

Down, not out

Woman fights her way back from drugs, homelessness

By Kelsey Par
Staff Reporter

Theresa Hill knows what it's like to be homeless.

Thirty years ago, Hill and her ex-husband owned their own home, had two cars, made more than \$100,000 per year and were living the so-called American Dream.

In 1994, Hill became "burnt out" from working the same job, doing the same monotonous tasks, and coming home after long days of work to raise her three children virtually by herself.

This, among other things, led to her divorce from her husband.

"I just fell out of love with him [her husband] and I was sober at the time. It's not like I was thinking crazy or anything, I just couldn't stand his negativity," Hill said.

Soon after, she began using drugs and drinking after a six-year streak of sobriety.

"Our marriage fell apart and I ended up losing everything. I started drinking again and slipped into drug abuse. Instead of anyone helping me, they labeled me as a thief and a



WITHOUT A HOME

drug addict and just turned their backs on me," she said.

Hill then lost her home and had nowhere to go.

"I was so depressed that I didn't even care that I had lost my house. I looked forward to being homeless to be honest, because I had never been homeless. I thought it would be a new adventure because at that point, anything was better than the depression I felt," she said.

She soon discovered the realities about homelessness and the harsh conditions the streets of Seattle had to offer.

Hill was only one of an estimated 11,000 homeless people in King County.

According to a recent study from the King County

See Homeless, page 12



Yuki Yamauchi/THUNDERWORD

The Highline student council voted to keep the national anthem for commencement on Tuesday April 25.

Council votes to keep anthem

By Jessica Strand
Staff Reporter

Student Government voted on Tuesday to keep The Star-Spangled Banner in the Commencement ceremony, but to add an additional song that is more inclusive of the whole Highline community.

A conversation as to whether the national anthem should be in this year's Commencement ceremony was started by

Student Government President James Jackson earlier this year.

The discussion was started because of the ties the song has to a racist background.

The song was written by Francis Scott Key, a slave owner and anti-abolitionist.

What we know as the national anthem today is only the first verse of song that Key wrote. There are three more verses in the song's original form. The third verse contains lines that

refer to slaves.

Based on this, and the fact that when Key wrote the song there were many African-Americans who were slaves, several black students said the anthem being sung at Commencement would not be inclusive of them.

Last quarter, Student Government facilitated a discussion where students, staff and faculty could voice their opinion on

See Anthem, page 12

Let's be blunt: Marijuana haze can burn financial aid



Cinthia Velez-Regalado/THUNDERWORD

Getting caught smoking weed can cost your federal student aid.

By Kelsey Par
Staff Reporter

Getting busted for a drug crime can cost you your federal financial aid.

While marijuana was legalized for recreational use in Washington state in 2012, there are still a number of rules and regulations.

Highline is a public institution, which means it is illegal to use marijuana on campus.

"Marijuana or any controlled substance is not allowed on campus because we receive federal funding," said David Men-

ke, director of Public Safety.

"If a student is caught using [marijuana] on campus, they would be referred to student conduct and non-students would be asked to leave the campus," Menke said.

In addition, being convicted of a drug crime may limit, suspend or terminate your eligibility to receive Federal Student Aid.

"Federal Student Aid eligibility is suspended for students convicted under federal or state law of sale or possession of drugs that occurred while they were receiving Federal Student

Aid," said Shareka N, a representative from the Free Application for Federal Student Aid Support Center.

"The length of the suspension is based on the type and number of offenses. A student can regain eligibility by satisfactorily completing an approved drug rehabilitation program," she said.

Those who have committed drug offenses prior to receiving financial aid or in the past may not be eligible and may also lose their financial aid.

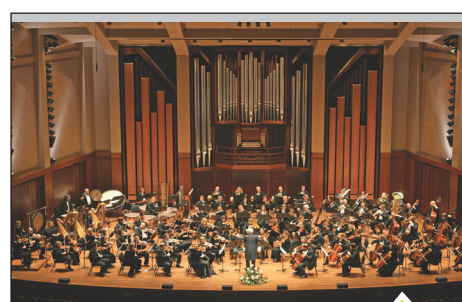
See Drugs, page 12

IN THIS ISSUE

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



Page 3
Study abroad via Highline in Shanghai this summer



Page 6
Auburn Symphony hosts special guests in new show



Page 7
Rain puts a damper on the T-Birds' golf rounds

Incident prompts reminder college is gun-free zone

By Brendan Myrick
Staff Reporter

A student was caught carrying a concealed weapon at Highline recently, prompting Public Safety Director David Menke to remind students that Highline is a gun free zone.

If you are caught with a firearm, you could face serious sanctions.

Even though carrying on campus is prohibited, students who have a concealed weapons permit are allowed to leave their

firearm locked in their car. According to state law, students can carry pepper spray on campus for self-defense.

