

4-20 blazes its way onto campus

By Thunderword staff

Students appear to be putting the high back into Highline.

Many students admit to smoking marijuana on campus but most of those only go as far as smoking in the parking lot or on trails near campus.

"I've come to class high. But it's overwhelming because I don't go to class high very often, and when I do, I'm really baked so I'm scared of smelling like weed," one student said.

"Almost half the time while I was taking classes at Highline, [I would come to class

high]," another student said.

"I smoke weed I would say like three times a week. I've also never smoked it on campus but I've gone to class high a couple times," said Zico.

"Hell yeah, I smoke at least twice a week and I have definitely come to class high before," Vitaly Huk said.

"Yeah, I've smoked it in my car on campus, does that count?" asked Huk.

Highline Public Safety Officer Frankie McKeever said it does.

"Smoking marijuana on

See Pot, page 15

Tulips to kiss your eyes



Yuki Yamauchi/THUNDERWORD

A little spring warming (finally!) brings out the annual spectacle of freshly blooming flowers in Skagit County. The National Weather Service is expecting temperatures in the mid-60s on Friday, but a return to rain and cooler temperatures through the weekend.

Des Moines Creek to be target of a big Earth Day clean-up project

By Lezlie Wolff
Staff Reporter

Ecologist Laura Hartema has a list and it's not safe to be on it.

Come Earth Day, April 22, Hartema and her Friends of Des Moines Creek will be rooting out a long list of invasive plants that are choking out native species along the trail that runs through Des Moines' Beach Park.

The first Earth Day was April 22, 1970. Its aim was to establish environmental protection for the Earth and was inspired by U.S. Sen. Gaylord Nelson with conservationist Denis Hayes as coordinator. Today, Hayes is the president and CEO of Seattle's Bullitt Foundation, which focuses on environmental issues.

Earth Day is now recognized as the world's most widely observed secular holiday and local environmental groups have a variety of events planned.

"We are focusing on doing invasive plant removal within the creek buffer," Hartema said.

The invasive weed she and



Lezlie Wolff/THUNDERWORD

Des Moines Creek has been the dumping ground of strange items.

other volunteers will be particularly focusing on is English ivy.

"It's a problem in a lot of our forests," Hartema said about the tree-choking vine.

Japanese knotweed and bamboo from neighboring properties are also plants Hartema's group wants to control, as well as Himalayan blackberry and bindweed. Oh yes, and Scotch broom too.

"Scotch broom, with the pretty yellow flowers, that sprays its seeds all over," she said.

But the effort involves more than just ripping plants out.

"We put in a bunch of new plants and we want to keep the grasses and weeds out of there and off [the natives] so they can

See Creek, page 15



Jessica Strand/THUNDERWORD

Dick's Drive-In on Broadway, in Seattle.

Dick's Drive-In on its way to South King Co.

By Sarah Michelli
Staff Reporter

South King County leaders say they hope to cook up an offer Dick's Drive-In can't refuse.

Dick's Drive-In will be building a new location in South King County by late 2018, following a public vote on where the burger chain generally should open its next store.

In the early 1950s, owner Dick Spady had an idea to start

a fast food drive-in in Seattle. Dick's Drive-In was opened in 1954 and now has six locations serving classic American burgers, shakes and fries.

Up until his children convinced him to expand the business, Spady was not interested in an expansion after the 2011 opening of the Edmonds location.

"However, my dad and my uncles convinced him that as he was the only person still with the company who had

See Dick's, page 15

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Softball team fights way toward a spot in the playoffs



Student passes out in North Parking Lot

By **Brendan Myrick**
Staff Reporter

An older student was found unconscious in the North Parking Lot on April 13 by Public Safety. Reports were that the individual tripped and fell, hitting their head on the pavement.

The student was then transported to a nearby hospital for further treatment.

Honda filched

A 1997 Honda Civic was stolen in the South Lot on April 13 at 1:20 p.m. Des Moines Police showed up on scene and took a report. It is unknown if the vehicle was ever found.

Public Safety advises students with a 1990 to early 2000 Honda Civic or Accord models to purchase a wheel lock because those cars are easy money makers for thieves.

Some Honda models have few universal keys, making those cars very accessible too.

An epic epi-flub

A nursing student accidentally injected himself at 9:10 a.m. on April 14 with a real epi-pen in class when he intended to use a prop.

A medical call was placed and the student was checked out by medics. The individual did not suffer from any complications and made a full recovery, according to Public Safety.

Way too buzzed

An intoxicated male was found by Public Safety locked out of his vehicle in the South Lot on April 14 at 6 a.m. Des Moines Police responded and the man cooperated with authorities. The man said he was having a dispute with a roommate and he was trying to get away. Des Moines Police offered to drive the man home, but he declined and a friend of the man picked him up. The man was not indicted by police.

Backpack bandit

A person was caught stealing from multiple backpacks in the Library on Saturday, April 15 at noon. The thief was arrested by Des Moines Police and banned from Highline campus because he was not a



Highline’s furriest visitor nibbles on an acorn midday yesterday.

Kelsey Par/THUNDERWORD

New bill will change the ease student loans

By **Roth Leahy**
Staff Reporter

Students now will have more information about their student loans thanks to a bill that has passed the state Legislature.

The House and Senate both passed the Student Loan Transparency Act, Senate Bill 5022, on April 13.

This act was requested by Washington state Attorney General Bob Ferguson.

The Student Loan Transparency Act would require all college and universities to give detailed information to college student borrowers about what they are paying for in their student loans.

This bill would be enforced when a college offers a financial aid package.

This would require colleges to tell students to “be specific about what kind of loan they are receiving,” said state Sen. Christine Rolfes, D- 23rd District, one of the co-sponsors of the bill.

District 23 covers the Kitsap Peninsula.

This would allow students to see how much they would be taking out to pay for a loan for college, along with seeing how much they would owe when it comes to monthly payments.

Notifications would be sent monthly by written letter or email.

“This would ease the burden for students,” said Sen. Rolfes. “It would balance the market in the long run, but would not change price of college, but it would lead to better decisions.”

Having two kids of her own prompted Sen. Rolfes to pursue the topic.

With the House vote of 91-7, and the Senate vote of 49-0, the bill is on the way to Gov. Jay Inslee’s office for signature.

Gov. Inslee is expected to sign the bill.

Write with power and precision

The Writing Center wants to help you learn how to write in your own way effectively.

Today is their last workshop of the week, it will be from 11 a.m. to noon. The event will have hands-on activities and one-on-one time with tutors to explore the writing process.

The Writing Center will also offer sign-up sheets for future tutoring sessions with one of their tutors along with information with up and coming workshops.

Young poet comes to speak

Highline hosts an open mic event followed by a poetry reading from Angel Gardener, Seattle Youth Poet Laureate.

Gardener has written poetry based off of her life and life events. Being in the foster care system since the age of five and moving from more than 30 placement homes she has much to tell. At the age of nineteen Gardener is representing Seattle as the city’s Youth Poet Laureate.

The open mic will be from 11:30 a.m. to noon and then Gardener will read and answer questions from noon to 1 p.m. in the Inter-Cultural Center, Building 8 Room 204.

Professors explain special numbers

Mathematics professors Wainwright Joseph and Dusty Wilson will be hosting a Science Seminar on what a Fibonacci number looks like.

A Fibonacci number is an omnipresent number but identifying them can be difficult for some. The



seminar will cover the basic principles of identifying these special numbers and defining them and their possible uses.

The seminar will take place tomorrow from 1:30 p.m. to 2:35 p.m. in Building 3, room 102.

Then the week after Highline faculty takes on the subject of fake news and how to stop it.

Next Friday, the Reference Librarians Karleigh Knorr and Deb Moore will talk about where fake news comes from,

how to identify it and how to stop it.

Fake news has been a common subject in the past.

The location and time of next week’s Science Seminar is is Building 3, room 102.



Dusty Wilson

Private Security Academy

DATES AND TIMES FOR SPRING QUARTER 2017
 Tuesday through Saturday
 Dates: May 9–20, 2017 (2 consecutive weeks)
 Times: 3–9 PM

REQUIREMENT

- Must be at least 18 years old at the time of acceptance to the Academy
- Must complete and pass a Washington State Patrol (WSP) Background check
- Must commit to meeting the course attendance requirements
- Must be level 4 ESL

INSTRUCTION INCLUDES

Report writing, defensive tactics, customer service, behavior and terrain analysis, legalities and use of force.

COSTS

\$649.00 per person*
 Funding may be available, please see Workforce Education Service (WES) information.

CONTACT INFORMATION

To register for this course or to find out more information, please call Continuing Education at 206-870-3785 or visit our website at ce.highline.edu.



Heading west may be the best

By Brendan Myrick
Staff Reporter

Students frustrated with trying to exit the East Parking Lot would do well to heed the advice: Go West, young man.

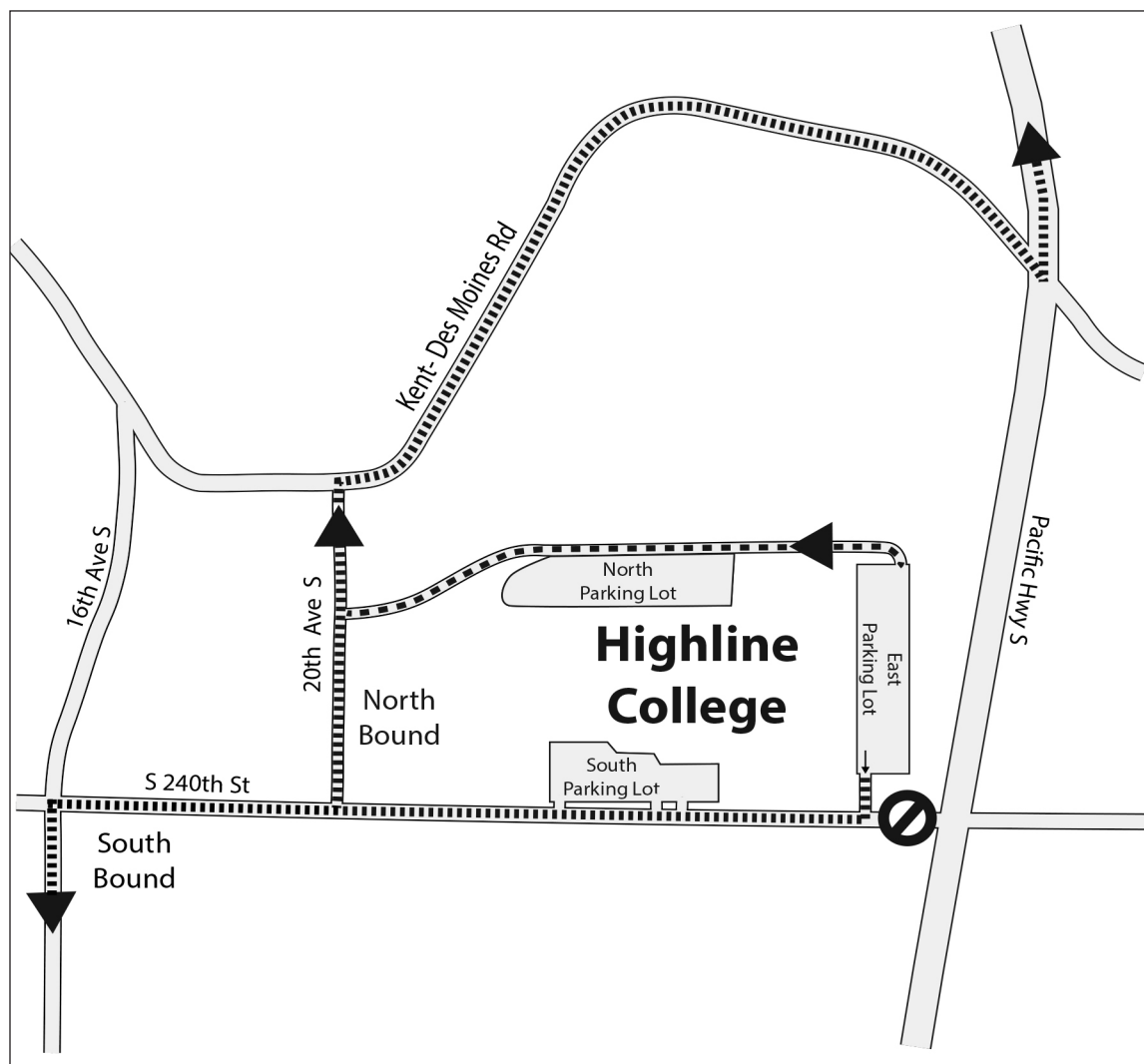
Parking lot jams have been an ongoing issue for students during peak hours, but if students explored different routes, they could save a lot of time Public Safety officials say.

