

Students speak out about concerns

By Cierra West
Staff Reporter

Students came together and spoke about everything from Washington's residency policy to the inability to use food stamps on campus at a forum last week.

The forum was held last Tuesday in Building 2. Thirty students showed up to share their issues with the student government, in hope for change.

Many students going to Highline receive food stamps, but campus food services do not accept them.

This poses a problem for students such as Autum Beel Peterson, mother of five and

full-time student. She explained that the assistance is of no use to her at school where she spends a lot of her time.

Peterson will be graduating with her associates degree soon, but with this usually joyous occasion comes sad news that her child care is going to be cut off now that she has finished her degree.

"I want to continue my degree," said Peterson.

Other mothers feel the stress of going to school while supporting their children. Ariana Thomas participated in the Workforce Program at Highline.

"I finished my year here and I found out I have to take more classes," she said, but the



Mike Simpson/THUNDERWORD

Abdul Aziz Bah, left, Amelia Strayer, Ariana Thomas, and Austin Landon address the crowd at the Speak Out forum.

state Department of Social and Health Services would not let her complete the year in the Workforce Program because she had completed a full year.

Her education would have stopped there if she had not

received the Single Moms Scholarship from the Highline Foundation.

"Students under the Workforce Program should be

See Speak Out, page 12

State to survey students on assault

By Olivia Sullivan
Staff Reporter

Highline students will soon have the chance to talk about their experiences with sexual assault, physical violence, and awareness of resources.

On Monday, the State Board for Community and Technical Colleges will send out a voluntary survey to students, staff, and faculty to gauge these personal experiences on and off of campus.

"Even though it is a difficult topic for many people, the only way we will gain knowledge to better prevent and respond to sexual violence is by asking these difficult questions," said Darby Kaikkonen, the director of research for the State Board for Community and Technical Colleges.

The Washington State Legislature passed a law in 2015 (SSB 5518) that requires all higher education institutions to conduct a campus climate assessment to determine the level of sexual violence on and off of campuses.

"It's interesting because even if there wasn't this law, at some point we still would've seen colleges and universities doing similar assessments and trying to figure out how to help students," said Dr. Lisa Skari, Highline vice president of Institutional Advancement.

Nationally, April is Sexual Assault Awareness month and as it comes to an end, it is the perfect opportunity to conduct an assessment about sexual assault, according to the State Board Campus Climate Survey website.

"Universities conduct their survey independently," said Dr.

See Survey, page 11

Logging into college success

Gateway helps students get back on track

By Taylor Lee
Staff Reporter

High school wasn't going so well for Karla Bustamant and Alex Martinez before they found Gateway to College.

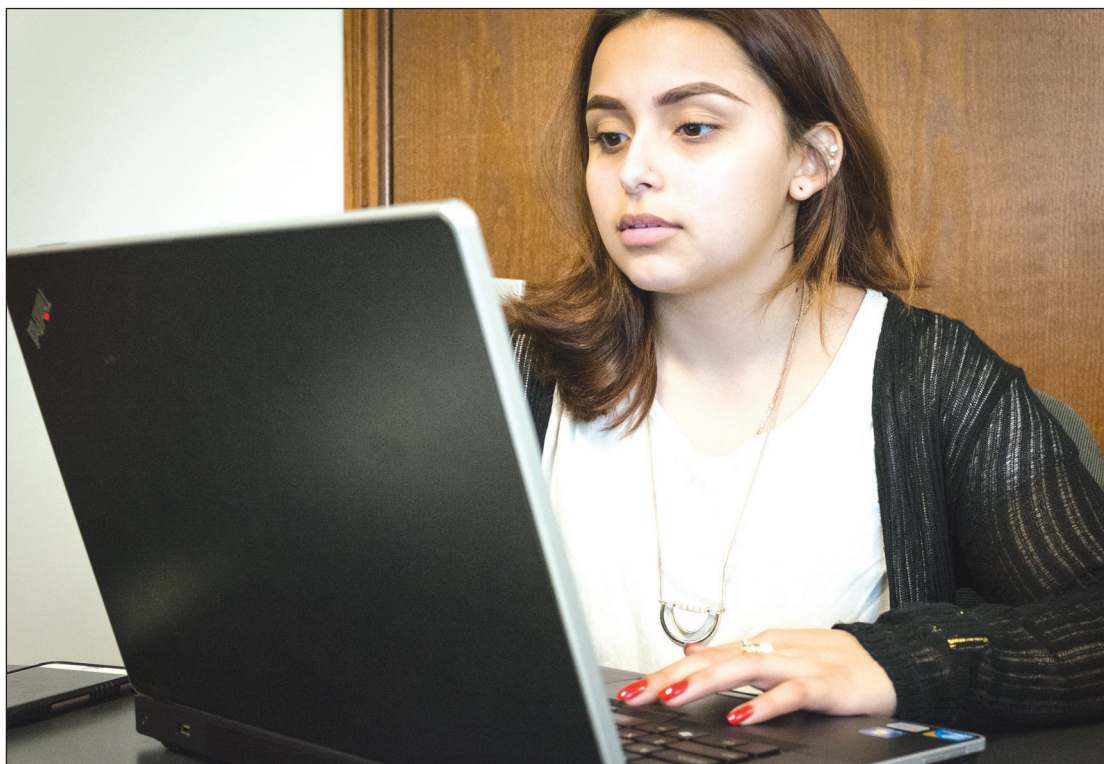
Gateway to College is a program that helps struggling high school students catch up to be able to graduate on time and earn college credits.

"I was failing classes and not on track to graduate on time," said Bustamant. "My sister told me to check out Gateway to College, so I did."

Gateway pays for Bustamant's classes and books until she is 21, she said.

"I was doing really badly my first two years of high school," said Martinez. "My counselor at Stadium [high school] told me about the program."

The process to get accepted into the program involves writing several short stories and



Mike Simpson/THUNDERWORD

Karla Bustamant says Gateway to College has helped her succeed in school.

reading a book, he said.

"I didn't think I could do it, but I worked through it and was accepted," said Martinez. "Being accepted motivated me like never before."

"I like to describe it as an instructor based program that helps bridge students into col-

lege-level classes," said Kao Saechao, director of the Gateway program.

The program used to be more focused on diplomas, but has now become more focused on degrees, he said.

"Students can do almost any class available as long as they

complete their high school requirements," said Saechao. "I have students who have started in Math 89 and are now finishing calculus."

See Gateway, page 12

IN THIS ISSUE

| | |
|-------------|-------|
| Campus life | 2-3 |
| Opinion | 4 |
| Arts | 5-6 |
| Sports | 7 |
| Food | 8 |
| Puzzles | 9 |
| News | 10-12 |



Page 3

Students of Color conference discusses multicultural views



Page 7

Lady T-Birds hope to rebound after rough week of games



Page 11

MaST center cleans up the sound for Earth Day



Vagrant freshens up before detox appointment

By Ani Miller-Wells
Staff Reporter

A homeless man was found washing himself in a men's bathroom on the third floor of Building 29 at 9:54 a.m. on April 21.

He admitted to having been homeless for two months and to being a heroin addict in withdrawal. He said he was trying to wash up before his friend's mother showed up to take him to the Highline Medical Center for a heroin detox.

The man was very cooperative when he was asked to leave, and did so without a problem.

Police involved after hit and run

Two vehicles were involved in an accident in the East Parking Lot on April 22 at 12:41 p.m. A student's car was hit, and upon trying to get contact information from the driver that hit them, was told they didn't have ID or insurance and refused to give his name or phone number.

The victim is reporting the incident as a hit and run to the Des Moines Police Department. The Des Moines Police are planning to follow up on this investigation, said Sgt. George Curtis of Public Safety.

Theft of license plate in east lot

A license plate was stolen off a car in the East Parking Lot on April 26 between noon and 2 p.m., and the Des Moines Police Department responded to investigate the theft.

Man belligerent at offer of help

A man was disgruntled when a Public Safety officer asked if he needed help with looking for something at 7:30 p.m. on April 25. The man immediately responded asking if the officer needed help.

The individual was bothered by the alleged "staring" and the ask for help, becoming argumentative as the officer tried to explain he thought the man was looking for something and just wanted to help. The man left without further incident.

Awards bring light to women's victories

By Ariana Thomas
Staff Reporter

The American Dream: The Struggle is Real is the theme of Women's Program's 34th annual celebration on May 4 in the Mt. Constance/Mt. Olympus room of the Student Union.

Work-First Coordinator/Adviser in Women's Programs Jean Munro said that the event is intended to bring awareness on the American dream and the struggles in trying to attain that dream.

"These keynote speakers have an important message for students," Munro said. "They want to share their experiences on debt, and how to get out of it."

The event starts at 10 a.m. with a raffle to raise emergency funds for enrolled students.

"The raffle is always scheduled right before Mothers Day. Many of our students bring their mom a raffle gift they win or give a basket to their children," she said. "Raffle sales go directly to support the Women's Programs emergency scholar-



Jessoca Strand/THUNDERWORD

Three Writing Center leaders, Amne Intissar, (left) Tess O'Rourke, (middle left) and An Nguyen (middle right) accept their awards at last year's Women in Action awards ceremony.

ship fund. All enrolled students can apply for these funds," Munro said.

At 11 a.m. representatives of The Mahogany Project will describe their mission to create new works, develop artists, collaborate, produce, support, and provide a platform for black artist's voices.

At 11:35 a.m. American Student Assistant Sarah Arslanian will speak to students about

money issues for college and beyond, followed by a question and answer session.

Refreshments will be served at 12:35 p.m., followed at 1 by the Women in Action award ceremony.