“The only groups allowed to carry firearms are law enforcement officers and authorized contractors performing work for the college,” according to Washington Administrative Code 132i. “Any person who desires to bring a weapon on college property must seek and receive prior written approval from the vice president of administration or his or her designee.”

Currently, the Board of Trustees doesn’t allow Public Safety officers to carry firearms, only non-lethal weapons.

“[Firearms] could be authorized by the Board of Trustees in the future, but there is no talk of it happening,” Menke said.

As of 2017 not a single two-year college in Washington allows their officers to carry firearms.

“Only officers at four-year universities are authorized to carry a sidearm,” Sergeant George Curtis said.



Man grabs BBQ sauce when asked to leave Building 99

By Brendan Myrick
Staff Reporter

A suspicious individual who smelled of marijuana was reported walking around in Building 99 around 2 p.m., April 22.

The person was seen wandering into multiple offices without a clear destination.

When asked to leave, witnesses said the man grabbed a bottle of barbecue sauce as a souvenir and left campus.

The police were not contacted.

Student faints because of low blood pressure

A medical call was placed when a student fainted on campus due to low blood pressure April 19 around 12:15 p.m.

Public Safety responded and the individual was taken to see their personal doctor instead of making a trip to the hospital.

Stolen instrument strings a sad solo

A student discovered their violin was stolen from their car in the East Lot on the morning of April 25.

The student told Public Safety they left their window rolled down, allowing the thief to steal the instrument without causing damage to the vehicle.

Suspicious man prowls cars after fleeing officer

A suspicious- looking individual was discovered by a Public Safety officer in the employee service hallway of the Library at 4:30 p.m. April 22.



When asked for ID the suspect didn’t comply with the officer and fled the scene.

The same individual was later seen prowling cars in the East Lot at 6 p.m. on April 22.

Public Safety officers tried once again to confront the suspect.

But when the individual saw officers coming toward him, he left, heading toward the intersection of South 240th Street and Pacific Highway South.

No further contact was made, according to Public Safety.

First amendment protects student

A student wrote #blacklivesmatter and #saynotowhitesupremacy in a classroom in Building 30 on April 20 at 9 a.m.

An instructor felt threatened and contacted Public Safety.

Nothing was done because the student was protected under their First Amendment rights to say what they wanted; also the writing was not considered hate speech, Public Safety officials said.

Public Safety meets with neighbors

Public Safety met with a neighborhood block watch in the North neighborhood north of Highline on South 236th Street on April 20 at 7 p.m.

Public Safety officers and residents discussed methods that can help lessen crime in the neighborhoods they live in.



Writing center changes workshops

The Writing Center is making some big changes to their weekly workshops.

The workshop times have changed along with a new topic.

The times are now every Tuesday from 11 a.m. to noon, Wednesdays from 1:30 to 2:30 p.m. and then Thursdays 3 p.m. to 4 p.m.

The second round of the workshops will be all about parts of speech and parts of a sentence.

Learn the different sentence structures and the three main sentences: simple, compound and complex. Also grasp how to identify key points in speech and their roles.

The workshops on this topic begin next Tuesday.

2-Credit class is scary good

Film Studies 107 is the scariest 2-credit class you will ever take.

Tommy Kim starts up a frightening late spring quarter class that covers several of today’s box office hit such as Get out and The Exorcist.

The class will meet every Monday from 1:20 p.m. to 5 p.m. beginning May first until the end of spring quarter.

Gathering for deceased professor

The two children of Lonny Kaneko will hold an on campus celebration of his life and accomplishments.

Kaneko passed away in late February after spending 50 years at Highline. Along with being Highline’s longest tenured professor, he was multi-term division chairman and a published writer and poet.

The celebration is open to everyone and will include a celebration of poetry and literature

and reading of his works along with some of his fellow professors works.

Memorial donations can be made to the Lonny Kaneko Fund of the Highline College Foundation by mail at MS 99-248. The fund supports writing awards or scholarships for Highline students.

The gathering will be held Wednesday, May 3, from 2:30 p.m. to 4 p.m. in the Mt. Constance Room, Building 8.

Book donations are being accepted

The Latinx club is accepting book donations of any K-fifth grade reading level text. The club is accepting the books in celebration of Dia de los Ninos y Dia de los Libros. The Latino holiday is commonly known as children and families that read together annually on April 30. The importance of the holiday is getting children interested in literacy and literature.

Books can be donated to Building 6, first floor, Building

8, second floor inside Bookstore, and the Placement Center in Building 1.

Women’s Y.E.L.L. summit comes back

Highline host the fourth annual women’s Y.E.L.L. summit.

The summit is all about empowering and encouraging all young women of color. African American/Black, Latino/Hispanic, Pacific Islander, Asian, African Immigrant, and Native American are the pin point audience of the summit.