Almost all students who park in the East and South lots struggle to make a left turn toward Pacific Highway South when they leave campus.

The problem occurs at the stoplight at the intersection of South 240th Street and Pacific Highway South. The majority of students are trying to take a left at the light, which causes a backup in the turn lane. That means students exiting, especially the East Lot cannot leave, causing cars to back up past Building 6.

The key to exiting campus quicker is to explore different options, said Richard Noyer, head of Parking Enforcement. Like turning right when they reach South 240th Street.

“All of a sudden now I can do that [avoid parking jams] instead of sit and wait, sit and wait,” Noyer said, “You can be out in five minutes instead of 15 minutes, or even longer.”



Katie Meadows/THUNDERWORD

Public Safety officials said turning right from the East Parking Lot may save you some time.

If students exiting the East Lot took a right, then a right again at 20th Avenue South along the west boundary of campus, then another right at

the Kent-Des Moines Road, they could end up at the Kent-Des Moines Road/Pacific Highway South intersection much quicker than trying to turn left

onto South 240th Street.

Another option for folks in the East Lot is to drive to the far end and take the road to the North Lot and exit there. Stu-

dents who are trying to head toward Federal Way should turn right on 240th and then left on to 16th Avenue South.

There are other ways students can spare themselves a headache involving parking on campus. One big no brainer is to not park without a quarterly pass or the \$1 daily slip that can be purchased in any lot.

Students should avoid driving around with expired winter passes, which can be easily fixed by visiting Campus Safety in Building 6.

Also, watch how you park, taking up two spaces can earn you a ticket and maybe a dinged door.

There are only 2,200 parking spaces for an 8,000-10,000-student body, which means parking spots can run low during peak hours because more parking passes are sold than spaces.

Also, Lowe's parking lot across the street is not open to Highline students. If students park there, they are taking a huge risk and their car will most likely be towed. Those towing bills can total \$400.

“I don't have all the time to police the parking lot,” said a Lowe's manager. “Usually a couple days a week we go out and mark all the Highline student cars and have them all towed.”

Author Sherman Alexie headlines Unity Week

By Joselin Alcantara
Staff Reporter

Noted author Sherman Alexie will be one of the speakers at the 20th Annual Unity through Diversity Week on campus from April 24-28.

Alexie, a poet, novelist, short story writer and winner of multiple awards, is being co-sponsored by Highline Public Schools Native Education Program and King County Library System. He will speak on April 27 from 7 to 8 p.m. in Building 8. Public seating is limited so vouchers are available at the Center for Leadership and Service. One voucher per person.

Admission is free and open to the public.

There will be a wide range of speakers who will touch on current topics such as race, gender, immigration, protest and youth issues during the rest of the week.

Doris Martinez, director of Student Diversity and Inclusion and Multicultural Affairs, and her committee of student leaders have been working on putting together this event since February.



ASU Department of English photo

Sherman Alexie will speak about his cultural background and contemporary social justice issues at Unity Through Diversity Week.

Their mission is to have a week that celebrates diversity and that represents what's happening in current times and to bring forth a call to action, Martinez said.

These events will help students learn about themselves and find their own voice and will provide them and their families with resources they can take home, Martinez said.

One example will be the workshop for supporting un-

documented students and their families.

Martinez said one of the highlights for this year's events will be Nikkita Oliver, an attorney, activist, and a Seattle mayoral candidate this year. She will be giving a lecture on April 24 from 10 to 11:30 a.m. in Building 7 on the importance of storytelling and how it is a tool for resistance and creating movement.

Also speaking will be Ja-

son Dorsette, the director and chief of staff at Oregon State University. He will speak on April 24 from 1:30 to 3 p.m. in Building 8 about the experiences of race and sexuality and will have a workshop where participants can share their own stories.

Anothony Ocampo, Ph.D scholar and author, will lead a workshop on how Filipino Americans have similarities with Latinos and explore whether race is really only about the color of your skin. He will be presenting April 25 from 9 to 10:30 a.m. at Building 7.

Matt Matera, along with Alejandra Perez and Larissa Garcia, will present a workshop on April 26 from 1:30 to 3 p.m. in Building 7 on supporting undocumented students and their families. Their workshop will repeat from 6:30 to 8 p.m.

Kanoe Nāone will be lead a workshop on Native Hawaiian traditional systems and how they can inspire and be of value. She will speak on April 26 from 3 to 4:30 p.m. in Building 8.

Maru Mora, a community

organizer, political analyst and founder of Latino Advocacy, will lead a workshop in Spanish about the war on immigrants and what can be done. The workshop is on April 26 from 6:30 to 8 p.m. in Building 7.

Comedian Ernie G. will offer empowerment through his comedy on April 27 from 10 to 11:30 a.m. in Building 7.

Fawzi Belal and Sam Alkalili will present a workshop on April 27 from 1:30 to 3 p.m. in Building 7 on ISIS, Islam and Islamophobia and how they do not represent Muslims and Islam.

Youth Undoing Institutional Racism will present a workshop on April 28 from 9 to 10:30 a.m. in Building 8 on a People's Movement: No New Youth Jail and Beyond.

The last event of the week will be a workshop on April 28 from 2 to 4 p.m. at Building 8, led by Rashad Norris who will have students work in groups to create a voice for change and understand the power behind it.

For more information about Unity Through Diversity Week, contact Multicultural Affairs at 206-592-3296.

Highline is a great school

Highline is an awesome place to go to college. Many students that have been fortunate enough to choose Highline as their starting point — and sometimes ending point with the possibility of a four-year degree — have discovered just how awesome it is.

An independent online publication, College Choice, recently affirmed what many Highline students have already discovered: this college is a great school to attend.

The college was ranked 42nd on a list of the 50 best community colleges to attend in the United States.

The colleges were ranked for their first-year retention, three-year graduation rates, credentials, diversity, and minority graduation rates.

A lot of the credit probably goes to the staff and faculty for creating an environment where students can not only pass their classes, but thrive in them.

The faculty at Highline are good at being available to offer advice and help with assignments, in class and during office hours.

If you're struggling, they're there.

Staff and advisers do a great job keeping students on the right path to succeed.

Highline is a very diverse college, something the college is very proud of, and has adapted programing to give students an additional boost for success.

Beyond the normal classes, the college offers programs aiming at providing minority students with additional tools for success, such as the Asian American and Native American Pacific Islander Services Institute program and the Umoja Black Scholars program.

AANAPISI aims to mentor and advise the Asian and Native American Pacific Islander students at Highline to give them a better chance at completion.

Umoja Black Scholars program has similar goals, and offers African-American and other students extra support in advising, counseling, tutoring, and financial aid and scholarships.

With the success rate for college completion being lower for minority students, these programs provide the extra support that some need to be successful.

The college deserves praise because without the support that it offers, it probably wouldn't have made it on a list of the best.

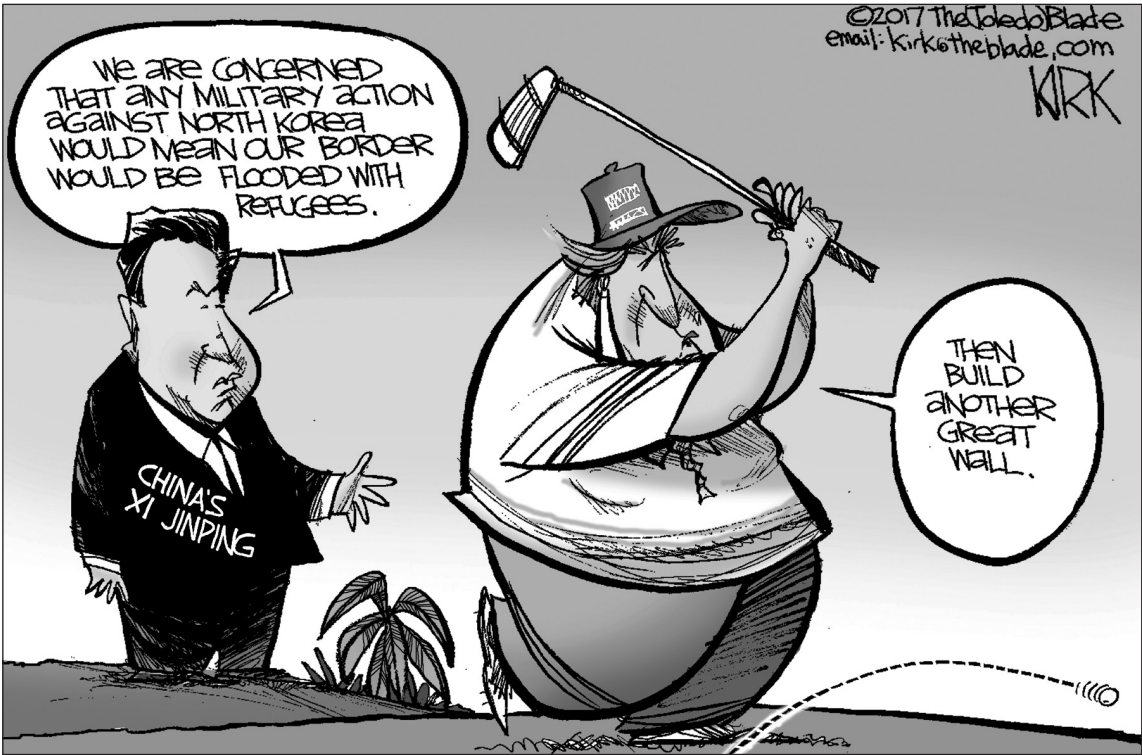
Good job Highline.

Have something to say?

Write to us!

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 by Monday for print on Thursday.



Down the rabbit hole

Marijuana.
It's legal.

In case you've been living under a rock, it was legalized for recreational use in Washington state on Nov. 6, 2012.

Over winter break I had a bad gallbladder attack and since then I've been careful about what I eat and drink. No meat, no greasy foods, and no alcohol.

Well, during last quarter I was feeling the need to relax and kick my feet up. Without the option of sipping on a cold beverage to guide me in my escape from reality, I thought, "Why not hang out with my old acquaintance from my teen years, Mary Jane?"

Sure, sounds fun.

I hadn't used marijuana since before it was legalized, so I took my very first trip to a pot shop.

The girl at the counter was friendly and helpful when I asked about the products they offered. She told me all about the edibles they offered — which is what I was leaning toward — and how much she advised taking.

The shop offered drinks and cookies and spreads — I settled on the gingersnap cookies.

In hindsight, I probably should have been more specific when I asked how much I should consume. It would have been wise to let her know I hadn't used marijuana in years.

As I walked to my car — edibles in hand — a police car sat

Stranded Thoughts



Jessica Strand

across the street from my car. Feeling like I had just done a drug deal, a wave of fear washed over me.

"Break, clutch, gas, don't kill the car," I told myself.

I got home fine with my gingersnaps, and ate the two cookies the cashier suggested.

As I waited for the edibles to kick in, I surfed the web.

OK, here it comes, there's that feeling I remember from my teen years. "This is OK," I thought to myself.

With each minute that ticked by — as my body digested the edible, and the THC seeped into my bloodstream — a sense of urgency grew.

For some reason — even though I had finished homework for that day — I suddenly felt like I was wasting time.

I had to do something. I couldn't waste that whole eve-

ning.

Spanish. Yep, I'd study Spanish. That would make me feel productive.