The awards recognize women who have overcome obstacles in their lives to achieve self-sufficiency, give back through community service, or excel in academics and/or teaching.

Raffle winners will be announced at 2:30 p.m.

Women's Programs, in Building 6, assists women and men at Highline who are advancing their educations while receiving cash assistance and food stamps from the state Department of Social and Health Services. The program offers life skills classes and assistance with tuition, books and supplies.



Unity Week events to come

•Indigenous Thoughts on Borders: Clearwater:

A lecture and film will be presented by Tracy Rector today at 11 a.m. in Building 7.

•The Leap: From Ordinary to Extraordinary

TED Talk speaker Jeffron Seely will present a workshop at 1:30 p.m. in the Mt. Constance room of the Student Union

•Syrians Also Have Dreams: The misrepresentations of the Syrian War will be discussed by Romin Yassin-Kassab and Leila Al-Shami Friday, April 26 at 10 a.m. in Building 7.

•Exploring Social Interactions Beyond Invisible Borders:

Dr. Leticia Nieto and Yvette D. Murrel will present this workshop on April 26 from 2-4 p.m. in the Mt. Constance room of the Student Union

Women of color invited to summit

Women of color are invited to register to attend the Young Educated Ladies Leading (YELL) Summit, with a deadline of May 6 to register.

This free event will feature a keynote speech, 16 workshops

attendees can choose from, and a leadership activity.

Free breakfast and lunch will be provided, and there will be giveaways and prizes for participants.

The YELL Summit will be held in Building 8, on May 14 from 8:15 p.m. to 4 p.m.

This summit is underwritten by Highline, and has been sponsored by Amerigroup, CyberWatch West, and Key-Bank.

Free online class on permaculture

Students interested in permaculture will now have an opportunity to take a free class on the subject.

Oregon State University is offering Intro to Permaculture as a massive open online class; this free class is open to any person who registers for it.

The course begins in May, and registration can be found at <http://open.oregonstate.edu/courses/permaculture/>

Highline's Permaculture Club will host discussions with students taking this online permaculture class each Thursday at noon in the Greenhouse near Building 6.

Late start for Testing Center

The Placement & Testing Center will open at 10 a.m. today due to a morning staff meeting.

If you have any questions, contact Debra Dickson at ddickson@highline.edu.

Info on becoming a physician assistant

Learn about what it takes to be a Physician assistant at the UW Physician Assistant Program (MEDEX Northwest) Information Session on May 24.

This session will allow attendees to hear from UW physician assistant advisors about the admissions and applications process, and ask questions they have about physician assistant education, employment and current issues facing the career.

The information session will take place on May 24 in Building 8, Mt. Constance Room at 2 p.m.

Register for this event at <https://lumos.medex.washington.edu/admissions/infosessions.php>.

More information can be found at <http://depts.washington.edu/medex/applicants/information-sessions/>.

Candidates will give their vision

Student government is holding a 2016 student government candidates forum on May 3.

Student government is responsible for providing a link between Highline students and administration, and allocating money collected through student activity fees.

During the forum, candidates for president and vice president will speak in support of their candidacy, and take questions from both current members of student government and the audience.

The deadline to submit a

completed elections packet to run for either president or vice president is on May 2. Elections packets can be found in the Center For Leadership and Service on the third floor of Building 8.

Deliver inspiration to your peers

Applications for 2016 commencement speaker are now available.

The commencement speaker will deliver an inspirational three-to-five minute speech that has been approved by the Commencement Committee to Highline's graduating class of 2016.

Prospective speakers must have a minimum 3.0 GPA with an attached transcript, they must be graduating, in 2016, and they must have a letter of recommendation attesting to the student's speaking abilities from a staff or faculty member.

Applications are available in the Center For Leadership and Service on the third floor of Building 8.

Applications are due on May 6 at 4 p.m. in the Center for Leadership and Service.

Corrections

An editorial in the Jan. 28, 2016 edition of the Thunderword should have said that African Americans make up 37.7 percent of the prison population in the United States.

A news story in the April 21, 2016 edition of the Thunderword should have said that Highline does not report marijuana abuses to the federal government.

In search of truth

Conference asserts culture and perspective are key components

By Ariana Thomas
Staff Reporter

YAKIMA – Forty Highline students were among those gathered here last weekend to understand and acknowledge that truth is defined through different cultural perspectives and experiences.

Speakers at the 26th annual Students of Color Conference hammered home the theme that such understanding is necessary to achieve social change.

The conference was sponsored by the Multicultural Student Services Directors' Council, which observed in its welcome message that "in light of #blacklivesmatter, marriage equality, the fight for a healthy earth, the struggle for immigrant rights, and many countless other social movements across the globe, knowing the truth is imperative to reaching social justice."

The council further maintains that "for many years the narrative has been told from a dominant culture prospective" and that in order to affect social change, one must understand the variety of truths.

The theme of the conference was "This is Our Time/Truth Re-defined" and took place April 21-23 at the Red Lion Hotel in Yakima.

The conference is a yearly event where select students from community colleges across the state attend to express themselves, discuss important cultural issues, and learn about different perspectives. There were five themed sessions with a variety of workshops.

Keynote speaker Dr. Amer F. Ahmed is an Indian-Muslim-American who is also a hip-hop musician. He shared his ex-



Ariana Thomas/THUNDERWORD

Students discuss cultural perspective and social change during one of the conference workshops.

perience being a minority targeted by police for the color of his skin. He said that Stereotypes have led him and his family unfairly attacked by the police as terrorists.

"It is worth it for me to receive an education so that I am able to do something with my life and contribute to what I have seen," Dr. Ahmed said. "We have to create a new way of life, motivate and encourage one another."

Dr. Ahmed served as director of Intercultural Programs at Loras College in Dubuque, Iowa and Concordia College in Moorhead, Minn. He then moved to the University of Michigan and later to Swarthmore College. He said his experiences have provided him with

unique perspectives on diversity and inclusion policies.

Another keynote speaker, Terrence Clemens, is a gay basketball player who shared his experience of coming out of the closet while being a basketball star. His struggle has been difficult and he said people should always strive to be themselves.

"I faced my sexuality head on," he said. "Hopefully, I inspire you to hit things head on and get over your fears."

Another athlete, Fallon Fox, shared her experiences as the first openly transsexual mixed martial arts fighter and the only openly transsexual athlete in the United States.

A proud U.S. Navy veteran, Fox described her struggle in To-

ledo, Ohio where she faced closed mindedness that caused her to move to the Chicagoland area to finish her physical transition.

Fox competed in the International Brazilian Jiu Jitsu World Championships, the Pan Am Jiu Jitsu Championships, and North American Grappling Association tournaments. She became a professional mixed martial artist and has been a positive example to transsexuals the world over.

Conference-goers then had a chance to preview the new documentary Game Face that focuses on the lives and struggles of Clemens and Fox and the different situations involving the difficulties of their coming out. Clemens was already an estab-

lished sports star when he made the decision to come out, but Fox was painfully outed just as her MMA career was taking off.

The documentary will be shown at the upcoming Rio Festival Gay de Cinema and QflixPhiladelphia. A Los Angeles premiere is scheduled for July 15 at the American Cinematheque's Aero Theatre.

Highline was well represented on the presenters list with Rashad Norris, Highline's Community Engagement and Outreach Services director, hosting an identity development workshop that discussed what it means to be black in today's society. Thomas Bui, Highline's club leadership adviser tackled a similar discussion on what it means to be Asian in today's society.

Bui then teamed up with Highline's Program Assistant for Multicultural Affairs Barbara Talkington for a workshop on Earning Allyship: Awareness of Ourselves in Spaces.

"It is important for us to show action with our roles. We want to understand how we can be better," Bui said.

Noory Kim, Highline's leadership development coordinator in the Center for Leadership and Service presented her own workshop titled What is your role and purpose as a change agent? Finding balance of passion, strengths, and demands of this world.

"Often times everyone has a unique role so we talk about where there is a need for change," she said.

Doris Martinez, the leadership coordinator for Highline's Inter-Cultural Center Multicultural Affairs served on the Students of Color Conference planning committee.

Mexica movement wants native lands returned

By Ani Miller-Wells
Staff Reporter

Much as the Jewish community has seen a re-establishment of its homeland from which it was expelled 2,000 years ago -- modern day Israel -- so are the Nican Tlaca, the indigenous people of the Americas seeking restoration of their homeland.

Olin Tezcatlipoca, the leader of the Mexica movement, spoke Monday at Highline's annual Unity Through Diversity Week.

Unity Through Diversity Week is Highline's attempt to explore the various cultures and diversities present on campus. The theme this year is Rewiring Our Minds: Reconnecting Our



Olin Tlacaeelel

Roots Across Invisible Borders.

The Mexica (pronounced meh-SHEE-kuh) movement is

working to bring awareness to the European-caused genocide of the indigenous people who lived in the Americas, Tezcatlipoca said.

Six million people were killed in the Nazi holocaust, and it is widely recognized as a global tragedy. One hundred million people were killed by European settlers when they came to the Americas and brought small pox with them.

Tezcatlipoca compared the small pox infection to the atomic bomb America dropped on Japan, which killed 100,000 people, saying that the European settlers dropped the equivalent of 1,000 atomic bombs with the spread of their disease. Ninety-five percent of the in-

digenous population was killed by small pox, he said.

Tezcatlipoca called for the land of the Americas to be released back to the remaining five percent of the Nican Tlaca.

"We were culturally castrated," said Tezcatlipoca, talking about how the Europeans not only stole their land, but also their culture, replacing their last names with Spanish names such as Fernandez and Garcia.

