will be participating in the Walk A Mile event in Tacoma on April 22.

"[Society] tends to think of sexual assault as a woman's issue, but in reality it's everyone's issue," said Cordova. "The majority of people who are doing these acts [of sexual assault] are men. So I think we as men have the ability and responsibility to end that cycle."

This is Cordova's first year participating in the Walk A Mile event. After seeing a news story last year about the Walk, he was immediately interested and wanted to help join the cause to raise awareness, he said.

"Sexual assault is a really big

deal, especially on college campuses," he said. "A lot of times universities don't do anything to help the victims. Schools cover it up to protect their reputation."

Instead of just talking the talk, Cordova decided to walk the walk, too.

"I get some practice in and also I think it makes it a lot easier to promote the event," he said, "as opposed to me just wearing sneakers and talking to people about it compared to me wearing high heels. I think it has a different effect on people."

It isn't easy wearing the heels every day, Cordova said. Along with the physical discomfort and developing back pain, he also gets some social attention.

"People give me weird looks, like 'who the hell is this creep?'" he said. "Some people pull out

their phones and take pictures of me. It doesn't really bother me."

The shoes also strike up conversations about why he's sporting the bright red stilettos. Cordova happily explains the campaign to people and offers them information.

Cordova had one word to summarize what the men on the team expect to experience during the mile in high heels: "Pain."

Sexual assault is a major problem, especially on college campuses, he said.

"We need to end victim blaming and rape culture," Cordova said. "We need to teach people not to do these crimes, rather than teach women how to avoid it."

"It's worth it because it's for

a good cause," Cordova said. "And taking [the heels] off feels amazing."

The Highline team is also collecting donations for the event. All of the money will go to the Sexual Assault Center of Pierce County. The team's goal is \$250 and they are very close to reaching it, said Cordova.

Walk A Mile In Her Shoes will take place at the Washington State History Museum in Tacoma located at 1911 Pacific Ave on April 22. The walk will start at noon.

Registration is free and still open. People may register up until one hour before the walk begins.

For more information, visit [walkamileinher shoes.org](http://walkamileinher shoes.org) and to donate to Highline's team, visit [firstgiving.com/team/317542](http://firstgiving.com/team/317542)

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