I started and finished one assignment with no problems. But as I started on the second assignment the words on the screen suddenly morphed into hieroglyphs.

Fui, encontrar, leer — even the easy words that were so familiar were suddenly unrecognizable.

OK, no sweat, Spanish is obviously not the best subject to attempt while high on weed. So, maybe doing some reading for my political science class might be better.

Turns out I no longer understood the English language.

Written or spoken.

It was once so funny that everything didn't seem to make sense, my friends and I would laugh and laugh at the absurdity of everything.

Turns out when you become more responsible, things not making sense doesn't seem quite as fun.

Don't get me wrong, I'm all for marijuana being legal, but maybe college and marijuana don't mix well.

So today I might be kicking back and munching on a couple cookies as I relax at home, but those cookies probably won't have a pungent scent that makes you see the color green.

Happy 4-20.

the Staff

A sandwich is better than a slither.

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Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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1. **METALS:** What alloy is created by mixing copper and zinc?
2. **MATH:** What is an obelus in mathematical formulas?
3. **THEATER:** What long-running play featured the song *Luck Be a Lady*?
4. **ACRONYMS:** What does LED stand for?
5. **ANATOMY:** What is a more common name for the hallux?
6. **GEOGRAPHY:** In what country is Port Said located?
7. **FASHION:** What is a more common name for “frogs” on military-type jackets?
8. **LANGUAGE:** What is the name for the type of marriage

where a woman has more than one husband?

9. **HISTORY:** How many soldiers were in an Imperial Roman legion?

10. **GENERAL KNOWLEDGE:** In what country did the dance called the tango develop?

- Answers
1. Brass
2. Division sign
3. *Guns and Dolls*
4. Light-emitting diode
5. Big toe
6. Egypt
7. Braided fasteners
8. Polyandry
9. 5,000
10. Argentina

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!

	+		÷		2
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10		7		4	

1 3 4 5 5 6 7 8 9

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King Crossword

ACROSS

- 1 Choir voice
- 5 Tackle the slopes
- 8 Mediocre
- 12 Prompted
- 13 Moray, for one
- 14 Helper
- 15 Chris Matthews' show
- 17 Shakespearean king
- 18 "Delicious!"
- 19 Rock band's need
- 20 Vertical
- 21 Saute
- 22 Peter Pan rival
- 23 Stereo setups
- 26 Resident
- 30 Lotion additive
- 31 Spicy
- 32 Green land
- 33 Kadiddle-hopper
- 35 Aquatic plant life
- 36 Female deer
- 37 Bouquets-to-order co.
- 38 High
- 41 Sticky stuff
- 42 Tier
- 45 Culture medium
- 46 Concealed trigger
- 48 Sandwich

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51					52				53			

- shop
- 49 That guy's
- 50 Admitting customers
- 51 Kennel
- 52 Choose
- 53 Sunrise direction
- weather
- 8 Diamond location
- 9 Stead
- 10 First man
- 11 KFC flavorer
- 16 Taverns
- 20 Cushion insert
- 21 Educational visit
- 22 Lustrous black
- 23 Owns
- 24 Sort
- 25 Enemy
- 26 Put on
- 27 Sharp turn
- 28 Historic period
- 29 Born
- 31 Weeding tool
- 34 Monkey (with)
- 35 On
- 37 Palm off (on)
- 38 "— and the Tramp"
- 39 Curved molding
- 40 Respond to gravity
- 41 Clench
- 42 Kelly of morning TV
- 43 Raw rocks
- 44 Took off
- 46 Nevertheless, for short
- 47 Travail

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ARIES (March 21 to April 19) The Lamb loves to be surrounded by flocks of admirers. But be careful that someone doesn't take his or her admiration too far. Use your persuasive skills to let him or her down easily.

TAURUS (April 20 to May 20) This is a good time to begin setting far-reaching goals and connecting with new contacts. Aspects also favor strengthening old relationships -- personal and/or professional.

GEMINI (May 21 to June 20) A personal disappointment should be viewed as a valuable learning experience. Go over what went wrong and see where a change in tactics might have led to a more positive outcome.

CANCER (June 21 to July 22) Don't leave projects unfinished or personal obligations unresolved, or you might find yourself tripping over all those loose ends later on. A relative has important news.

LEO (July 23 to August 22) Expect a challenge to the usual way you do things. Although you might prefer the tried-and-true, once you take a good look at this new idea, you might feel more receptive



to it.

VIRGO (August 23 to September 22) Much work has yet to be done to polish a still-rough idea into something with significant potential. Expect to encounter some initial rejection, but stay with it nonetheless.

LIBRA (September 23 to October 22) There still might be some communication problems in the workplace, but they should be resolved soon. Meanwhile, that “tip” from a friend should be checked out.

SCORPIO (October 23 to November 21) A new relationship appears to need more from you than you might be willing to give right now. Best advice: Resist making promises you might not be able to keep.

SAGITTARIUS (November 22 to December 21) That restless feeling encourages you to gallop off into a new venture. But remember to keep hold of the reins so you can switch paths when nec-

essary.

CAPRICORN (December 22 to January 19) A demanding work schedule keeps the high-spirited Goat from kicking up his or her heels. But playtime beckons by the week's end. Have fun. You earned it.

AQUARIUS (January 20 to February 18) You're beginning to come out from under those heavy responsibilities you took on. Use this freed-up time to enjoy some much-deserved fun with people close to you.

PISCES (February 19 to March 20) Before you get swept away by a tidal wave of conflicting priorities, take time to come up for air, and reassess the situation. You might be surprised by what you'll find.

BORN THIS WEEK: Your leadership qualities are enhanced by a practical sense of purpose that keeps you focused on your goals.

Puzzle answers on Page 16

Homemade mayo adds zip to sandwiches

Sandwiches today range from slices of beef, turkey or chicken on whole-wheat bread to roasted vegetables stuffed in a pita.

Dressings, spreads and sauces can add a delicious depth of flavor to a typical sandwich. Lunch suddenly becomes more interesting with the addition of a flavored mayonnaise.

Adding herbs, spices or fruit to homemade or a good-quality, store-bought mayonnaise changes the flavor and can be made to complement a wide range of meats and vegetables.

Mayonnaise is made by creating an emulsion, in this case, oil and egg yolks, two ingredients that normally don't combine. Egg yolks provide a rich, creamy base and are a key ingredient when making an emulsion for mayonnaise.

Using the highest quality eggs, like Eggland's Best, reduces safety concerns to a minimum. It has one of the strictest quality-assurance programs in the industry and conducts more than 30,000 laboratory tests each year. Adding lemon juice or vinegar to our homemade mayonnaise emulsion also helps deter any bacteria growth.

The lecithin in the egg yolks also helps to stabilize the emulsion ingredients. Eggland's Best Eggs contain 200 mcg of lutein compared with 135 mcg of lu-



tein in an ordinary egg. Lutein also is an important antioxidant that helps maintain healthy vision.

All the ingredients for making mayonnaise, especially the eggs, need to be at room temperature. Take everything out at least 30 minutes before you begin. The key to making an emulsion is adding the oil in a slow, steady stream.

The type of oil used in the emulsion changes the flavor of the mayonnaise. Do not use unrefined oils containing monoglycerides or extra-virgin olive oil, as the flavor is too strong and the emulsion will separate.

For the best results, use regular olive oil, or combine it with vegetable oil. Use this basic recipe for mayonnaise, and then add your favorite combination of herbs, ingredients and spices to create a spread that will add a special zip to your sandwiches.

BASIC MAYONNAISE

For best results, avoid mak-



Depositphotos

Homemade mayonnaise can liven up sandwiches and other recipes.

ing mayonnaise during wet or humid weather, as it will affect the emulsion and the mayonnaise will have a greasy texture. For a richer mayo, use only the egg yolks.

- 1 egg yolk
- 1/4 teaspoon salt
- 1/4 teaspoon dry mustard
- 1/4 teaspoon sugar
- 1/2 cup vegetable oil

- 1/2 cup olive oil
- 3 teaspoons lemon juice or white-wine vinegar
- 2 teaspoons hot water

1. Using a food processor, blender or mixer set on medium speed, combine the egg yolk, salt, dry mustard and sugar until well-blended and a pale yellow. With the motor running, slowly drizzle the oils (1/4 cup

at a time) into the yolk mixture in a slow, steady stream. Drizzle in one tablespoon of the lemon juice and a teaspoon of the hot water. Continue to alternate mixing in the oil and the lemon juice until all the ingredients have been combined. The finished mayonnaise will be thick. If a thinner consistency is desired, whisk in 1 or 2 teaspoons of hot water.

2. Cover and refrigerate for at least an hour before using to let the flavors blend. The mayonnaise will keep about 4 to 5 days. Yield: 1 1/4 cups.

Add flavor with spices: saffron, paprika, cumin, mustard, coriander, chilies, horseradish/wasabi, ground ginger, curry powder and nutmeg.

Herbal flavors: dill, parsley, basil, oregano, sage, cilantro, chives, chervil.

Other flavors: grated lemon or orange zest, chutney, sun-dried tomatoes, capers, anchovy paste, pureed avocado, roasted red peppers, lime juice, ground dried wild mushrooms, pesto sauce, barbeque sauce, hot sauce, pureed mango or crushed pineapple, soy or Worcestershire sauce, honey mustard, minced garlic, purple or green onions, olives, diced sweet- or dill pickles.

Oil substitutions: Infused olive oils, sweet almond oil, canola oil, safflower oil, avocado oil.

Microwave makes risotto easier

This luscious rice dish always pleases a crowd, but rarely pleases the chef. Classically made, risotto requires laboring over a steamy stove without pause for up to 55 minutes, as you stir each ladleful of hot broth into the rice mixture only after the previous one has been absorbed.

Our much simpler strategy puts the microwave to work, shaving a whopping 45 minutes off your active time and reducing the constant stirring to just a few little strokes.

- 4 cup chicken broth
- 1/4 cup water
- 1/2 cup dry white wine
- 1/4 teaspoon crushed saffron threads
- 1 tablespoon margarine or butter
- 1 tablespoon olive oil
- 1 small onion
- 2 cups Arborio or Carnaroli rice (short-grain Italian rice)
- 1/3 cup freshly grated Parmesan cheese
- Salt
- Pepper

For Mushroom Risotto:
8 ounces sliced cremini mushrooms
1/2 teaspoon chopped fresh



Risotto in the microwave is still tasty, but much easier prepare.

Good Housekeeping

thyme

1. In saucepan, heat first 4 ingredients to boiling.
2. Meanwhile, in microwave-safe 4-quart bowl, combine margarine, oil and onion. Cook, uncovered, in microwave on High 2 minutes or until onion softens. Add rice and stir to coat; cook, uncovered, on High 1 minute.
3. Stir hot broth mixture into

rice mixture. Cover bowl with vented plastic wrap, and cook in microwave on Medium (50 percent power) 16 to 18 minutes or until most of liquid is absorbed and rice is tender but still firm, stirring halfway through cooking. Do not overcook; mixture will look loose but will thicken to the proper creamy consistency after cooking.

4. Stir in 1/3 cup Parmesan, and 1/2 teaspoon each salt and freshly ground pepper. Serve with Parmesan. Makes 6 first-course servings or 4 main-course servings.

Taste is high in chicken lo mein

Here's an "Americanized" version of a classic Chinese dish that has a great flavor of the Orient.



by Healthy Exchanges

- 1 (14-ounce) can Swanson Lower Sodium Fat Free Chicken Broth
- 2 tablespoon reduced-sodium soy sauce
- 1/4 teaspoon ground ginger
- 1/4 teaspoon dried minced garlic
- 2 cups frozen Oriental or stir-fry vegetables, thawed
- 1 1/2 cups broken uncooked spaghetti
- 1 1/2 cups diced cooked chicken breast
- 1/4 cup sliced green onion

1. In a large skillet, combine chicken broth, soy sauce, ginger and garlic. Bring mixture to a boil. Stir in vegetables and uncooked spaghetti. Continue cooking for 8 to 12 minutes or until vegetables are just tender, stirring occasionally. Add chicken. Mix well to combine.