"Land is the heritage of a nation," he said, and made it clear that the European colonizers took the indigenous people's culture away at the same time as taking their land.

Tezcatlipoca stressed that at the time of the initial invasion

in 1492, the civilizations in South America had cities that were more advanced in many ways than the cities of Europe at the time.

"Our cities were larger and more hygienic," he said. He said that at the same time Europeans were throwing their waste into the streets, the Nican Tlaca civilizations had public toilets.

Tezcatlipoca also pointed out that the Nican Tlaca civilizations had very advanced doctors, engineers and education systems.

"Europeans had less advances in education than we did," he said.

"This lecture is a rebellion against our European masters," Tezcatlipoca said. "It is an absolute necessity to be liberated from the Europeans."

Budding legal pot use has risks

It's true that marijuana is now legal in Washington, but it's important to consider the consequences of overindulgence in the kind bud.

Hemp has been grown in North America since the 17th century, first for its fibers. Cannabis began to be used as a drug starting in the 1850s.

The Marijuana Tax Act of 1937, which made possession of cannabis for purposes other than medical and industrial, illegal, effectively criminalized marijuana.

Over time, marijuana policies became more aggressive as the United States began to wage the war on drugs. This war included the use of U.S. military forces in South America, and extensive use of military assets in drug interdiction.

While these drug polices led to increasing violence south of the border, they have also resulted in a mass incarceration of Americans simply for possessing plant material.

With mounting evidence showing that criminalization of recreational use of marijuana produces no positive results, there has been a push to legalize marijuana across the country.

This push resulted in the legalization of recreational marijuana sales in Washington.

Cannabis retailers can now be licensed with Washington State Liquor and Cannabis Control Board.

While proponents of marijuana use may disagree, marijuana use has many of the same pitfalls as alcohol use, and should be consumed responsibly.

Like with alcohol, consuming marijuana before driving impairs your ability to drive safely, but THC levels in your blood dissipate at a much slower rate than alcohol.

Tetrahydrocannabinol (THC) is the active psychoactive ingredient in cannabis.

Thus, it is important for users of marijuana to make sure they do not drive until well after consuming cannabis.

According to the National Institutes of Health, consuming marijuana has many short and long term side effects.

Short-term side effects include altered senses, altered sense of time, changes in mood, impaired body movement, difficulty with thinking and problem-solving, and impaired memory.

These effects are not exactly conducive to learning in a college setting.

An unscientific study conducted by the Thunderword found that 18 out of 117 students say they have come to their classes high.

Frankly, nothing good can come from attending class while high.

At best you learn very little, and at worse you're a paranoid mess who disrupts the classroom for fellow students.

If you regularly go to class high, you're wasting your time and money, because you're not going to get very much out of it.

Underage users of marijuana should consider the long-term effects of their cannabis usage.

According to the National Institutes of Health (NIH), "when marijuana users begin using as teenagers, the drug may reduce thinking, memory, and learning functions and affect how the brain builds connections between the areas necessary for these functions."

The NIH found that these effects may potentially be permanent for teen users, showing that heavy teen users had an average loss of eight IQ points between the ages of 13 and 38, compared to no notable declines in adult users.

While marijuana use may now be legal, it must be used responsibly like other legal drugs.

While heavy pot use may not have the same health consequences as heavy alcohol use, it doesn't mean there aren't any consequences to pot use.

It may seem cool to always be smokin' the reefer, but in fact, it may not be all that much better than being an alcoholic.

Russia question should be important

Guest Commentary



Bryce Sizemore

The Russian Federation poses an undeniable foreign policy challenge to the United States. The candidates for president of the United States have different ideas about what the best approach to dealing with Russia is.

With President Vladimir Putin at the helm, Russia has increasingly come into conflict with the U.S., from the invasion of Georgia, the annexation of Crimea and invasion of Ukraine, to the indiscriminate bombing of heavily populated areas in strikes targeting U.S.-supported groups in Syria.

Due to the nature of the United States as the world's lone superpower, it is important that the U.S. responds appropriately to Russia, and that much of that response will be dictated by the next president of the United States.

Texas Sen. Ted Cruz has the most confrontational policy against Russia. Cruz has called for tougher sanctions on Russia's energy exports and expansion of U.S. energy exports to decrease European dependence on Russia.

Cruz has said that he wants to place anti-missile batteries in the Czech Republic and Poland as a countermeasure to nearby Russian missile batteries, and wants to supply the Ukrainian military with defensive weapons.

The biggest part of Cruz's Russia strategy, however, is blaming President Obama. Cruz says the root of Russia feeling threatened by its loss of influence and wanting a buffer from NATO stems President Obama not being mean and scary enough. Non-U.S. NATO nations failing to adequately fund their military forces and reducing the effectiveness of NATO deterrence is also a non-issue compared to President Obama.

"[Putin] is systematically oppressing his people, but he is also taking advantage of President Obama's foreign policy blunders to expand Russian influence," said Cruz in story from the Reuters news agency.

Ohio Gov. John Kasich strikes a similarly aggressive pose. He wants to maintain the current sanctions on Russia. He has called for supplying defensive weapons and training to Ukrainian forces, and for increased NATO cooperation with Finland and Sweden.

"We should work together with our European allies to defend a free Ukraine. That includes training and arming Ukrainian forces with the weapons that they have requested repeatedly," said Kasich in a story by Reuters.

Sec. Hillary Clinton takes a more balanced approach to Russia. She has stressed the importance of working with Russia on issues such as arms control.

However, she recognizes the threat Russia poses and wants to work toward strengthening NATO. Clinton has supported committing more U.S. forces to Europe, and wants the United States to help reduce European dependence on Russian energy exports.

Clinton has called for even tougher sanctions on Russia for its actions both in Ukraine, and in Syria.

"I remain convinced that we need a concerted effort to really up the cost on Russia and, in particular, on Putin," said Clinton in a story by Reuters.

Vermont Sen. Bernie Sanders strikes a less aggressive pose against Russia. He supports continued sanctions, but is not

supportive of any weapons deliveries to Ukraine. He favors international economic and diplomatic pressure over any military posturing or confrontation.

"You totally isolate [Putin] politically, you isolate him economically, you freeze assets the Russian government has all over the world. International corporations have huge investments in Russia and you can threaten to pull them out," said Sanders in a story by Reuters.

Donald Trump is the most pro-Russia candidate in the running. Trump has praised Putin on many occasions, and has expressed an interest in meeting Putin, saying in an interview with Fox News that he would probably have a "great relationship with Putin."

Trump has also supported the Russian intervention in Syria, saying that the airstrikes they are conducting are a positive thing.

Trump has been vaguely opposed to Russian aggression in Ukraine, calling on European countries to support Ukraine.

While at the same time, Trump has disparaged the relevance of NATO and called on NATO countries to pay the U.S. contributions to the alliance.

"I don't like what's happening with Ukraine. But that's really a problem that affects Europe a lot more than it affects us. And they should be leading some of this charge," said Trump in a story by Reuters.

American voters can choose from a gradient of hawkish to almost supportive positions from the candidates for President of the United States.

It's important to strike a balance of discouraging any aggression from Russia, and de-escalating tensions between Russia and the United States.

Voters will have much to consider when choosing what candidate they want for president in November.

Bryce Sizemore is the opinion editor of the Thunderword.

the Staff “

If you're not crying, you're not trying.

” E-Mail: tword@highline.edu

| | | | | | |
|-----------------|-----------------|--------------|---|------------------|-----------------|
| Editor-in-Chief | Olivia Sullivan | Reporters | Whitney Barrera, Olivia Beach, Jesse Brand, Jessica Crane, Phynehas Grib, Konner Hancock, Taylor Johnson, Taylor Lee, Ryan McCandless, Analise Miller-Wells, David Moran, Michael Simpson, Ariana Thomas, Cierra West, Qeshon Yim | Photo Editor | Michael Simpson |
| Managing Editor | Michael Muench | | | Graphics Editors | Rhiannan Smith |
| News Editor | Jessica Strand | | | | David Kerns |
| Arts Editor | John Van de Ven | Photographer | Help Wanted? | Business Manager | Jae Song |
| Sports Editor | Sam Biehn | | | Librarian | Huyen Nguyen |
| Opinion Editor | Bryce Sizemore | Pho | Charles Prater | Advisers | Dr. T.M. Sell |
| Web Editor | Jonas Martin | | | | Gene Achziger |



Claudia Castro Luna

The object is poetry

Seattle writer urges students to open voices

By Olivia Beach
Staff Reporter

Writing is about the discovery of something you did not expect, Seattle's civic poet told attendees at last week's Honors Colloquy.

To prove her point that anyone can write poetry, Claudia Castro Luna offered her audience an explanation on just how.

Luna started writing poems late in life; she said she was always too scared to start.

"I [thought] of poetry as a dog that would never leave me alone," she said.

"Poetry is ourselves... there is no right or wrong to it," Luna said, discussing some of her favorite object poems.

She said poetry can be as simple as looking around your room and finding an object that you have a connection or memory with.

When writing a poem, Luna suggested jotting down a few ideas about your object or topic, create comparisons, then write what that object or topic means to you and memories you have had with it.

"Always go for the low-hanging fruit," she said. "Once you start thinking too hard, you lose a certain kind of flow."

Take the pieces you have and let them take you, Luna said.

"Writing is like a half-baked cake if we don't have an audience to share it with," Luna said. Her advice: "Write more!"

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 on the general theme of contemporary world issues.

The next Honors Colloquy is May 4 from 12:15 to 1:20 p.m. in Building 10 room 3. Venerable Prenz Sa-Ngoun, a student, monk and co-founder of the Cambodian Cooperative will speak.

MALLET MAN

Highline's Ben Thomas will share the vibe in May concerts

By Taylor Johnson
Staff Reporter

Highline College's Music Department coordinator doesn't have time to sit around much. Between teaching duties, administrative work, and his busy performance schedule, Dr. Ben Thomas has quite a full set list.

Dr. Thomas is a graduate of the University of Washington, and teaches classes at Highline. He has made a presence in the Northwest over the past few years performing at Bumbershoot,

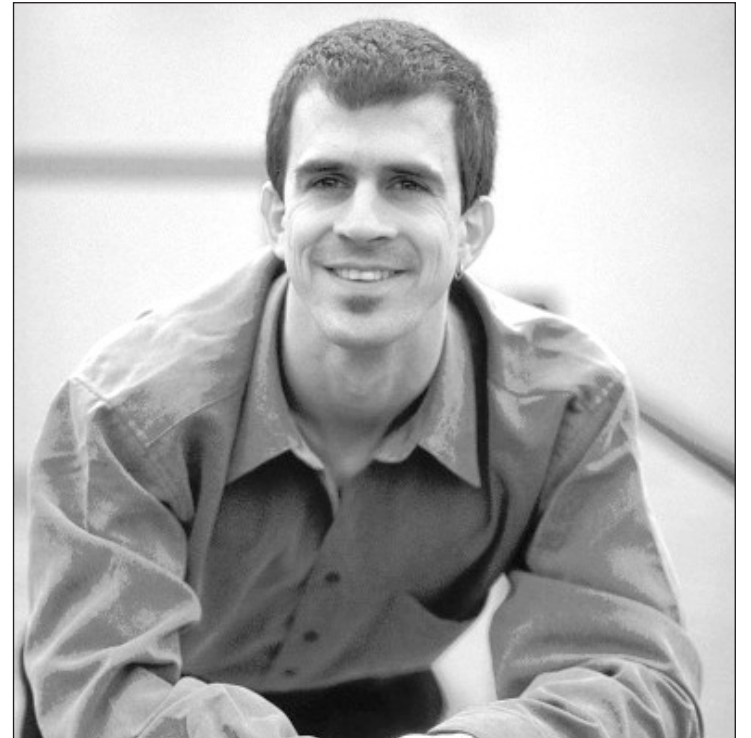
the Ballard Music Festival and many other events.

Dr. Thomas is a vibist, playing the vibraphone, vibing out and making a name for himself covering the vastness of the Pacific Northwest. This May, Dr. Thomas will be all over the state, performing many concerts in Seattle, and some here on campus.

Dr. Thomas and the band Torch, with visual artist Scott Kolbo, will present a mixed media program on May 5 and May 12 in Building 7 from 12:15 p.m. to 1:15 p.m. Together they will be "exploring the elements and the idea of the ether," Dr.



The band Torch, featuring Brady Millard-Kish, left, Erik Likkell, Brian Chin and Ben Thomas, will perform at Highline in May.



Highline music professor Dr. Ben Thomas.

Thomas said.

On their website, torch-themusic.com, the band describes themselves as "Poised between progressive jazz, post-rock, and contemporary classical music, the quartet's original compositions are a playful juxtaposition amidst our heady intellects and our groove-craving souls."

The music combines modern chamber writing with jazz and tango works, while Kolbo's computer animations are emotively powerful and provide a visual narrative for the compositions.

On his website, Kolbo says of his own work "My work is first and foremost about humor, the comedy and tragedy I see in the world around me, and most importantly in myself. I create prints, drawings, installations, performances and projections where fragments of reality mix with exaggerated environments and grotesque characters."

Dr. Thomas, Kolbo, and the other musicians will also be

holding a question and answer session before and after the concert.

Dr. Thomas' next presentation will be at Tula's Jazz Club, Friday, May 8 at 7:30 p.m. performing with the three-time Latin Grammy nominee, and master pianist Jovino Santos Neto.

Then with his own Ben Thomas Trio, at The Royal Room, May 13 starting at 8 p.m. featuring Ben Verdier on the piano, and Eric Likkell on clarinets.

With the addition of Jeff Norwood playing bass on May 23, the Ben Thomas Quartet will play at the University of Washington's Tango Club Tango Fever, from 8 p.m. to 2 a.m. at Gould Hall, 3949, 15th Ave. N., Seattle.

This will be his last concert of the month in Washington before Dr. Thomas heads down to Oregon to perform with Tango Sombra May 31, at Dance With Joy Studios, 7981 SE 17th Ave Portland, at 8:30 p.m.

Cabiri celebrates 17th in Des Moines

By John Van de Ven
Staff Reporter

The Cabiri, a local acrobat group, are tumbling, twirling, and flipping into town to give a free show at Des Moines Beach Park on Sunday.

The Cabiri is a nonprofit group, based in Seattle, whose mission is to preserve the tales and mythologies of extinct or endangered cultures through its performances.

The group consists of dancers and acrobats, stilt walkers and fire performers.

The group is celebrating its 17th anniversary. Founded in 1999 by Artistic Director John S. Murphy, the group sought to perform stories and myths from



Cabiri photo
Seattle acrobatic troupe Cabiri performs Sunday in Des Moines.

around the world with a purpose of preserving tales from extinct or endangered cultures.

The troupe's stories ranged from Greek and Babylonian mythology, to Chinese and

Japanese folklore. Popular performances include *The Genesis of Ereshkigal*, which utilizes puppetry, physical acts and fire performances; another included one of the final performanc-

es held at the old Seattle Opera House about the Japanese Sun goddess, Amaterasu.

One of their most recent stories is *Tarhun: Legend of the Lightning God* and is a full-length production pulled from Egyptian mythos. The performance featured aerial acrobatics and dance.

The Cabiri published their first book in April 2012, based on its performance of *Tarhun*, which includes and novelization on the productions script.

The Cabiri regularly perform shows, and routinely travel to put on their shows.

The Cabiri will be performing the free show at 2 p.m. at Des Moines Beach Park 22030 Cliff Ave S., Des Moines

Arts Round up



- **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. 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.
- **The Cabiri** (acrobatic show), May 1 at 2 p.m. Free performance at Des Moines Beach Park, 22030 Cliff Ave. S. in Des Moines.
- **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 Kent's ShoWare Center, 625 W. James St.
- **Gabe Dixon Tour Concert**, May 13 – 14 starting at 7 p.m. Tickets are \$50 presale to hit a limit of 35 people. This is an intimate show, with extremely limited tickets. Additional information and tickets can be found at jazzvox.com/?post_type=cpt_shows&p=882
- **Seattle International Film Festival**, May 19 - June 12. Ticket and movie information can be found at www.siff.net

Music plays role in racial harmony

By Ryan McCandless
Staff Reporter

In a time of largely divisive opinions about race in the United States, one professor at Highline is using history to explore how music can be a way to break down racial barriers.

This past Wednesday, music professor Cisco Orozco presented the history of Chicano Soul in San Antonio, Texas as a part of the weekly History Seminars.

Each week, a member of the faculty or an occasional guest speaker is invited to do a presentation on a piece of history that is a part of their expertise. Located in Building 3, room 102, these weekly seminars can also make you eligible for a single history credit if you show up for every lecture of the semester.

Orozco teaches various music classes at the school. He also had a part in the creation of the Seattle Fandango Project, a group dedicated to using the 400-year-old musical celebration of the Fandango to unite communities.

In the seminar, Orozco described how San Antonio had two specific geographical areas that were largely dominated by different groups. The west side of San Antonio had a large popu-



Mike Simpson/THUNDERWORD
Professor Cisco Orozco talks in last Wednesday's History Seminar about music and its relation to racial barriers.

lation of Latin Americans, while the east side had a large population of African Americans.

Black and Tan Clubs were racially integrated clubs that allowed for people of all colors to perform. In the 40s and 50s, these hangouts allowed for the Latin Americans on the west side to collaborate with the African Americans on the east side.

This created a genre of music in the 50s and 60s that blended soul music similar to Motown with some of the instrumentation you would expect from

a mariachi band. Thus the term Chicano Soul was coined, with Chicano meaning "Mexican-American."

In its prime, the Chicano Soul scene in San Antonio featured nearly 300 musicians and 150 bands. Some of these bands would gain nationwide attention and would become beloved in the area. The list included bands such as The Royal Jesters, Sunny and the Sunliners and The Commands. Some of them would show up on popular shows of the time period like American

Bandstand or perform with other famous musicians of the time such as Big Joe Turner.

Orozco said that Chicano Soul affected him when looking at the American identity.

"This particular slice of geography, time, and culture is just one of many instances in U.S. American's popular culture formation where we see a musical dialogue and sharing between two groups that many music scholars, critics, culture writers ignore. This is between African Americans and Chicanos (or Mexican American)," he said.

"When I think about the U.S. as a multicultural society, these kinds of stories are very important because they show that cultural interactions are complex and more times than not, do not follow the racialized binary that defines most things 'American,'" he said.

"It is also beautiful to see two groups representing two different, but connected, experiences of racism and marginalization come together participate in music making and the community building that takes place through that process."

At next Wednesday's seminar, Highline professor Amal Mahmoud will discuss Syrian Refugee Camps in Jordan.

From down under to the Showare Center

By Whitney Barrera
Staff Reporter

Australian Christian alternative rockers Hillsong UNITED are bringing their Empires Tour to Kent's Showare Center on Monday, May 9. The event starts at 7 p.m. and the doors open at 6.

Hillsong UNITED, named Top Christian Artist at the Billboard Music Awards, is promoting its latest studio album "Empires" which debuted at No. 5 on the Billboard 200 chart in May 2015. The group has been together since 1998.