2. Continue cooking until mixture is heated through and vegetables and spaghetti are tender, stirring often. When serving, top each dish with 1 tablespoon green onion. Makes 4 (1 cup) servings.

TIPS: 1) Thaw vegetables by rinsing in a colander under hot water for one minute. 2) If you don't have leftovers, purchase a chunk of cooked chicken breast from your local deli.

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Yuki Yamauchi/THUNDERWORD
Professor Eric Centauri gave a lecture about mankind's future regarding the solar system last Friday.

Science Seminar reaches for stars

By Cameron Boosman
Staff Reporter

Resources that are critical to humanity's future may lie elsewhere within the solar system, a Highline professor said.

Highline's Science Seminars, an opportunity for faculty and guest lecturers to discuss topical scientific issues, began its spring series with Professor Eric Centauri.

Professor Centauri's lecture, "The Framework of the Future," was a discussion about how society will continue to thrive after Earth's natural resources have been depleted.

Centauri said that humanity's only hope of outlasting the exhausting of Earth's resources is to look to the solar system in

which it resides.

Centauri's lecture made clear how small a part of the solar system the Earth truly is.

Centauri said that the ice that can be found in comets around the solar system contain 200,000 times the fresh water found on Earth.

In addition to water, fuel and precious minerals can be found in the outer solar system beyond Mars in the asteroid belt and in gas giant planets.

The metals in the asteroid belt alone could support current consumption levels for 30 million years, and fuel in the gas giants would last far longer than even that.

These resources could be mined by permanent installations built with technology that already exists, Centauri said.

The only thing currently holding humanity back is the cost.

Centauri said the current expenditure on space programs is less than \$50 billion annually.

That number would need to increase six-fold to fund the type of projects Centauri laid out.

Even an increase of funding for space exploration to \$300 billion would be little compared to the Earth's military spending, currently exceeding \$1.8 trillion every year, he said.

"There is a narrow window to take advantage of this," Centauri said, "to build, to work together."

Earth's resources are limited, and they won't last much longer, he said.

TEDxSeattle to explore the future, live

By Cameron Boosman
Staff Reporter

TEDxSeattle is hosting a free community and live stream event all day on April 27.

"This is a great way for people to both watch a TED session while experiencing

the community of TEDxSeattle," Cherylynne Crowther, a spokeswoman for TEDxSeattle, said.

The focus of TED2017 is "The Future You."

The talks will focus on humanity and its shared future.

Topics will range from technology's effects on social

interactions to the exploration of the solar system and beyond.

Speakers will include some of the world's premier scientists, entrepreneurs, and artists including Nobel Prize winner Elizabeth Blackburn and comedian Chuck Nice.

TEDxSeattle will be host-

ing the live stream event of TED2017 at the Seattle Tower and while tickets are free seating will be limited.

Those interested will need to register in advance to ensure their seats.

The live stream will consist of three different sets of lectures, and those attending may

register for all three sets or for sets individually.

The event will be held at the third floor of the Seattle Tower, 1218 Third Ave, and it will begin at 11 a.m. and run until 7 p.m.

For more information, and to register for tickets, visit <http://tedxseattle.com/events>.

Highline political fair to urge involvement

By Roth Leahy
Staff Reporter

The Political Action Resource Fair will allow students to ask questions and have them answered on what rights students have, along with information on how to be a legislative advocate, and encouraging students to become engaged in U.S. politics.

All students are welcome and invited to attend the fair, today from 10 a.m.-2 p.m. located in Building 8 in the Mt. Townsend room.

Local non-profit and community groups will be in attendance such as The American Civil Liberties Union (ACLU), the Council on American-Islamic Relation, Fair Work Center, One America, and the Associated Students of Highline College.

The goal for the fair is to "help students learn the rights of individuals in the United

States, and help students learn on how they can participate in government," said Dr. Benjamin Gonzalez.

Dr. Gonzalez is a political science professor at Highline.

Some activities that will occur at the Fair include a discussion with Dr. Gonzalez and Dr. T.M. Sell on the importance of civic engagement and how to get involved, and the background of their own experiences as political scientists.

With the overall message to the public and students, this fair will relay "that anyone can work for change and the more citizens we have who are civically engaged, the stronger our democracy will be," said Dr. Gonzalez.

The Action Political Resource Fair will take place today on April 20, located in Building 8 in the Mt. Townsend Room from 10-2 p.m.

New law aids tethered dogs

OLYMPIA (AP) –Dog owners could face new penalties in Washington state if they tie up or "tether" their dogs in an inhumane way.

Gov. Jay Inslee signed a bill into law Wednesday that would make it illegal for a person to leave a dog tethered for a reckless period of time without providing him or her with adequate access to food, water and shelter. Dogs must also be placed in a safe and sanitary area that protects them from excessive heat or cold.

Inslee said the bill spells out a number of rules and restrictions intended to reduce dogs' injuries as a result of being tethered such as making sure they're not left on a chain or rope that is so heavy it impedes their ability to sit, stand or lie down.

"Thanks for everybody working on this to take care of our best friends here," Inslee said, peering at all of the dogs surrounding him at the bill signing ceremony.

Currently, Washington state doesn't have animal cruelty standards or penalties for when a dog is left tied up or tethered. The new statute would allow animal care and control officers to issue warnings or civil infractions for inhumane animal tethering.

After the signing, the bill's sponsor, State Sen. Joe Fain, R-47th District, said the biggest benefit is that animal control officers can now step in and take corrective actions when people witness a dog tethered in an unsafe way.

"There are a lot of animals in our state, a lot of dogs in our state, that are being held in really unsafe environments that are having horrible and disfiguring injuries because of the way they're being tethered," Fain said while a dog named Coco tugged at the leash in his hand.

Animal advocates urged lawmakers to also ensure owners cannot use choke, pinch, halter or prong-type collars

when tying up their animal.

Laura Clark, the executive director of the Whatcom Humane Society in Bellingham, spoke at a hearing last month and brought in a chain collar that was used to tie up a dog, which ended up becoming embedded into the dog's neck.

She said some dogs can get so tangled up in their tethers they lose limbs or die of strangulation.

"Sadly many dogs in our state are forced to live their entire lives chained or tethered 24 hours a day," Clark said at the hearing.

"These chains can be heavy and short, limiting a dog's ability to move, find shelter from the elements or comfortably sit or lay down."

Clark said the dog with the embedded collar named Sadie along with her 10 puppies ended up making a full recovery and were adopted from the shelter. She said legislation like this can help prevent future animal abuse and neglect.

Arts Round up



• Auburn Avenue Theater hosts **Sheldon Craig** on April 29 at 7:30 p.m. at 10 Auburn Ave.

Craig specializes in Stevie Wonder covers, he is performing hits such as *Isn't She Lovely*, *You are the Sunshine of My Life*, *Signed, Sealed, Delivered*, and many more. Tickets are \$20 for general admission and \$18 for students and seniors. For more information and to purchase tickets, visit auburnwa.gov.

• The ShoWare Center features **Rahat Fateh Ali Khan** on April 30 at 6 p.m., doors open at 5 p.m.

Rahat Fateh Ali Khan is the protégé and nephew of Ustad Nusrat Fateh Ali Khan, a household name in South Asia. He is currently performing his grand tribute tour across the Northwest. Ticket prices range from \$51 to \$251 depending on the seats. For more information, visit rasika.org or showarecenter.com.

• Auburn Avenue Theater presents **Vocal Trash**, a performance involving singing, comedy, break-dancing and unique instruments involving everyday items. The show is on May 5 at 7:30 p.m. at 10 Auburn Ave. Vocal Trash's performance is only one stop on a global tour.

Tickets are \$23 for general admission and \$20 for students and seniors. For more information, visit auburnwa.org.

• Auburn Avenue Theater hosts their monthly **Comedy at the Ave.** on May 12 at 7:30 p.m., at 10 Auburn Ave.

The show is limited to ages 18 and older only. Tickets are \$18 for general admission, and \$15 for students and seniors. For more information, visit auburnwa.gov.

• Centerstage is back with new musical **Cardinal Sins**, written by John Forster and Ian Bryce. This musical runs from May 13 to June 4, at 8 p.m. on Thursdays, Fridays and Saturdays, and Sundays at 2 p.m.

Tickets are \$35 for general admission, \$30 for military and seniors (ages 65 and older), \$15 for youth (25 and younger), and V.I.P. tickets are \$50. For more information, visit centerstage-theatre.com.

Uneven new plays at arts festival

By Izzy Anderson
Staff Reporter

You might want to walk away from *They Walk Among Us*, and escort yourself over to *Escorting Tom*.

Burien Actors Theatre hosted the Billy and Peggy Hunt Playwrights Festival last weekend and will continue to this weekend. The two plays *They Walk Among Us* and *Escorting Tom* are being shown again from April 21 to 23, at 7:30 p.m. on Friday and Saturday and 2 p.m. on Sunday.

First on the bill is *They Walk Among Us*, written by Kirsten McCorty and directed by Laura Shearer.

In this play Greek god and goddess Hera and Zeus move down to earth and start seeing a psychiatrist together due to Zeus' cheating ways.

Mixing the modern era with mythology is an interesting premise that had potential, but it doesn't go very far here.

McCorty seemed to have written this play with the idea that gods can have human issues as well. With this in mind, the show still seemed a little unclear of what point it was trying to get across.

Three actors performed in this play with Carrie Schnelker as Hera, Margaret VandenBerghe as psychiatrist Dr. Gold, and Kevin Finney as Zeus.

Finney showed Zeus' womanizing side well. Schnelker and VandenBerghe, however, were not as convincing. Part of this could be the directing by Shearer though, as Hera's character came off as a worrying pushover.

Sound designer Eric Dickman and lighting designer Craig Orsinger came together to make some great effects.

When the gods in the play felt emotions, lights would flash up and stormy sounds would rumble



Michael Brunk photo

Jane Martin and Mark Gladding act as Margot and Tom in the new play *Escorting Tom*.

across the stage. These effects contributed to the story and matched the moods of the play's characters.

The set design by Maggie Larrick included several rooms that were used during the show, which helped to immerse the audience a little more in the story.

The costumes by Tucker O'Conner contributed to the story in the latter half of the show. Both Hera and Zeus wore regular clothing for most of the show. But while the two are getting ready to move back to Mount Olympus, Zeus is portrayed wearing his traditional Greek robes, symbolizing his unwillingness to change his old ways.

Escorting Tom, written by Duane Kelly and directed by Calen P. Winn, concludes the evening.

Escorting Tom gives us a peek into the lives of Carol and Tom, a dysfunctional separated couple who live together. When Tom's love interest, Margot, enters the picture, things get complicated.

The script for this play flows well and the back-and-forth dialogue between characters is clever.

While the plot dwells on unimportant scenes sometimes and has a few unnecessary moments, once it takes off it gets you empathizing with the play's protagonist.

Kelly's reoccurring theme for this story seemed to be that we all have to change and move on with our lives, even if our ways of doing so are unconventional.

Several twists occur during the play that give the performance more depth. This show lets you see into the lives of these characters as they are learning to grow up, while being grown-ups.

Darla Smedley as Carol shined the brightest during this play, although Mark Gladding as Tom and Jane Martin as Margot had their moments.

The sound by Eric Dickman was good, moments where music played and the characters' phones rang were clearly heard, but not overpowering.

The lighting by Craig Orsinger was adept, although there were moments where the lighting cues were a couple seconds off, leaving the actors in their frozen positions for a while.

Costume designer Tucker O'Conner matched the costumes to the play's theme and all the outfits suited the characters' personality traits.

Prop designer Cyndi Baumgardner and set designer Maggie Larrick both succeeded in making the story feel real. Several indoor and outdoor locations were switched out between acts and plenty of props were used to personify the characters and make them feel more real.

Burien Actors Theatre's acoustics were a problem for both plays. The actors needed to shout in order for the audience to hear them.

Make sure you have a lot of time to spare if you see these shows, as the performances took a little over three hours, including intermissions and breaks.