Tickets range from \$32.50 for lower bowl seating to \$99.50 for VIP that includes 5 p.m. early entry for an intimate Q&A with the band.

"We are expecting about 5,700 people," said Jeri Wiloughby, the social media assistant coordinator for Premier Productions.

Premier Productions, which is the largest producer of Christian concert events in the nation, is also looking for peo-

ple to join its street team, that helps hang up posters and invite friends to Christian events through social networking,

visiting churches and passing out flyers.

You must live within 30 miles of the event venue to

be eligible and you can apply in their website www.premierproductions.com/street_teams.

ON YOUR TURF ON YOUR TIME

EASTERN WASHINGTON UNIVERSITY
AT BELLEVUE COLLEGE

OUTREACH.EWU.EDU

EASTERN

WASHINGTON UNIVERSITY

start something big

Lady T-Birds struggle over weekend

By Samuel Biehn
Staff Reporter

The Thunderbirds lost their grip over the weekend, getting swept in both of their two-game series, starting at home against Centralia on April 22 and on the road against Olympic on April 23.

Highline remains at fourth in the NWAC West with a 4-7 division record.

“Our whole season has hinged on aggressiveness and being hungry to take what we want,” Highline Head Coach Jason Evans said. “Nothing is going to be given or handed to us.”

The Thunderbirds didn’t have any cozy feelings at home field as Highline started out their series against Centralia losing big, 17-5.

The T-Birds were overwhelmed defensively, as the batters for the Blazers’ took advantage of Highline’s struggles from the mound. Thunderburds pitcher Stefani Gollin finished the game giving up 17 runs off of 16 hits.

The offense for the T-Birds wasn’t able to keep up with Centralia, as Blazers players such as catcher Sierra Seymour poured in the runs. Seymour finished with six runs batted in for the game.

Right fielder Maggie Victor led the way for the Thunderbirds, scoring two runs.

Highline continued to struggle in their following game against the Blazers, falling 14-2.

“We don’t show that aggressive side very often. When we do we play amazingly well,” Evans said.

Highline didn’t have that necessary



Mike Simpson/THUNDERWORD
Highline pitcher Stefani Gollin winds up to throw in a game against Centralia.

aggressiveness on the offensive or defensive side in order to beat Centralia. The Blazers jumped on the T-Birds early, scoring 11 runs in the second and third innings.

The high run production from Centralia allowed its team to force Highline to play catch up once again. Highline put together two runs in the first inning to take an early 2-0 lead but was shut out the rest of the way.

Highline pitcher Maggie Victor took the first two innings on the mound for the T-Birds, allowing three runs off of one hit. Precious Tabangcura threw the remaining three and struggled, giving up 11 runs off of seven hits.

Highline was led by centerfielder Aly

Ripplingham, who had two hits and one run batted in.

“Until we figure out that we can play and beat anybody, we will continue to struggle,” Evans said.

The Thunderbirds weren’t quite ready to solve their issues offensively and defensively, as they were shut out in the opening game of their series on the road against Olympic, losing 11-0.

Highline had five hits in 20 at bats, and was unable to drive in any runs in their opportunities. The Thunderbirds finished with no RBIs.

Additionally, pitching continued to be a challenge for the T-Birds, as Kayla Higa and Stefani Gollin combined to give up 11 runs off of 10 hits.

Following the loss, Highline played their best game of the four-game stretch but lost once again to Olympic in a close one, 6-5.

The game was close most of the way through, as the game stood 4-3 with the T-Birds in the lead after five innings. However, Olympic was able to get back in control with three runs in the last three innings of the game.

The Thunderbirds were able to convert successfully on the offensive end, as the Thunderbirds converted five of their six hits for runs in the game.

Additionally, pitching improved, as Highline’s Stefani Gollin gave up three runs off of five hits in four innings. Precious Tabangcura and Maggie Victor filled in for three innings and combined gave up three runs off of four hits.

Infielder Taylor Poe led the Thunderbirds with two RBIs.

Despite the losses, Highline’s head coach is very confident the T-Birds can make up for lost ground.

“We have 10 freshman and two sophomores on the club. We have 4-5 hitters batting over .400,” Evans said. “Probably the best middle infielders in the conference. Probably the most depth in pitching. Arguably one of the fastest outfielders in the conference as well.

“We have a slight chance of making postseason still and when there is no chance, is when we want to become spoilers for others,” Evans said.

Highline will try to end its four-game losing streak starting with a two-game series on the road against Pierce on April 30, with the first game at 1 p.m., with the second game starting at 3 p.m.

Scoreboard

| Woman's Softball | | |
|------------------|----------------|------------|
| Team | Conference W-L | Season W-L |
| West Division | | |
| Centralia | 8-2 | 20-10 |
| Olympic | 8-2 | 14-18 |
| Pierce | 5-4 | 15-19 |
| Highline | 4-7 | 7-22 |
| Grays Harbor | 0-10 | 0-22 |
| South Division | | |
| Lower Columbia | 8-2 | 25-7 |
| Mt. Hood | 8-2 | 24-7 |
| Clackamas | 7-3 | 26-7 |
| SW Oregon | 2-6 | 19-10 |
| Chemeketa | 2-6 | 8-18 |
| Clark | 1-9 | 13-15 |
| North Division | | |
| Bellevue | 9-1 | 28-5 |
| Douglas | 7-3 | 16-5 |
| Everett | 5-5 | 12-14 |
| Shoreline | 4-4 | 10-10 |
| Edmonds | 2-8 | 15-11 |
| Skagit Valley | 1-7 | 5-13 |
| East Division | | |
| Columbia Basin | 17-3 | 27-9 |
| North Idaho | 16-4 | 23-9 |
| Walla Walla | 12-6 | 16-16 |
| Spokane | 12-8 | 21-13 |
| Treasure Valley | 13-9 | 16-22 |
| Wenatchee Valley | 11-9 | 16-13 |
| Big Bend | 6-14 | 7-19 |
| Yakima Valley | 3-17 | 5-27 |
| Blue Mountain | 2-22 | 5-35 |

Thunderbird golfers improve their swing

By Mike Simpson
Staff Reporter

The Highline women’s golf team placed 10th out of 11 teams with a total score of 588 at the Centralia College League Tournament on April 24 and 25.

It was steadily drizzling during the first round at the Riverside Golf Club in Centralia until shortly before Highline’s tee time at 2:35 PM.

All teams played winter rules, in which a player can improve the lie of their ball by lifting cleaning and placing due to conditions such as mud, according to the PGA Rules Committee.

North Idaho College took first with a total score of 491.

Highline Head Coach Steve Turcotte saw improvement and is working with Assistant Coach Nate Smith on his players’ driving, chipping and putting, he said.

Highline’s Hailey Johnson placed 23rd out of 49 with a total of 183, with a first round score of 88.

This is a large improvement over the Apple Tree Tourna-



Mike Simpson/THUNDERWORD
Highline’s Megan Martin practices a putt in the rain.

ment earlier this month where Johnson placed 36th out of 50 with a total score of 213.

Johnson has been working on her putting lately and it benefited her score at the tournament, said Smith.

At Riverside, Highline’s Megan Martin placed 36th with a total of 198.

Martin had golfed at Riv-

erside before and had trouble keeping her ball out of the trees because of the narrow course, she said before the tournament.

Jasmine Hansgen placed 40th with a total score of 207.

Hansgen reconstructed her golf swing before the tournament with Smith, who is also the assistant golf professional at the Twin Lakes Golf and Coun-

try Club, where the team practices.

“Nate took me from square one because I never got formal teaching on how to swing,” said Hansgen.

This was their final match before the NWAC Championship at the Veterans Memorial and Walla Walla golf course on May 15 and 16.

They will be practicing two or three times a week until that point, Turcotte said after the tournament.

Got news
(or arts or sports)?
Notify
us at:
thunderword
@highline.edu

Here when you
need us

Tasty gifts to last Mom all year long

Want to give Mom an unusual gift for Mother’s Day this year? Why not give her a subscription for happiness all year long? Gift-box subscriptions can be ordered online, customized and arrive every week, month or quarter.

• For the health home cook: www.sheplansdinner.com

She Plans Dinner is a subscription menu plan that focuses on eating healthy. Its Fit and Healthy menu emphasizes proteins and fresh ingredients, and eliminates nearly all canned foods and starches. Most recipes are adaptable to gluten-free, Paleo or dairy-free diets, and includes a grocery-shopping list.

To gift a subscription, go to checkout and use Mom’s name and email address, but your billing information.

• For the healthy snacker: www lovewithfood.com

The Love With Food subscription is \$10/box (three, six or 12-month gift subscriptions). Each box includes eight or more packaged snacks that are “either organic or all-natural, GMO-free, gluten-free or free of artificial junk.” For



every box purchased, the company will donate one meal to a food bank in the U.S.

• For Moms with a sweet tooth: www.treatsie.com

Treatsie is \$20-\$23/box (three, six or 12-month gift subscriptions). Each box includes sweet treats like cookies, candy or chocolate from three different small-batch artisan brands every month, plus a “welcome” box of the most popular treats to start off the gift subscription. You can specialize and order a subscription that sends only chocolate bars.

• For the global connoisseur: www.trytheworld.com

The Try the World gift boxes are \$33-39 each (one, six or 12-month gift subscriptions). Every other month, a package will arrive full of gourmet items selected by an expert chef. There’s a new country each time. It could be Italian artichoke pate, Brazilian candy, or caramel and cookies from Paris.

• For the sauce, spice and dip lover:

www.shipanddip.com

Ship and Dip is the perfect gift for a mom who loves chips, dips and nut butters. It costs \$30-35/box (one, three, six or 12-month subscriptions). Each order contains three full-size bottles of “the best up-and-coming condiments from across the nation.” It could be mustard, hot sauce, jam, salad



Depositphotos.com

Chicken tetrazzini is easy to prepare and will bring a smile to Mom’s face.

dressing, nut butters, chocolate sauce, spice rub -- almost anything. You also can order individual products and create your own gift box.

- CHICKEN TETRAZZINI WITH SPRING PEAS CASSEROLE**
- 1 (7-ounce) package vermicelli
 - 1 tablespoon olive or vegetable oil
 - 1/2 cup fresh, sliced shiitake, Portobello, cremini (or porcini) mushrooms
 - 3 ounces finely chopped prosciutto
 - 3 cups chopped cooked chicken
 - 1/2 cup (4-ounces) shredded Parmesan cheese
 - 2 cups Alfredo and Parsley sauce (recipe follows)
 - 3/4 cup chicken broth
 - 1 teaspoon salt
 - 1 teaspoon freshly ground pepper
 - 1 cup fresh or frozen baby

- To make sauce: Melt butter in a medium saucepan over medium low heat. Add garlic, nutmeg and cayenne pepper. Add cream and simmer for 5 minutes, then add cheese and whisk quickly, heating through. Stir in parsley, and set aside. Makes 2 cups.
- Heat oven to 350 F. Prepare pasta according to package directions.
- Heat oil in a large pan over high heat. Saute mushrooms in oil 3 minutes. Add prosciutto and cook until crisp, about 3 to 4 minutes.
- Stir in chicken, 1/2 cup Parmesan cheese, the Alfredo and Parsley sauce, chicken broth, salt and pepper until well-combined. Stir in the peas and pasta.
- Spoon mixture into a lightly greased 11-by-7-inch baking dish. Sprinkle with almonds and remaining 1/2 cup Parmesan cheese. Bake for 35 minutes or until bubbly.

Delicious breakfast for the whole family

This savory, feeds-eight French toast – a cost-effective, cheese-crusting combo of baked bread, eggs and Gruyere – rests overnight so you can sleep in.

- 6 large eggs
 - 2 cup milk
 - 1 tablespoon Dijon mustard
 - Salt and pepper
 - 1/4 cup snipped chives
 - 1 loaf French bread (preferably day-old)
 - 6 ounces Gruyere cheese
1. Grease shallow 1 1/2-quart ceramic baking dish. In medium bowl, whisk eggs, milk, Dijon, 1/4 teaspoon salt and 1/4 teaspoon freshly ground black pepper until well-blended. Stir in chives.

2. Arrange half of bread in bottom of prepared baking dish, overlapping slices to fit. Pour half of egg mixture over bread and sprinkle with two-thirds of Gruyere. Cover with remaining bread, over-

Good Housekeeping

lapping slices. Pour remaining egg mixture over bread; gently press down to help bread absorb egg mixture. Sprinkle with remaining one-third of Gruyere. Cover and refrigerate overnight.

3. Heat oven to 350 F. Bake 50 to 60 minutes or until puffed and golden and tip of knife inserted in center comes out clean, covering top during last 15 minutes if browning too quickly. Let stand 10 minutes to set custard before serving. Sprinkle with snipped chives. Serves 8.

Shopping Tip: Look for discounted day-old French bread in your market or bakery.

Peach Melba Mimosas

Mom will love this light, fresh cocktail is filled with sweet berries, peaches and just enough bubbly to feel festive.

- 1 1/2 cup thawed frozen raspberries
 - 1/4 cup sugar
 - 1 cup thawed frozen peaches
 - 1 teaspoon fresh lemon juice
 - 2 bottle chilled champagne, cava, or other sparkling white wine
 - 1/2 pint fresh raspberries
1. In a blender, puree frozen raspberries and 2 tablespoons sugar. Set a fine sieve over a small pitcher and strain puree; set aside.
2. Rinse blender, then puree peaches with remaining sugar, lemon juice and 3 tablespoons cold water.
3. Spoon 2 teaspoons raspberry puree and 2 teaspoons peach puree into each glass. Top off each cocktail with champagne and garnish with fresh raspberries. Serve warm or at room temperature. Makes 8 cocktails.
- (c) 2016 Hearst Communications, Inc.

Get on a roll with strawberry jelly

Are you looking for something extra special to make Mom for Mother’s Day? Here is a creamy strawberry treat that should fit the bill.

- 4 eggs or egg substitute
 - 1 cup Splenda Granular
 - 1/3 cup water
 - 1 teaspoon vanilla extract
 - 3/4 cup cake flour
 - 1 teaspoon baking powder
 - 1/4 teaspoon table salt
 - 1/2 cup plus 1 tablespoon strawberry spreadable fruit
 - 1 cup Cool Whip Free
1. Heat oven to 375 F. Line a 10-by-15-inch jelly-roll pan with aluminum foil. Lightly spray foil with butter-flavored cooking spray.
2. In a large bowl, beat eggs with an electric mixer on HIGH for 2 minutes or until thick and lemon-colored. Gradually beat in Splenda. Add water and vanilla extract. Mix on low speed until blended. Gradually beat in flour, baking powder and salt. Continue beating on low until batter is smooth. Pour batter

- English peas, thawed
 - 1/2 cup slivered almonds
- Alfredo and Parsley Sauce**
- 1/2 cup butter (1 stick)
 - 2 cloves garlic, minced
 - 1/8 teaspoon grated nutmeg
 - 18 teaspoon cayenne pepper
 - 2 cups heavy cream
 - 2 cups grated Parmesan cheese
 - 1/2 cup chopped fresh parsley

- To make sauce: Melt butter in a medium saucepan over medium low heat. Add garlic, nutmeg and cayenne pepper. Add cream and simmer for 5 minutes, then add cheese and whisk quickly, heating through. Stir in parsley, and set aside. Makes 2 cups.
- Heat oven to 350 F. Prepare pasta according to package directions.
- Heat oil in a large pan over high heat. Saute mushrooms in oil 3 minutes. Add prosciutto and cook until crisp, about 3 to 4 minutes.
- Stir in chicken, 1/2 cup Parmesan cheese, the Alfredo and Parsley sauce, chicken broth, salt and pepper until well-combined. Stir in the peas and pasta.
- Spoon mixture into a lightly greased 11-by-7-inch baking dish. Sprinkle with almonds and remaining 1/2 cup Parmesan cheese. Bake for 35 minutes or until bubbly.

Comfort foods

Made fast and healthy

by Healthy Exchanges

into prepared pan, being sure to spread into corners.

3. Bake 12 to 15 minutes or until toothpick inserted in center comes out clean. Loosen cake from pan and turn over onto a clean tea towel. Carefully remove foil. Roll cake and towel together from narrow end. Place rolled cake on a wire rack and allow to cool for at least 30 minutes.

4. Unroll cake and remove towel. In a small bowl, stir spreadable fruit with a spoon until softened. Stir in Cool Whip. Carefully spread mixture over cake. Re-roll cake and place on serving plate. Refrigerate at least 30 minutes. Cut into 8 servings.

Weekly SUDOKU

by Linda Thistle

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

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!

© 2016 King Features Synd., Inc.



1. **GAMES:** How many dots are on a pair of standard dice?
2. **GEOGRAPHY:** The Tropic of Capricorn crosses three continents. What are they?
3. **U.S. STATES:** Which state capital is the only one that ends in the letter “x”?
4. **MUSIC:** The song *Getting to Know You* appears in what movie or play?
5. **ASTRONOMY:** Which planet is closest to the sun?
6. **MYTHOLOGY:** What village in Cornwall, England is said to be the birthplace of King Arthur?
7. **GENERAL KNOWLEDGE:** What language is spoken by the Belgian people called Walloons?
8. **HISTORY:** What was the first country to recognize Mexico's independence in 1821?

9. **FOOD & DRINK:** What kind of food is an aubergine?
10. **MOVIES:** What was the central theme of the 1945 movie *The Lost Weekend*?

1. 42
2. Australia, South America and Africa
3. Phoenix, Arizona
4. *The King and I*
5. Mercury
6. Tintagel
7. French
8. The United States
9. Eggplant
10. Alcoholism

(c) 2016 King Features Synd., Inc.

Puzzle answers on Page 11

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!

| | | | | | |
|----|---|---|---|----|---|
| | + | | - | | 6 |
| x | | ÷ | | x | |
| | + | | ÷ | | 7 |
| ÷ | | + | | - | |
| | x | | + | | 7 |
| 10 | | 2 | | 10 | |

1 2 3 4 5 6 7 8 8

© 2016 King Features Syndicate, Inc.