Following these plays are two more shows, *Winter People* and *The Law of the Sea*, which debut on the weekends from April 28 to May 7 at 7:30 p.m. on Fridays and Saturdays, and 2 p.m. on Sundays.

Tickets are \$10 for both plays. For more information or tickets, visit burienactorstheatre.org.

Northwest Symphony plays for 30th anniversary

By Winter Dorval
Staff Reporter

The Northwest Symphony Orchestra hopes to celebrate 30 years in the community with much fanfare.

One of the pieces that will be performed at their 30th anniversary concert is *Fanfare for a Joyous Occasion*. The composer is Samuel Jones, who wrote the composition for this concert. Mr. Jones worked with the Seattle Symphony for 14 years.

Dr. Anthony Spain is the music director and conductor of the Northwest Symphony.

"There is so much great music that was written in the past, and it is always wonderful to play, but there is so much classical music being written today, and it is inspiring to play music by composers living today," he said.

"There is a lot of music being written in America, and now Europe, that is classically based," he said. "Classical music has reached out to the world, and the world has reached back."

Out of the more than 150 local composers Northwest Symphony has featured in their concert's, almost 70 have been world premieres.

When choosing which pieces to include in this concert, Dr. Spain wanted the music to convey a feeling of "celebration, in some shape or form in that category."

Brahm's Violin Concerto will be performed by a local soloist, Eric Rynes, the concertmaster for the Northwest Symphony.

The closing piece will be the Pines of Rome, by Respighi. This work has "lots of extra brass, and for those that like good decibel readings, it'll take the roof off by the end," Dr. Spain said.

The selections for this concert are "engaging on so many differ-

ent levels," and "great for people that know classical music, and for people that don't," Dr. Spain said.

Dr. Spain said that the mission of the orchestra is to "be the premier orchestra in performing and presenting music of Northwest composers," and they have stayed true to this over the last 30 years.

The concert will be held at Highline Performing Arts center in Burien, 401 S 152 in Burien, at 8 p.m.

Tickets for the April 29 concert are \$15-\$20. For tickets and more information, visit www.northwestsymphony.org or call 206-242-6321.

T-Birds soar back into postseason chase

By Colin Phan
Staff Reporter

Highline climbed back up to .500 after winning a pair of away games against division rival Everett last week.

The Lady T-Birds currently are 7-7 and fifth place in the NWAC North Region, and 10-14 overall. The top four teams of each division earn a trip to the postseason.

Highline had another chance earlier in the week to improve their record, but unfortunately their doubleheader on Wednesday, April 12 against Douglas was cancelled due to rain.

The first game Highline played against Everett resulted in a final score of 9-8 with Highline on top.

The T-Birds got off to a slow start, going scoreless through the first two innings, but made an explosive run in the third, scoring four runs.

The inning started with Precious Tabangcura advancing to first base on a walk.

Savanna Gusman followed up with a single to advance Tabangcura to second base. The next two batters in Highline's order struck out.

Megan Chan took to the plate at fifth in the order, and put the T-Birds on the scoreboard for the first time of the day with an RBI double. Rosie Delrosario followed up by earning a walk, while Gusman stole home to score the T-Birds' second run of the day.

Jenny Hovland capped off the offensive onslaught by the T-Birds hammering a two-run triple, bringing Chan and Delrosario home. Coming out of the third, Highline led 4-2.

Heading into the seventh inning, Highline led 7-4 but failed to score in the top of the inning. Everett responded by scoring three runs to force the game into extra innings.

Gusman started the eighth inning off by blasting a double for the T-Birds. Chenoa White advanced on a walk following Gusman's hit.

Hannah Gyer continued the T-Birds effort by hitting a pop fly to advance the two runners on base. Megan Chan then put the T-Birds up for good with a long RBI single that brought the two runners home for a 9-7 lead.

Stefani Gollin held the Trojans to only one run in the bottom of the eighth, to hang on for a the victory.

"Knowing that we can come back when we're down proved to me that they can do it, they're getting it," said Highline Head Coach Jason Evans. "It was very good for us as a team."

Highline followed up with



Jack Harton photo
Jenny Hovland rips a single during the second inning against Everett.

12-7 win in the second game.

The T-Birds got off to a hot start in the second game, scoring five runs in the first two innings of play, including four in the second inning.

Hovland started off the second by hitting a single. Tabangcura followed up by nailing a meatball out of the park for a 3-1 lead.

Following Tabangcura's two-run homer, Gusman advanced to first base on an error. The next two batters were put away by Everett pitcher Amanda Lee, before Chan blasted a two-run homer of her own for Highline's fourth run of the inning.

"Megan and Precious put us out into an early lead, and made us feel a little more comfortable," said Evans. "We played a little more relaxed and not so stressed out."

The T-Birds were shut out in the third inning, but went on a 7-4 run over the next three innings. Highline's high tempo scoring attack was too much for Everett again, as they ousted the Trojans for the second time not even needing to score in the seventh inning.

Delrosario paved the way on the mound for the T-Birds, allowing 6 hits, 7 runs, 5 errors, and striking 4 batters out over the course of the game.

"We needed these two wins, they propelled us," said Evans. "If they keep working, I know they can finish and win games."

The T-Birds next play at Douglas on Friday, April 21 at 2 p.m., then follow with a doubleheader against Olympic on Wednesday, April 26 at Lions Field at 1 p.m.



T-Birds down No. 2 Spokane in shutout win

By Keiona Trimmer
Staff Reporter

The Highline tennis team split their matches against Bellevue and Spokane last week.

In their 4-5 loss to Bellevue, No. 1 singles player Megan Hagerty set the tone by earning a 6-1, 6-1 victory. No. 4 singles player Celeste Andreotti also battled hard in a 7-5, 3-6, 10-8 loss.

"Our match-up against Bellevue was a tough loss for us, but there was a bright side," said Coach Laura Rosa. "Since our last match up against them we put a lot of focus and energy into doubles and the result was that we swept all three doubles points."

In their first doubles match, Hagerty and Andreotti worked hard for a 8-5 win. McKenzie Hawkins and Sierra Silvia had an 8-6 victory in the second doubles match. In their last doubles win against Bellevue, Mary Ahmed and Samantha McElwain ended the match with a score of 8-3.

"Now, we just need to keep that momentum and find a way to get a couple more singles wins, which I am confident that we can do by the championships," said Coach Rosa.

The team faced Spokane the day after battling against Bellevue. The women had an easy 9-0 win over the Bigfoot tennis team.

"Spokane was a terrific match for us. They have some solid players but we just took care of business," said Coach Rosa. "It was our last home match of the season and we

had a huge crowd which could have been distracting, but instead was just motivation for the players."

Megan Hagerty, No. 1 singles player, came out with a 6-0, 6-0 win. Sierra Silva continued the positive tone by winning her No. 2 singles match 6-4, 7-5.

In their second doubles match, McKenzie Hawkins and Silva came out with an 8-2 win. Mary Ahmed and McElwain fished off the double matchups, winning 8-1.

"Some highlights mid-season are the play of our No. 3 doubles team, Mary Ahmed and Samantha McElwain, who just seem to get better and stronger every day," said Coach Rosa. "Also Celeste Andreotti, our only lefty, who plays No. 4 singles and No. 1 doubles for us, has been solid all year. She seems to wear down her opponents and find a way to win, even in really tight matches."

Right now, the team is 5-2 in standings. They will be going to Skagit Valley, who are 0-5, on April 22 at 10 a.m.



Jack Harton photo
Megan Hagerty, on the right, takes a break after a win.

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Fastpitch hurlers don't throw soft balls

By Colin Phan
Staff Reporter

Highline pitcher Rosie Delrosario stands firm on the mound as she prepares to put away an opposing batter in the bottom of the seventh inning.

Her right hand is entrenched in her glove, gripping the ball in between the folds of the mit.

As she begins to remove her hand from her mit and prepares to wind up, the firm grasp she has on the ball is evident.

Delrosario winds her arm up in a windmill motion and after two full revolutions, she flicks her wrist, releasing the ball from the tips of her fingers.

The sound of the ball rips through the air as it sails to the right outside corner of the strike zone, causing the batter to swing and miss.

In the sport of softball, pitching is always done underhand, unlike baseball.

In baseball, a pitcher throws overhand. He will transfer power from his back leg to the front, all while transferring the inertia from his base into his throwing arm to create pitches that can peak at 100 mph, said Mount Rainier High School baseball Head Coach Bob Odegard.

“Pitching in baseball is not a natural motion,” Odegard said. “The arm isn’t made to rotate that way, and it puts lots of strain on the tendons.”

The style of grip which a pitcher has on a ball can also create different trajectories and courses for the ball to travel,



Jack Harton photo

Precious Tabangcura gets ready to uncork a pitch during Highline’s last game against Pierce.

resulting in what are known as “breaking balls.”

Breaking balls are pitches that can “break” in trajectory downward or horizontally, and are used to fool batters into swinging. A few commonplace breaking balls that baseball pitchers use are the changeup, slider, curve, fork and knuckle balls.

Throwing breaking balls in baseball places a great strain on a pitcher’s arm. Oftentimes, they damage the ligaments in a pitcher’s elbows and can cause his ulnar collateral ligament

(UCL) to tear, requiring surgery to repair the ligament.

“This is why pitch counts are a lot more important in baseball,” Odegard said. “High schools in the state of Washington can’t have a pitcher throw over 125 pitches anymore.”

In contrast, softball causes less stress to a pitcher’s arm. The fundamental form of a softball pitcher is vastly different, as instead of an overhand throw, softball pitchers use a windmill motion to release the ball off their finger-tips.

Despite the less physically

taxing pitching form in softball, Highline pitcher Rosie Delrosario still feels the strain of pitching.

“As for me, I feel more pain in my shoulders than in my actual arm,” Delrosario said. “I put a lot of pressure on my shoulder even though I use my legs more.”

Softball relies much more on the legs to generate momentum and power when pitching.

“Softball pitchers have to use more of their legs,” said Delrosario. “Whereas in baseball, they use more of their arm.”

The speeds that pitches in softball are clocked at versus in baseball will always be lower. In softball, the proximity between home plate and the mound is closer than in baseball.

According to beallaonline.com, a softball pitch that is clocked in at 60 mph is the equivalent of a 95 mph baseball pitch.

Despite the differences in speed and pitching forms however, softball pitchers still have access to a repertoire of different breaking balls to choose from. Softball and baseball share some similar breaking balls, but softball has a few different ones such as the rise ball and the drop ball.

A pitch that is exclusive to softball the rise ball is a staple of the game.

“A lot of pitchers like to throw the rise ball,” Delrosario said. “It looks like it’s down the middle but at the last second, it rises up and as a hitter you end up missing the ball most of the time.”

In softball, pitchers can often times pitch consecutive games. Delrosario doesn’t worry about fatigue if she pitches in back to backs.

“I’ve been doing it all my life,” Delrosario said. “I know I can pitch 100 percent in consecutive days without fatigue.”

Pitching in softball and baseball differ in many ways, but they share one thing in common - pitchers look to dominate opposing batters to help their teams win.

Full-time T-Bird putts up with a full schedule

By Taylor Poe
Staff Reporter

T-Birds sophomore Hansgen is a two-sport athlete, playing for the basketball and golf team.

“It is really hard, especially because I try hard and do both year round. Currently being full swing for golf season, I still work out at least four days a week for basketball because I need to continue to work at it to reach my full potential,” said Hansgen.

There aren’t many days off on her calendar with school work on top of that. She said it’s been tough but she manages really well.

“I came up here initially for basketball and they offered me a scholarship to be a part of the inaugural golf team for Highline,” said Hansgen, who is originally from Salt Lake City. “I could not turn down that opportunity.”

She is on scholarship for both sports, basketball cover-



Jasmine Hansgen tees up in her most recent match.

ing one quarter, and golf covering two.

Hansgen’s biggest motivation throughout this season is knowing that this could be her last year playing golf competitively. She wants to make as much improvement as she can.