King Crossword

ACROSS

- 1 Ended a chess game
- 6 Rule, for short
- 9 Lawyers' org.
- 12 Accustom
- 13 Acapulco gold
- 14 Varnish ingredient
- 15 Hammerstein's contribution
- 16 Fond of reading
- 18 Jacks
- 20 Being, to Brutus
- 21 “Bali —”
- 23 Evergreen type
- 24 Sasquatch's kin
- 25 Siberian city
- 27 Album item
- 29 Colleague
- 31 Have-not
- 35 William's mum
- 37 Actress Gilpin
- 38 Jeans material
- 41 Indiana Jones' pursuit
- 43 Upper limit
- 44 Vicinity
- 45 Siege
- 47 Sickly

| | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | | 6 | 7 | 8 | | 9 | 10 | 11 |
| 12 | | | | | | 13 | | | | 14 | | |
| 15 | | | | | | 16 | | | | 17 | | |
| | | | 18 | | | 19 | | | | 20 | | |
| 21 | 22 | | | 23 | | | | 24 | | | | |
| 25 | | | 26 | | 27 | | 28 | | | | | |
| 29 | | | | 30 | | | 31 | | | 32 | 33 | 34 |
| | | | 35 | | | 36 | | | 37 | | | |
| 38 | 39 | 40 | | | | 41 | | 42 | | 43 | | |
| 44 | | | | | 45 | | | 46 | | | | |
| 47 | | | | 48 | | | | 49 | | | 50 | 51 |
| 52 | | | | 53 | | | | 54 | | | | |
| 55 | | | | 56 | | | | 57 | | | | |

- sentimental
- 49 Mrs. Gorbachev
- 52 Coopers-town Giant
- 53 Soccer star Hamm
- 54 Plus-column entry
- 55 Ph. bk. info
- 56 Skillet
- 57 Giggly sound
- 5 Starbucks option
- 6 “Everybody Loves Raymond” brother
- 7 Cupid's alias
- 8 Sticky stuff
- 9 Elite group
- 10 Deep-voiced singers
- 11 Liniment targets
- 17 Maintain
- 19 Panorama
- 21 Ad — committee
- 22 I love, to Livy
- 24 Singer Sumac
- 26 Alaskan bear
- 28 In two places
- 30 Edge
- 32 Hungry
- 33 Mound stat
- 34 Wardrobe malfunction
- 36 “Guys and Dolls” lead
- 38 Pythias' pal
- 39 Love poet's Muse
- 40 Salamanders
- 42 Gold measure
- 45 One side of the Urals
- 46 Docket entry
- 48 Little demon
- 50 Witness
- 51 Dined

© 2016 King Features Synd., Inc.

ARIES (March 21 to April 19) Impatience is still somewhat of a problem. But a sign of progress should soothe the anxious Aries heart. Meanwhile, invest some of that waiting time in preparing for the change ahead.

TAURUS (April 20 to May 20) Bovines tend to excel at solving problems, not creating them. But you risk doing just that if you're slow to respond to a timely situation. If necessary, seek advice from someone you trust.

GEMINI (May 21 to June 20) The Gemini Twin might need to do more than a routine check of both a job-linked and home-based situation. Dig deeper for more data on both fronts to avoid unwanted surprises later.

CANCER (June 21 to July 22) Moon Children facing an important workplace decision are encouraged to use their perceptiveness to see through any attempt to win them over with a supercharge of fawning and flattery.

LEO (July 23 to August 22) Good news catapults Leos and Leonas into reconsidering a deferred decision.



But time has moved on, and it's a good idea to recheck your plans and make adjustments where necessary.

VIRGO (August 23 to September 22) The week favors relationships, both personal and professional. Take the time to look for and immediately repair any vulnerable areas caused by unresolved misunderstandings.

LIBRA (September 23 to October 22) A friend's problems bring out your protective instincts. Be careful to keep a balance between meeting the obligations of friendship without being overwhelmed by them.

SCORPIO (October 23 to November 21) The temptation to take an extreme position on an issue is strong, but moderation is favored both in personal and professional dealings. Move toward finding areas of agreement.

SAGITTARIUS (November 22 to December 21) Getting another boss or teacher?

Try to see the person behind the image. It will help you adjust more easily to the changes that new authority figures inevitably bring.

CAPRICORN (December 22 to January 19) Much as you might dislike the idea, keep an open mind about using the assistance of a third party to help resolve problems that threaten to unravel an important agreement.

AQUARIUS (January 20 to February 18) Music helps restore the Aquarian's spiritual energies this week. Take someone you care for to a concert of your musical choice. Also, expect news about a workplace matter.

PISCES (February 19 to March 20) A challenge that seems easy enough at first could take an unexpected turn that might test your resolve. Decide if you feel you should stay with it, or if it's better to move in another direction.

BORN THIS WEEK: You can be strong when standing up for justice, both for yourself and for others.

(c) 2016 King Features Synd., Inc.

Building 26 on its way to a healthy future

By Jesse Brand
Staff Reporter

Preparations are underway to convert Building 26 into a consolidated Health and Life Sciences Building.

Nursing, Medical Assisting, Respiratory Care, Polysomnography, Microbiology, Biology, Wellness Center, and classrooms will all be in the modernized building at the end of the project in early 2019.

Actual construction on the Health and Life Sciences Project is scheduled to begin July 2017 and last for 15 months.

The equipment and facilities for the programs are also expected to improve.

“Most exciting is the increase to simulation scenarios,” said Health, Physical Education, and Education Division Chairman Keith Paton.

The new equipment and facilities will allow students to perform clinical practices on mannequins while being recorded. The students will then review the recordings to be debriefed on the simulation. Some of the simulation scenarios can substitute for clinical practices at hospitals.

The availability for clinical practices at local hospitals has been an ongoing concern, Paton said. Highline competes with other schools for the nursing student spots at local hospitals. The new simulation lab is expected to help more nursing majors to get through the pro-



Mike Simpson/THUNDERWORD
Students on their way to Building 26 in its current state.

grams.

A new Wellness Center is planned for the bottom floor and the Personal Fitness Trainer Lab will be able to double as a classroom. The Fitness Center is expected to have additional equipment, a more open design, and will be approximately 1,000 square feet larger than the current Fitness Center.

The plan is to have either four or five new biology labs that will be roughly 50 percent larger than the current ones.

This means improved safety,

flow, and efficiency because of the design and amount of room, said Pure and Applied Sciences Division Chairman Dusty Wilson.

There will also be a large improvement to the heating, ventilation, and air conditioning system.

The new HVAC system will improve the safety and smell inside the biology labs. A substantially larger preparation area is also planned, Wilson said.

The larger preparation area

will mean “smoother prep allowing students to focus on what they’re learning instead of logistics,” he said.

“This is a really good thing for the college with some short term struggles,” Wilson said.

Architects are still revising details of the renovations.

Building 26 will become the first Leadership in Energy and Environmental Design Silver building on campus.

LEED Silver is a rating level given by the U.S. Green Building Council based on several areas that address sustainability issues.

To qualify for a LEED Silver certification, a building must be awarded 50 to 59 points on the LEED scorecard. There are dozens of categories the scorecard evaluates, such as materials used, energy efficiency, sustainability, and more.

Building 26 is planned to have solar panels resulting in 3 percent on-site renewable energy, LED lighting, a green housekeeping plan, and utilize all possible parts of the existing structure that coincides with the new plans.

Major improvements that are coming to the building including new lab facilities, new elevators, improved daylighting, and western views from the building for the first time.

The new Building 26 is a \$25 million project that will add an additional 15,000 square feet. Bidding for the project will be-

gin in April 2017.

The mechanical plant, plumbing and electrical components will all be new. Only the foundation, walls and roof structures will remain from the current building. The college’s computing and communications infrastructure will remain in the building, but the IT personnel will be relocated while the building is under construction.

Building 26 was originally built in the early 1970s and is not up-to-date with current building codes.

Programs currently in Building 26 will be relocated to buildings 1, 23 and 25 during construction. Where each program is moving to and timelines are still tentative. To help prepare for Building 26’s renovation, there are several upcoming smaller projects in various buildings to accommodate the program relocations.

The Building 1 improvements will begin June and last for three months. Work will begin on Building 25 in Fall Quarter and last approximately six months. Building 23 renovations will begin Winter Quarter 2017 and is scheduled to last for five months.

“After these improvements, buildings 1, 23 and 25 will receive programs moving due to impacts of the Building 26 project,” said Facilities Project Manager Karen Herndon.

Des Moines Marina cooking up new business

By Konner Hancock
Staff Reporter

The Des Moines Marina is cooking up something big, but need food vendors to complete the recipe.

The marina is opening a food truck pod on May 2, and the city is looking to stir up some business, said Shannon Kirchberg, the facilities and events coordinator of Des Moines. She is actively looking for food trucks to join and get the pot boiling for the food pod.

“Although there are no trucks currently committed to the food pod,” Kirchberg said she’s very optimistic that the pod will be a saucy addition that will bring more people down to the waterfront.

“There is already a good amount of people that come down to the marina,” said Kirchberg. But the marina is trying to seriously spice up the waterfront by adding the food pod.

“The more variety the better,” she said. “We want to have as many different kinds of food as we can.”



Des Moines Marina photo
The City of Des Moines hopes to attract enough food trucks to create a food pod at the marina on a regular basis. Food trucks have been very popular at the Des Moines Waterfront Farmers Market.

The food trucks will open Monday through Saturday 10 a.m. through 3 p.m., and 4 p.m. through 9 p.m., but will be closed during lunch on Saturdays and closed during dinner on Wednesdays.

Food trucks will be at the Marina on Saturdays and Wednesdays for the Des Moines Waterfront Farmers Market.

Kirchberg said she is currently looking for any interested, certified and licensed food

trucks. Interested parties can contact her at skirchberg@desmoineswa.gov or call 206-870-9370.

The marina is located at 22307 Dock Ave. S., Des Moines.

King Crossword

Answers

Solution time: 27 mins.

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

Go Figure!

answers

| | | | | | |
|----|---|---|---|----|---|
| 5 | + | 8 | - | 7 | 6 |
| x | | ÷ | | x | |
| 6 | + | 8 | ÷ | 2 | 7 |
| ÷ | | + | | - | |
| 3 | x | 1 | + | 4 | 7 |
| 10 | | 2 | | 10 | |

Weekly SUDOKU

Answer

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

MaST-sive cleanup helps clear beach

By John Van de Ven
Staff Reporter

The MaST Center sent up the signal last Saturday to all those willing to help come clean the beach.

Answering the call were a number of volunteers to come and help collect all the trash found at Redondo Beach. Among the volunteers, some were scuba divers from around the region, and others were concerned citizens hoping to make a difference.

Earth Day is celebrated on April 22 each year. Earth Day is a worldwide event meant to demonstrate support for environmental protection.

People walked down the beach to pick up every last bit of trash they could find, and then combed it all the way back to be sure.

The person in charge of this huge coordinated effort was AmeriCorps Service Member and volunteer and citizen science coordinator, Jillian Mayer.

Mayer grew up in Sarasota, a town on the southwest coast Florida. Mayer said she became inspired to pursue an education



Mike Simpson/THUNDERWORD
Boots, spoons and ping-pong balls were among some of the objects found in the Puget Sound during Saturday's event.

in marine biology after the BP Deepwater Horizon oil rig catastrophe in 2008.

"Maintaining a clean environment is important but getting the public involved is even more so," said Mayer. "People care about the Sound, especially communities who depend on it for their income, culture, survival, or subsistence."

The need for environmental protection is great and Mayer said that people would need a massive policy shift in order to adequately protect Puget Sound. Mayer is quick to credit other groups for their dedication and service to the environment.

"Native American tribes do an incredible environmental service in their myriad environ-

mental programs," Mayer said. "There are also several green groups working in King County to protect the Sound's resources, including Puget Soundkeepers, 350 Seattle, Got Green, and the Seattle Aquarium."

This is the third year the Earth Day clean up project has been done, and the results can be counted in pounds of trash that has been collected. In 2014, the first year they gathered around 600 pounds of trash in their small section of Puget Sound. The second year, they collected around 500 pounds of trash, and this year they collected about 571 pounds of trash.

Teams of divers entered the water after being given a section to clean and dove in after the trash. They would emerge at different intervals, with the rest of their team, carrying bags full of trash that they collected on a section of the dock just south of the MaST Center and Salty's.

The debris that was brought in was sorted so that the proper things could get to the proper facility to be recycled.

Some of the things found in-

clude fishhooks, cans, bottles, and miscellaneous bits of plastic and metal. Other things found were a rubber galosh and an oil filter from a car.

Some would occasionally bring back what can only be described as rubber or silicon caked with sand, to be discarded. However, MaST Center volunteer Randi Weinstein, an accountant with a wealth of knowledge of all sea creatures wriggly and slimy, was on hand and was able to identify them as moon snail eggs. As divers brought in each clutch, Weinstein collected them to release them back into their newly cleaned homes.

This isn't the only clean up project organized this year. In March they organized a clean up for a fishing boat harbor in Sekiu, and divers brought in about 575 pounds of debris, Mayer said.

Although Mayer is leaving to attend graduate school at the University of Michigan, she said that there will always be AmeriCorps members at the MaST Center, and expects the clean up projects to continue in her wake.

Survey

continued from page 1

Skari. "[Universities] can assess whenever, but the Washington community colleges work as a system so we all do our surveys at the same time."

There is a difference between experiences of those at a university and students at a community college, said Dr. Skari. This will be reflected in the survey, most likely due to the fact that Highline does not have a residential campus, she said.

The survey will gather an entire system report of all 34 community and technical colleges involved, rather than individual answers specifically from Highline's campus.

If eventually Highline is able to access the results, it could be used to improve the campus for all, said Dr. Skari.

"Until we see what the results say, it's hard to figure out what our students need and how we can help," said Dr. Skari. "The results can lead to better resources and programs. It steers us in a direction."

Students, staff and faculty will receive the survey via email on May 2. The survey will be open for two weeks and should take about 30-45 minutes to complete, State Board officials said.

Some people will be excluded from the survey. Contract workers, volunteers, interns, and trustees are among those eliminated from the assessment.

As for students, those under the age of 18 or over 18 with a legal guardian, students new to Highline this quarter, and ESL



students are excluded.

Joe Holliday, the director of Student Services for the State Board for Community and Technical Colleges, said these groups are excluded due to lack of translations or other communication barriers, the challenge of getting consent from minors,

and not being on campus long enough to notice any issues.

Questions on the survey will range from yes or no questions and "have you ever" type of responses where students select a pre-written answer. Some questions may have a graphic nature, which will explicitly describe certain situations.

The survey is entirely anonymous and results will be sent directly to the State Board, not to Highline. This is to ensure the safety and comfort of the participants.

"We are required first to report our findings to the state Legislature and the governor," said Holliday. "After that, we

will work with our college leadership groups to determine how best to use the results."

The anonymity may benefit both the students and the State Board.

"Hopefully students feel more comfortable because it is anonymous and will come forward with their stories," Dr. Skari said.

Students are encouraged to take the survey because this will help Highline to fill in the gaps and tend to what is needed on campus, said Dr. Skari.

"I always think it's good to do surveys to get an idea about what's out there with particular issues," said Dr. Skari. "One of

the challenges with a quantitative survey is that it tells you what, it doesn't tell you why."

Although sexual assault is not often talked about, the Campus Climate survey will give students, staff, and faculty an opportunity to speak up.

State Board officials said the results may reveal if there is a need for more sexual assault resources.

"We never have enough resources, there's always more we could do," Dr. Skari said. "If we create spaces and have conversations about these topics in ways that are structured and get at that 'why' then we can be successful."

UNIVERSITY of WASHINGTON | BOTHELL

WE > ME

W

ATTEND A TRANSFER INFORMATION SESSION!
To register visit: www.uwb.edu/admissions/transfer

www.uwb.edu / 425.352.5000

Gateway

continued from page 1

In addition to getting her diploma on time, Bustmamant will be able to graduate with her AA as well.

"I want to eventually apply to UW Tacoma and earn a degree in computer science," she said. "I should be graduating from Highline in 2019."

"Mr. Saechao keeps us in check and continues to motivate us," said Martinez. "I started in pre-algebra and I'm now working on trigonometry."

Applying to UW Tacoma and earning a computer science degree is also what Martinez plans to do, he said.

Trying to understand how students learn is essential to the success of the program, Saechao said.

"I love learning and that's why I love this program," he said. "My staff and I do everything we can do make our students more efficient."

"We hold ourselves to high expectations," said Saechao. "High expectations are not what you say, its what you do with the students."

The program currently has 113 students enrolled and will be accepting applications in Fall Quarter. For more information regarding Gateway, please contact Kao Saechao at Ksaechao@highline.edu.

Speak Out

continued from page 1

allowed two years to finish school," Thomas said.

Academic advising was another hot issue, and students say they want more support and resources from their academic advisers.

"Academic advisers are not giving the information students need to be successful," said Amelia Stayer who participates in Highline's Running Start program.

"I did not know anything about degree audit until my third quarter," Stayer said.

"I have a lot of friends in the Running Start program who have never talked to an adviser," she said.

Other students also expressed their frustration about the lack of information given to newcomers on campus.

The college needs to introduce programs such as Center for Leadership and Service and the Direct Studies program in new student orientations, student Martin Sande said.

The Financial Aid Office also drew considerable flak.

Students agreed that lines at the Financial Aid Office are everlasting.

A speaker, who did not give their name, said the advising at Highline has steered them in the wrong direction and that they want advising to be more hands on.

"I think students should work more closely with their advisers so they don't get so confused," the student said.

"There should be separate advisers and desktops waiting," said Thomas, who works in Financial Aid.

There are too many people who don't know how the system works, Thomas said in reference to the Financial Aid system.

Other students are calling for a change in the state's residency policy regarding tuition.

In order to be considered a resident, you must show your rental history of at least six months, said student Shijuan Haynes, who has been attending Highline for more than a year now.

"But I have no rental history," Haynes said.

Haynes is still paying out-of-state tuition even after making Washington her permanent home for more than a year now.

Haynes wants to be considered a resident and she wants change in the overall residency policy.

The concerns voiced by stu-

dents will not go unheard. The list of complaints and concerns will go to different groups of people to be dealt with.

For some on-campus complaints, Student Government will consider them and try to come up with solutions.

Other complaints will go to administration for change.

The big issues will be taken to Washington State Community and Technical College Student Association where they will try to solve the problems on a legislative level, said Dr. Jonathan Brown, associate dean of students for the Center for Leadership and Service.

"One of my biggest responsibilities is to represent the students," said Speaker of the Caucus and organizer of the Speak Out Abdul Aziz Bah.

"I have to hear the students to make a change," he said.

Bah said, he wants to improve Student Government by listening to student voices and bringing them together.

"Students know what they want," Bah said.

For more information, check out the Center for Leadership and Service, said Dr. Brown, who started The Speak Out program 22 years ago.

The Center for Leadership and Service is on the third floor of the Student Union.

King County Council imposes ban on pot shops

SEATTLE (AP) – The Metropolitan King County Council has imposed an emergency moratorium on pot businesses in unincorporated areas.

The Seattle Times reports council members voted 8-1 Monday for the four-month ban after hearing that residents were opposing the businesses and reports that businesses were clustering in certain less-affluent areas.

The emergency moratorium went into effect Monday, April 25. Council members said the emergency nature of the vote was necessary to avoid a flood of applications that could have come if they had notified the public ahead of time.

King County won't accept or issue any permits for marijuana businesses for the next four months. The council is required to hold a public hearing in the next 60 days to take public comment.

Become a **Bilingual Teaching Fellow** with Highline School District and **Western Washington University**

WWU's alternative route to teaching program leads to a BAE and a WA State Teaching Certificate

Chosen Bilingual Teaching candidates will receive:

- \$16,000 scholarship over 2 year program
- Paid paraprofessional position

Learn more:
wce.wwu.edu/fbtf