“I try to set little goals each tournament that typically change from the first day to the second, usually things like three putts or setting certain amount



Jack Harton photos

Jasmine Hansgen walks with Head Coach Steve Turcotte during the T-Birds’ April 2-3, match against Columbia Basin.

of greens that I hope to get on in regulation,” she said.

Although she has improved from last season, Hansgen said she struggles most with not being as consistent as she needs to be.

In golf, you have to be men-

tally strong, and for Hansgen it’s a piece of cake.

“I think that my strength is definitely my mental strength. It’s easy in golf to give up on a round after a bad hole, or even a bad shot, but I am pretty good at not coming down from that like

a lot of people do,” said Hansgen.

Next year, Hansgen is planning on going to school at Booklyn College in New York to finish out her education in psychology, and her basketball career.

Activists turn cranky on oil

Trio urges students to take action on climate change

By Ellie Aguilar
Staff Reporter

Serious climate changes demand direct action now, a group of panelists told a Highline audience on Monday.

The environmental activists, calling themselves the Valve Turners, shut down five pipelines across four states on Oct. 11, 2016. The pipelines carry tar sands crude oil into the United States from Canada.

That day each of the speakers went to their designed emergency valve shut downs in different states and at different times turned off each one.

"Notice, none of us were shot at when the police arrived, because we're old white people," said Michael Foster, one of the Valve Turners.

"We are in a climate emergency now, not in the future - now," said Woody Moses, science professor at Highline who introduced the speakers. "The coordinated safe shut off of five pipelines was the unprecedented act of civil disobedience and the most expansive takeover of fossil fuel infrastructure ever attempted in the United States."

The group consisted of five

direct action activists and four supporters who stopped about 15 percent of U.S. crude oil imports for almost a day.

Leonard Higgins, Michael Foster, Sam Jessup, and others went to Minnesota, Montana, Washington state, and North Dakota to shut down emergency valves on the oil pipelines. The activists then waited patiently to be arrested by state officials. They are now facing criminal charges in those states.

Higgins, Foster, and Jessup came to Highline to talk about "the importance of direct action and to mitigate the climate catastrophe," Moses said.

"I had to break the law to prevent greater harm," said Higgins. At the age of 65, Higgins turned off the Spectra Energy's Express Pipeline near Coal Banks Landing, Mont. at 8:15 a.m.

"This action you saw is the responsibility I have to my kids and my grandkids," said Higgins. "This is what it looks like to be a good citizen."

Higgins now awaits trial in Montana for this action.

Foster, a direct activist and co-founder of the 350 Seattle organization, turned off the valve for the TransCanada Corpo-



shutitdown.today photo

Activist Michael Foster at the oil pipeline valve he helped shut down last fall.

ration's Keystone pipeline and stopped the flow of oil at 9 a.m. in Walhalla, North Dakota.

"I am really thrilled that I was able to participate in this action," Foster said. "We can take action together before it's not possible to restabilize our climate."

The Valve turners said they did not seek to avoid arrest.

"We did wait and that's an important action. We couldn't sit here and tell this story if we weren't willing to face the punishment," said Foster.

Jessup was not one of the direct activists who stopped one of the pipelines but was a support person designated to live stream the action of Foster.

"The fossil fuel industry has

been lying to our country for half a century," Jessup said. He was also arrested for aiding Foster and has been charged in North Dakota.

All the direct activists, filmmakers, and supporters are facing felony charges and can be sentenced to several years in prison and thousands of dollars in fines.

Just the facts: Scientists, supporters plan big march

By Jo Robinson
Staff Reporter

As many as 30,000 protesters are expected to descend on downtown Seattle on April 22 for the first ever March for Science.

The Seattle event is one of 514 satellite marches, to the main protest in Washington, DC that same day.

Organizers of the event say it was started as a celebration of the sciences and to protest the cuts to funding of the sciences and the silencing of federal scientists by the Trump Administration.

Eric R. Camp, head of youth and college outreach for the Seattle march, said the repercussions of the cuts affect not just the scientific community, but everyone at large.

"The effects of these program cuts and the silencing of federal scientists hurts us all but especially marginalized communities. Five Solomon Islands were recently wiped out due to



rising sea levels, destroying an entire indigenous community," Camp said.

He said funding for agencies such as the federal Environmental Protection Agency is necessary to address issues such as the tainting by lead of the municipalities water supplies in Flint, Mich.

"Lead levels are monitored by the EPA. If they continue to be gagged, we can expect more instances such as what happened in Flint. So, we stand up for these scientists that are curing diseases, developing new renewable energy sources, monitoring the health and well-being

of our citizens," he said.

Camp also said the march is to promote diversity in the mind and teaching of science, technology, engineering, and math.

"STEM fields have a serious diversity issue. So while policy is one pillar of

our goals, we are actively looking to find ways to increase STEM participation by underrepresented groups," he said.

The March for Science rally in Seattle is at Cal Anderson Park, 1635 11th Ave, Seattle, at 10 a.m. The march begins at noon, ending at International Fountain at Seattle Center (2.2 miles, downhill).

The march in Seattle is expected to have between 10,000 to 30,000 attendees.

"We expect a fun family friendly march and are working closely with police. We will have trained peacekeepers that can

coordinate with police," Camp said.

The March for Science rally in Tacoma is at Tollefson Plaza at 10 a.m. The march begins at 11 a.m., ending at the Boeing Outdoor Amphitheater and Plaza near the Washington State History Museum. There will be a post-march celebration, with details to be disclosed at the rally and after the march.

Keynote speakers include: U.S. Rep. Derek Kilmer, D-6th District; the Pierce Conservation District executive director; City Councilman Ryan Mello, and others.

Organizers recommend that participants park at Freight House Square/Tacoma Dome Transit Center where they can take the Link Rail to Tollefson Plaza.

Some of Highline's faculty and staff say they hope to attend the march. Chemistry professor Douglas Bond is encouraging students to march.

"I think it is a good idea because we have one political par-

ty against the sciences," Bond said.

"This march is important, just like the Women's March. Science often retreats into a bubble; I am guilty of it myself. The march will get people out of that bubble," he said.

Of the Trump administration's approach in dealing with the sciences, Bond said this is an example of fear talk.

"There's a segment of business that seems to think there're no consequences, no consequences whatsoever, for doing or not doing whatever they very well please," he said.

"Science is about consequences, we live in a world with consequences," Bond said.

Highline instructional classroom and lab room technician Chelene Henson said she plans on attending the march as well, and has already bought her March for Science sweatshirt.

"I just got it, it was the best one to me," Henson said. "It says 'Science is greater than opinion.'"

Scientists seek carbon solutions

By **Sam McNeil**
Associated Press

WADI ABDAH, Oman – Deep in the jagged red mountains of Oman, geologists are searching for an efficient and cheap way to remove carbon dioxide from the air and oceans — and perhaps begin to reverse climate change.

They are coring samples from one of the world’s only exposed sections of the Earth’s mantle to uncover how a spontaneous natural process millions of years ago transformed carbon dioxide into limestone and marble.

As the world mobilizes to confront climate change, the main focus has been on reducing emissions through fuel efficient cars and cleaner power plants. But some researchers are also testing ways to remove or recycle carbon already in the seas and sky.

The Hellisheidi geothermal plant in Iceland injects carbon into volcanic rock. At the massive Sinopec fertilizer plant in China, carbon is filtered and re-used as fuel. In all, 16 industrial projects currently capture and store around 27 million tons of carbon, according to the International Energy Agency. That’s less than 0.1 percent of global emissions — human activity is estimated to pump about 40 billion tons a year into the atmosphere — but the technology has shown promise.

“Any one technique is not guaranteed to succeed,” said Stuart Haszeldine, a geology professor at the University of Edinburgh who serves on a U.N. climate body studying how to reduce atmospheric carbon.

“If we’re interested as a species, we’ve got to try a lot harder and do a lot more and a lot of different actions,” he said.

One such action is underway in the al-Hajjar Mountains of Oman, in a quiet corner of the Arabian Peninsula, where a unique rock formation pulls carbon out of thin air.

Peter Kelemen, a 61-year-old geochemist at Columbia University’s Lamont-Doherty Earth Observatory, has been exploring Oman’s hills for nearly three decades. “You can walk down these beautiful canyons and basically descend 20 kilometers



A crew removes a core sample for testing. Scientists working in Oman are searching for ways that carbon might be removed from the atmosphere and safely stored elsewhere.

(12 miles) into the earth’s interior,” he said.

The sultanate boasts the largest exposed sections of the Earth’s mantle, thrust up by plate tectonics millions of years ago. The mantle contains peridotite, a rock that reacts with the carbon in air and water to form marble and limestone.

“Every single magnesium atom in these rocks has made friends with the carbon dioxide to form solid limestone, magnesium carbonate, plus quartz,” he said as he patted a rust-colored boulder in the Wadi Mansah valley.

“There’s about a billion tons of CO2 in this mountain,” he said, pointing off to the east.

Rain and springs pull carbon from the exposed mantle to form stalactites and stalagmites in mountain caves. Natural pools develop surface scum of white carbonate. Scratch off this thin white film, Kelemen said, and it’ll grow back in a day.

“For a geologist this is super-sonic,” he said.

He and a team of 40 scientists have formed the Oman Drilling Project in order to better understand how that process works and whether it could be used to scrub the earth’s carbon-laden atmosphere. The \$3.5 million project has support from across the globe, including NASA.

Carbon dioxide is the primary greenhouse gas driving climate change, which threatens political instability, severe weather and food insecurity worldwide, according to the United Nations climate body.

Natural carbon levels have risen from 280 to 405 parts per million since the Industrial Revolution, and current estimates hold that the world will be 6 C hotter by 2100.

In 2015, 196 nations signed the Paris climate accords, agreeing to curb greenhouse gas emissions to levels that would keep the rise in the Earth’s temperature to under 2 C.

That has injected new urgency into the work underway in Oman, where Kelemen’s team recently spent four months extracting dozens of core samples, which they hope to use to construct a geological history of the process that turns carbon dioxide into carbonate.

“It’s like a jigsaw puzzle,” said Nehal Warsi, 33, who oversees the drilling process.

Around 13 tons of core samples from four different sites will be sent to the Chikyu, a state-of-the-art research vessel off the coast of Japan, where Keleman and other geologists will analyze them in round-the-clock shifts.

They hope to answer the ques-

tion of how the rocks managed to capture so much carbon over the course of 90 million years — and to see if there’s a way to speed up the timetable.

Kelemen thinks a drilling operation could cycle carbon-rich water into the newly formed seabed on oceanic ridges far below the surface. Just like in Oman’s mountains, the submerged rock would chemically absorb carbon from the water. The water could then be cycled back to the surface to absorb more carbon from the atmosphere, in a sort of conveyor belt.

Such a project would require years more of testing, but Kelemen hopes the energy industry, with its offshore drilling expertise and deep pockets, will take interest.

“Ultimately, if the goal is to capture billions and billions of tons of carbon, that’s where James Cameron comes in,” he said, half joking, referring to the *Titanic* and *Avatar* director who has also pioneered undersea technology. Cameron himself piloted a submersible to the deepest point on Earth in 2012 and retrieved samples while filming *Deepsea Challenge*.

“He hasn’t responded to my messages yet,” Kelemen said.

Show you care at appliance repair fair

By **Joselin Alcantara**
Staff Reporter

Residents can get their small household items and clothing fixed for free at a Repair Fair April 22 in White Center.

The event will be in the White Center Community Center Gym at Steve Cox Memorial Park, 1321 SW 102nd St., from 9:30 a.m. to 12:30 p.m. as part of the community’s Earth Day festivities.

Special activities and entertainment will also take place, including: Music by the Marina Christopher Duo at 9:45 a.m. and 11:15 a.m.; followed by instruction for kids on how to make a rain gauge from recycled materials from 10 a.m. to noon; and at 10:30 a.m., there will be a home lamp repair workshop by McLendon Hardware.

Residents bringing items for repair are asked to sign up in advance and mention what their items are so fixers can be prepared. They can sign up by contacting Tom Watson at tom.watson@kingcounty.gov or at 206-477-4481.

Complete repair of an item is not guaranteed, but the success rate is about 70 percent, Watson said.

Items should be small enough to be carried by one person and not leaking, damaged, contain gasoline or have a strong odor; clothing/fabric should also be washed.

The idea is to help people save money and that they should buy more durable items in the future, Watson said.

Some items that have been brought before are: chairs, necklaces, irons, figurines, lamps, vacuums, blenders, pants, dresses, sweaters, etc.

Also if an item needs a specific part or material, which is common, then it is required to bring those parts.

Fixers are students from the Highline High School’s Robotics Team and their parents, also retired repairmen/seamstresses. Some of the fixers speak other languages such as Vietnamese and Cambodian. There will also be someone who knows American Sign Language.

The interpretation service is done in order to branch out to the community and to teach about the importance of recycling materials and fixing things in order to conserve materials and keep them out of the landfill, Watson said.

Trump continues to try to roll back protections

WASHINGTON (AP) – The Trump administration is once again seeking to scuttle cuts to pollution from coal-fired power plants.

The Environmental Protection Agency on Tuesday asked a federal appeals court in Washington to postpone consideration of 2012 rules requiring energy companies to cut emissions of toxic chemicals.

The agency said in a court

filing it wants to review the restrictions, which are already in effect. Nationally, most utilities are already on pace to comply with the new standards.

It is the latest in a string of moves by President Donald Trump’s appointees to help companies that profit from burning of fossil fuels.

Last week EPA administrator Scott Pruitt announced he

would seek to rewrite Obama-era rules limiting water pollution from coal-fired power plants. The agency also sought to roll back tighter restrictions on pollution from coal mines.

Trump has pledged to reverse decades of decline in a U.S. coal industry under threat from such cleaner sources of energy as natural gas, wind turbines and solar farms. The president has also

said he doesn’t agree with the consensus of climate scientists that carbon emissions from fossil fuels is the primary cause of global warming.

Coal burned to generate electricity is also the nation’s largest source of mercury pollution, which when inhaled or ingested by pregnant women can harm the development of infant brains.

Celebrate cultures around the world

By Chikako Murakawa
Staff Reporter

Global Fest is coming on May 13 from 5-9 p.m. in Building 8. The annual celebration of different cultures includes singing and traditional dance performances, cultural booths, traditional clothes and food. It is sponsored by the International Leadership Student Council and staffed by volunteers from International Student Programs and other interested students. Last year Global Fest involved 17 different countries such as Japan, Vietnam, Ukraine and Mexico. “I really want guests to walk away knowing how amazing the world is, and inspire them to learn more because of Global Fest,” said Amee Moon the assistant director of ISP. “Also, I want them to realize there are many different cultures [represented] at Highline.” Global Fest is a big under-



File photo

Global Fest is an event put on at Highline to celebrate the diverse cultures from around the world.

taking and requires a lot of space to build scenery and the culture booths. Much of the space used in the past is gone now, because of various con-

struction projects. “With the remodel of Building 26, a lot of construction projects are happening around campus, so there is no available

space to make Global Fest decorations,” Moon said. The purpose of Global Fest is to celebrate culture and diversity, make friends and volunteer.

It is an opportunity to educate others and enjoy the time they spend at Highline, Moon said. “All students are invited and we need more people who have come from different countries,” said Meng Lei, who is responsible for the event. Although each country can be represented by only one group, there is no limit on how large a group can be. There are four kinds of jobs for volunteers: the promotion team, the decoration team, the culture booth team and the performance team. The staff of ILCS will monitor each team’s process. Once again, the performances will be broadcast so friends and family back home can view the celebration on the Internet. The broadcast will be handled by Chad Russell and Bob Hier, who work for media production for Highline.” If you have any questions, you can e-mail ILCS at ilsc@highline.edu or go to ISP office.

Speakers tell the truth at color conference

By Jo Robinson
Staff Reporter

YAKIMA – America finally told the truth on Nov. 8 that America is not a colorblind nation, NYU professor Frank Leon Roberts said last week during the 27th annual Students of Color Conference. The three-day event allowed students enrolled in colleges around Washington to network with each other. This conference had more than 70 different identity development workshops, targeted toward addressing the different challenges faced within diverse cultural, racial and ethnic communities. Roberts, one of the keynote speakers, gave the audience what he said are four ways of better understanding Black Lives matter. One of them, he said is understanding that Black Lives is a human rights movement, not a civil rights movement. “The Black Lives Matter movement is often referred to as a civil rights movement, which is false, this is a human rights issue,” Roberts said. “Why I make the difference is because Black Lives Matter wasn’t started to achieve any legislative goal, but instead Black Lives Matter, cuts to a deeper existential reason. Which is to ask the question ‘Who gets to be counted as human?’”



Frank Leon Roberts

Roberts said seeing Black Lives as an intersectional movement would also help people understand it. “The fact that two of the three founders of Black Lives Matter self-identify as queer women, is an important fact to note,” Roberts said. Connecting the movement to LGBT rights, he used Stonewall [a riot in which members of the LGBT community protested police brutality] as an example, relating each by their fight against police brutality. He said the movement encompasses all oppressed people. “Not just cis-gendered, heterosexual, black men,” said Roberts. Roberts said another way to help others understand the Black Lives movement is to see it as an abolitionist movement. “Abolitionist movements are different from reform move-

ments. Black Lives Matter does not want to reform the prison industrial complex, BLM [Black Lives Matter] wants to abolish the prison industrial complex,” Roberts said. Roberts connected the Black Lives movement to abolitionists in the 19th century who he said were committed to see freedom as not just the absence of slavery but also the presence of what was to be a more equitable world. He said conceptualizing Black Lives Matter as an artistic movement would also help people understand it. “For some people that may seem strange, but this movement is impactful due to the artistic nature of the movement,” said Roberts. Roberts talked about how organized a rally or a protest march is, knowing that it takes composition, theatricality, staging, and choreography it takes to put on such an event. The artistry that comes from political activism, Roberts said, is why movements succeed, because the usage of horror, pain and suffering of the world and the turning of those things into art. The theme of the Students of Color Conference this year was Cultivate OUR Truth with Unity and Resilience. Self-described “storyteller and social entrepreneur” Luis Ortega focused on that theme during his

keynote speech. Ortega grew up in Mexico City during his middle school years, then spent his following high school years in Seattle before transferring to University of Washington for college. He spoke about the struggles he faced along the way, being undocumented in America. Ortega said he knew going to college was the reason why his family came to this country. When Ortega thought about college, he only had his eyes set on one - the University of Washington. It was also the only one he knew. Ortega made an appointment with his high school counselor. Even though he had done well academically, Ortega said he had prepared himself to hear a no because of his undocumented status. “It should’ve been simple conversation; it should’ve been just another meeting. It was

not. For the very first time, I disclosed to someone outside my immediate family that I was undocumented,” said Ortega. “To be perfectly honest, I did not say I was undocumented but I said I was illegal,” he said. He stressed this to point out that there is no way a human being can be illegal only that it is entirely possible to make somebody feel as though they are. He told of the silence that followed the one secret his mother told him never to share. “She finally stood up after hearing my full disclosure. She walked three steps towards the door- opened it, and said, ‘Get out - people like you don’t go to college,’” Ortega said. Ortega said he wanted the audience to critically think about diversity. He talked about how easy it is to say something just like what his high school counselor told him, to someone who is different than you. He said he wanted to stress the importance of not making someone feel illegal; not making them feel foreign or other. Ortega told the audience that everyone has a story and that it is critical to listen to others. “Because everyone is foreign and other,” Ortega said, “Until you listen to their story.”



Luis Ortega

Author shares story of racist crime

By Leticia Bennett
Staff Reporter

Details of the 1887 Snake River Massacre of Chinese opened the eyes of a History Seminar presenter to the early day presence and impact of Chinese immigrants in the West.

Much of that history has now vanished except in museum artifacts or books, said Peter Ludwin, a local poet and author.

History Seminar is a weekly series of presentations on different historical topics of significance.

At last week's presentation, Ludwin said he never connected the Chinese to Utah, Denver, Wyoming, Idaho, Arizona. The massacre occurred in May of 1887 in Wallowa County, Ore.

Ludwin said, like many people, he had not heard about the massacre until he bought a book about the event and consequently visited the massacre site.

He said that there were two major immigration waves from China. The first wave came because of the Gold Rush and the second wave came because of the railroads.

Approximately 300,000 Chinese immigrated to the western United States.

White miners in those



Yuki Yamauchai /THUNDERWORD

Author Peter Ludwin discussed the Snake River Massacre of Chinese at last week's History Seminar.

states despised the Chinese. They were rarely paid for their labor, and several lost their lives while working on the railroads.

Unlike most immigrants, the Chinese had different goals. Rather than come and live in the United States, they wanted to come to the United States to work and make enough money to return to China and elevate them-

selves and their families.

A national depression occurred in 1873 to 1878 that caused heavy unemployment and ultimately led to the formation of the racist Workingmen's Party in California, whose main goal was to get rid of cheap Chinese labor in the country.

Eventually, this view helped pass the Chinese Exclusion Act

of 1882, prohibiting all immigration of Chinese laborers.

The passing of this act and several anti-Chinese riots in Seattle, Tacoma, and Portland, helped set the stage for Snake River Massacre.

The Snake River Massacre occurred in May of 1887 in Wallowa County, Oregon. A group of miners were working along the Snake River when a gang of

horse thieves and school boys decided to get rid of the Chinese and get their gold. They took up ambush positions and murdered them. More Chinese came to the river, and suffered the same fate.

A year later, a jury indicted six of the gang members. Three of them fled, while the other three were put on trial. They claimed that they did not hurt any of the laborers and were declared innocent by the jury and no one was punished for the crime.

After the trial, the incident was suppressed by the people who did not want to the country to look bad and the massacre was left largely forgotten.

Ludwin, who read several of his poems about the massacre during the presentation, said he felt inspired to write his book because of the now long gone presence of the Chinese that had once made up to one third of the population in some states.

Next week's series will feature Rachael Bledsaw, part of the history faculty, who will speak about "Geisha and the Floating World in Tokugawa Japan."

History Seminars are on Wednesdays, and take place in Building 3, room 102, from 1:30 to 2:40 p.m.

Transferring out of state has pros and cons

By Leticia Bennett
Staff Reporter

Transferring out of state has challenges, but does have advantages if planned carefully, Highline's transfer director said.

Highline students go everywhere after graduation. In continuing their education, many transfer to in-state colleges. Some students may want to transfer out of state. Many find that trying to transfer out of state can be problematic.

Siew Lai Lilley, director of Transfer Programs at Highline, said that there are challenges to transferring out of state "...because every state has its own policies and procedures regarding transfer student admission that may be different than those in Washington state."

She said that the four main challenges for transferring out-of-state are: how Highline credits are accepted by the out-of-state college, the difficulty of getting into certain majors, higher tuition for non-residents, and being able to have good support systems.

"In Washington state, the community colleges and the four-year colleges and universities have worked in close

"If students do not have a good support system, then it could be emotionally challenging. I remember my days as an international student. I came to America as a young woman without knowing a soul."

— Siew Lai Lilley,
Highline transfer director



partnership for years to ensure that the credits students complete will transfer smoothly and therefore, complete their degrees in a timely fashion," Lilley said.

Out-of-state colleges decide which credits will and will not transfer to their institution, and have the final say about which credits fulfill their admission and graduation requirements.

Lilley emphasized the importance of directly connecting with the college and reviewing the admission requirements.

"I tell students that if they

want to transfer out of state, they should really keep in close contact with the admissions office of their university and receive guidance from them as to what courses will transfer."

Students looking to transfer out of state should be aware that some majors may only be available to residents and that the requirements may be different for non-resident students. Students should also be prepared to pay more tuition since they're not residents of that state. Students also need to have a good support system.

"If students do not have a good

support system, then it could be emotionally challenging," Lilley said. "I remember my days as an international student. I came to America as a young woman without knowing a soul."

"I had to find my own support system and had to deal with a number of adjustment issues. I encourage students to tour their out-of-state campus if possible, meet with transfer students, sit in on some classes so that they have a 'feel' for their new environment and consider the right fit," she said.

While there are significant stumbling blocks to out of state transferring, there are advantages.

One of these is that some out-of-state schools may offer majors that aren't available in schools in Washington state. Students also might benefit from being in a new environment. They will be able to make new friends, have the opportunity to improve social and life skills, get involved in campus, and develop different perspectives on issues, and becoming more independent.

"Speaking for myself," Lilley said, "I grew to be more independent than I would have been had I not left my country."

State jobless rate hits 10-year low

OLYMPIA (AP) – Washington state's unemployment rate is the lowest it's been in nearly 10 years, dropping to 4.7 percent last month.

The latest numbers released by the Employment Security Department Wednesday show that March's rate dropped from February's rate of 4.9 percent. March's rate is the lowest the state has seen since August 2007.

The state also added 10,700 nonfarm jobs last month.

The national unemployment rate was 4.5 percent last month. The unemployment rate in the Seattle-Bellevue-Everett area was 3.3 percent.

The industries that saw the greatest job growth last month were leisure and hospitality up 2,700, education and health services up 2,500 and professional and businesses services, which gained 2,300 new jobs. Wholesale trade saw the biggest reduction in March, losing 1,400 jobs.

Creek

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flourish and grow,” she said.

The native plants include “conifers like cedars and Douglas firs,” she said.

“We’ve got trees such as cottonwood, maple, alder and a variety of shrubs. You’ll see snowberry, some roses, thimble berry and salmon berry,” she said.

“The improvements are incredible,” Hartema said.

When she first began her work removing invasive plants in 1999, she said there were not a lot of plants established or it was 100 percent blackberries.

Invasive vegetation out-competes native vegetation that can’t flourish.

“You need the diversity and structures of the variety of trees, shrubs and ground covers that make a diverse, healthy habitat,” she said.

The ivy, Hartema said, acts as a blanket on the ground floor

and most herbaceous species can’t survive against that.

Improvements to the creek include work upstream that reduces high and erosive flows.

A pipe diverts peak storm runoff so as to avoid taking out juvenile fish and erode the banks, she said.

Salmon enter the creek each fall to spawn.

“The creek has mostly Coho, juveniles and spawners,” she said.

The Coho spawn in October and November, while the Chum come a little later, she said.

There are also cutthroat trout and they’ve seen some bass.

Other wildlife such as raccoons, otters, sea lions and a vast variety of birds including owls can be seen in the basin.

People get interested in learning about invasive plants and see the benefits of making their own yards more native rather than ornamental, Hartema said.

The Friends of Des Moines

Creek are about “getting your hands dirty in a park where it’s everybody’s ownership rather than in your back yard. We all need to care about it,” she said.

But efforts to preserve nature aren’t confined to the creek.

Des Moines has always been Earth conscious, said Des Moines Parks Recreation and Senior Services administrative assistant Janet Best.

There are a variety of other events such as the Rotary Club of Des Moines and Normandy Park Earth Day cleanup of South 216th St., Marine View Drive and Seventh Avenue South.

An activity Best is leading will be putting Puget Sound Starts Here placards on all the storm drains to remind people what goes down the drain, goes into the Sound. Last year, they got almost half done, she said.

“We hope to get the rest of those done within the next couple of months, if not on Earth Day,” Best said.

Private groups are also scheduling events.

“A couple of those will be at Redondo,” she said.

“One is Indeed.com,” she said referring to the job search company. Volunteers from that group will be on the shores and in the water, cleaning up the Redondo area.

“Earth Day is something that our company globally really takes an initiative in,” said Emily Kinman, receptionist at Indeed.com.

“We consider ourselves to be a green company. All of our offices all over the world participate in Earth Day in some form,” she said.

The head engineer is a deep sea diver and he suggested a beach clean-up at Redondo beach where he’s dived before, Kinman said.

Kinman said Indeed.com sent out an invitation to its 140 Seattle employees to join the clean-up.

Also helping is the local re-

fuse company.

“Recology has been a partner for years,” Best said. “Realizing we are having these activities, they offered to pick up our trash.”

To get involved or questions answered, contact Best at the Des Moines Field House at 206-870-6547 or email her at jbest@desmoineswa.gov. For trash pick-up meet at 8:45 a.m. at the gate of 22030 Cliff Ave. S. Saturday.

For invasive weed removal with Laura Hartema you can show up at 8:45 a.m. at Des Moines Creek Trail or contact her at Laurahartema@yahoo.com.

“We’re all connected,” Hartema said of the Earth Day activities.

“What you do, effects the people downstream from you. Ultimately, we only have one Earth and I think it’s up to each of us to steward it,” she said. “It’s hard work, but people always leave gratified.”

Dick’s

continued from page 1

been around when we opened our last store. If he wanted to pass down that knowledge, we should probably start working on a new location,” Vice President Jasmine Donovan said.

For the 2011 expansion, Dick’s Drive-In took a poll of people as to where they wanted the new location. “It went extremely well, generated a lot of excitement and motivated city governments to reach out to us with potential sites,” Donovan said.

They decided to take a poll with the runners up for the newest expansion.

The most recent poll had 170,000 votes and the winner was the south end of King

County.

For the new site, “We want to purchase an acre of land on a busy highway or road with easy access to I-5, close to large employers, night life, high schools, and colleges,” Donovan said.

City officials from both Des Moines and Kent say that description fits the area near the Highline campus. Speculation is swirling on social media that an ideal location would be the site of the Dollar Tree store on Pacific Highway South that burned last fall.

Des Moines city officials recently posed at a city council meeting decked out in the burger joint’s iconic blue and orange t-shirts. Ironically, if the Dollar Tree site is chosen, it will actually be in the City of Kent, a technicality that has the valley city’s officials blessing what they refer

to as the West Hill alternative.

Other local cities are under-terred and encouraging that the expansion to come to them.

Federal Way Mayor Jim Ferrell said he has many great memories of eating at Dick’s Drive-In while he was a student at the University of Washington. He has seen lots of interest in the expansion through Facebook and other social media, and would welcome an expansion to Federal Way.

He met with Jim Spady on

April 13.

“I gave their team a personal tour of Federal Way and we looked at several really great site locations to bring Dick’s to Federal Way,” Mayor Ferrell said.

City Councilmember Armondo Pavone of Renton and its residents also welcome Dick’s Drive-In to their city.

“There was sort of a grass-roots campaign and then the residents got involved and shared it quite a bit,” Pavone said.

The residents of Renton are doing a lot of campaigning through social media such as Facebook and Next Door to encourage the Dick’s Drive-In expansion to their city.

Renton welcomes Dick’s Drive-In because “It is more than just a hamburger stand. It is something that people have memories attached to,” said Pavone, himself a restaurateur.

Reporters Kenai Brazier, Jo Robinson, Sarah Michelli and Winter Dorval contributed to this story.

Pot

continued from page 1

campus is legal by state law, but illegal by federal law,” said McKeever.

“We adhere by the fed [federal] law, because we are a government-funded institution. Students seen smoking [marijuana] on campus run the risk of being arrested and are at risk for being expelled,” said Officer McKeever.

Highline policies, procedures and guidelines does not specify whether being under the influence is legal here on campus.

In terms of its legality, according to Washington State Liquor and Cannabis Board weed can only be purchased and used if you are over the age of 21. Additionally, the usage of marijuana in view of the public is illegal.

Meanwhile other students smoke pot for fun.

“I smoke it once or twice every two weeks,” said one anonymous student. “I do it recre-

ationally just as a way to relax with friends.”

“I do it at parties just to have a good time, it helps to lighten the mood,” said another student who wished to remain unnamed.

For one student, it “allows the barriers to come down.” They said, “I have ADHD, so it helps me listen, and study.”

“People who go to class high can take tests better because they aren’t second guessing themselves.”

Other students said that they had never smoked weed before for various reasons.

“I’m a Christian so I can’t,” said another student who wished to remain unnamed. “It goes against my beliefs.”

While blowing the smoke from her cigarette, another student said “I could not smoke weed even if I wanted to. I’m an international student so I would get in trouble if I get caught.”

Reporters Jo Robinson, Winter Dorval, Kenai Brazier, Sarah Michelli contributed to this story.

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For more information email Steve Lettic at slettic@highline.edu

Where pot is legal

A look at shifting marijuana policy in the United States

The Associated Press

Whether it was fear, racism or economic concerns that led the United States in the 1930s to ban growing or even possessing marijuana, the nation's wall against pot lasted a generation. Now, it's showing signs of wear.

Twenty-nine states consider pot legal for people with certain medical conditions. Eight of those states, plus the District of Columbia have legalized pot for all adults older than 21.

But the United States' marijuana experiment isn't over. Many states still ban the drug for adults who aren't sick, and threats to the growing industry persist because pot use remains federally illegal.

Three months into the Trump Administration, on the eve of the 4-20 date celebrated by marijuana enthusiasts, here's a look at the drug's history in the United States, its legal status and what's next for the ancient but mysterious plant:

In the 1970s, at least 11 states removed criminal penalties or jail time for possessing small amounts of marijuana.

A few years later, some victims of the AIDS epidemic ravaging the United States began turning to pot to relieve pain, stimulate their appetites and help them sleep.

In 1996, California voters blew a hole in the anti-marijuana wall by saying sick people could use weed. The nation's most populous state simply decided it would stop prosecuting sick people for using pot.

More than a dozen other states followed. The U.S. government expressed outrage and dispatched drug agents to the places growing and selling pot, but those sporadic raids couldn't keep the wall intact.

Sixteen years after California voters authorized medical pot, two other Western states — Colorado and Washington — decided in 2012 that pot should be legal for all adults, not just sick people.

Within the next four years, six more states and Washington, D.C., legalized pot for adults.

Cannabis possession is illegal in most countries under a 1925 treaty called the Interna-



The Associated Press

Marijuana laws are all over the map as various states have moved away from the 1930s inspired prohibitions of the weed. Eight states plus the District of Columbia have legalized it for recreational use.

tional Opium Convention, and trafficking can carry the death penalty in extreme cases. Generally speaking, though, international marijuana prohibitions are thawing just as they are in the United States.

Dozens of countries have decriminalized small amounts for personal use, with some unenforced areas of marijuana commerce, as in an Amsterdam coffee shop.

A few countries have authorized cultivation but not the sale of pot. Uruguay is the only country where it's legal for adults who aren't sick to grow, transport, sell and use pot. Uruguay may soon be joined by

Canada, where the government has said marijuana would be made legal for recreational use by July 2018.

Actually, everywhere in the United States, since states can't override federal law. But enforcement of federal drug laws has always relied on state and

local officers, so the votes in those pot states to stop enforcing prohibition have made the federal ban essentially toothless there.

Presidents from different parties have responded in similar ways to legalization measures.

Democrats and Republicans have held the White House as states defied pot prohibition. Those presidents disavowed weed — even as some admitted using it themselves as youths. Since 1996, states have seen plenty of saber-rattling from federal drug authorities but little coordinated effort to stop the pot experiments.

Not long after he was elected in 2008, President Barack Obama's Justice Department sent an enforcement memo spelling out what states already knew: Federal authorities didn't plan any coordinated effort to maintain blanket marijuana prohibition in states that legalized weed. In response, marijuana businesses in some states started coming out of the shadows, behaving like traditional retailers, complete with storefronts and advertising.

By 2012, when Colorado and Washington state authorized recreational pot, a few states had a fledgling marijuana industry, taxed and regulated.

So far, the federal government has kept its word about not meddling with state pot laws.

Whether that remains the position is unclear. President Donald Trump said during the 2016 campaign that states should be left alone when it comes to pot.

— King Crossword —

Answers

Solution time: 25 mins.

A	U	R	A		D	O	M		S	C	O	T
S	P	A	T		O	N	A		T	O	N	E
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L	A	R	S		N	E	D		A	N	E	W

Answer

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

Go Figure!
answers

1	x	9	+	9	18
+		-		÷	
8	x	6	÷	3	16
x		x		+	
2	x	5	+	7	17
18		15		10	

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