The event will be held on May 20, from 8 a.m. to 4 p.m. in the Student Union.

Registration is free online at yell.highline.edu.

Volunteers are needed at the fourth annual women’s Y.E.L.L. summit.

Any possible volunteers or activity leaders are expected to attend the meeting on Tuesday, May 9, from 5:30 p.m. to 7 p.m. in Building 2 Or Wednesday, May 10, 3:30 p.m. though 5 p.m. in Building 7.

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.

Study in Shanghai this summer

By Sophia Latifyar
 Staff Reporter

Highline faculty will help students go international this summer.

Kevin Stanley and Raegan Copeland are teaming up in creating a short-term study abroad program.

An amazing opportunity to be able to visit Shanghai, China and experience the difference in dynamics of the rapid development in the market base for students who are looking for an international experience.

Stanley is an economics professor here at Highline who will be teaming up with Tacoma Community College in leading this trip and teaching the students about global economic and social issues.

Stanley and the students will be staying at Shanghai Jiao Tong University, prestigious school that Highline has partnered with more than 20 years.

The estimated cost for this trip as of now will be \$2,050 (actual cost will be determined once closer to departing date). This cost includes the accom-



Pixabay photo

Students have the opportunity to study abroad in Shanghai, China this summer through a new program.

modations, meals and airfare, cultural activities, international health insurance, in-country transportation, and fees.

Scholarships and financial aid are available for students to apply for in managing financial costs.

The topics that Stanley and Highline students will be fo-

cusing on include social change, economic growth, labor markets, exchange rates, government policy and international trade. By using these topics, they will determine the impact of Chinese economy on the environment and how it is changing the lives of working people.

“The program will consist of exploring the city by having museum visits, factory and trade visits, experiencing local companies in the Chinese environment and comparing the wide varieties of global and social issues,” said Stanley.

In addition, the program’s

academic fulfillment will issue five credits for Econ 110: Global Economic Issues for this upcoming fall.

This program will also qualify for these categories: Diversity and Globalism requirement, as an Elective, Associates of Science in Business or International Business requirement as well as substitution for the Business-Related Associates in Science courses, and for a Associates degree in Social Science Area 1.

While doing the study abroad program, it will not interfere with other courses from the upcoming Fall Quarter but will count as a course for Fall Quarter.

“This is Highline’s first study abroad program. It will be an interesting and fun dynamic in helping students have an abroad experience,” said Stanley.

For more information in regards to the international study abroad program, contact Kevin Stanley and Raegan Copeland.

Kevin Stanley: kstanley@highline.edu
 Raegan Copeland: rcopeland@highline.edu

There is an upcoming information session on Thursday, May 4, from 1-3 p.m. in Building 2 room 206.

Student encourages others to learn about Jesus

By Khalil Johnson
 Staff Reporter

The Latter-Day Saints Student Association is a club that focuses mainly on Jesus Christ.

It encourages students to participate in its meetings and be able to openly discuss their opinions and ideas on the subject.

Fuifui Ah Kuoi is the president and her main goal is to have more students join the club.

“Everyone and anyone can

come and learn more about what we offer in this club,” Ah Kuoi said.

“In my years being a member of this club, I believe that what we learn from our missionary teacher, is crucial in this generation,” Ah Kuoi said. “I’ve noticed that I have gained a stronger testimony of Jesus Christ and his sacrifice for us on the cross as I come to study the Bible and also the Book of Mormon.”

The club’s objective is to invite people who are members of the Latter-Day Saints church or

anyone who wants to be a part of the group.

Au Kuoi wants to make sure that whoever attends the meetings will feel welcomed.

There are 10 members this quarter, but five of them attend their meetings regularly.

Trey Ene Liko, a student associated with the club, said his attendance makes him a better person. “It reminds me of the teachings I should follow, it reminds me to be humble.”

He said that the club has helped him spiritually and has

made a huge impact in his life. He felt stressed out because of work, but feels good whenever he attends club meetings.

Brett Dillon, another member, said, “It’s nice to be able to spend time with students who believe similar things.”

He said the club gives him something good to study outside of academics. He likes the way that the meetings make him feel when he attends. “It helps you learn to be a better person,” Dillon said.

He also said that he feels he

can help people and they could help him, whether it is spiritually, academically, or otherwise.

The club has small events such as potlucks or pizza parties, typically at the end of the quarter to celebrate. Club advisers/ missionaries Elder Orrin and Sister Sandy Olsten bring food to eat every meeting.

Meetings are every Monday and Wednesdays from 11 a.m. to noon in Building 8, room 301.

For more information about the club contact Ah Kuoi at fuifui@students.highline.edu.

Professor steps up and takes over Highline’s Honors Program

By Sophia Latifyar
 Staff Reporter

Jennifer Heckler will lead the Honors Program at Highline.

“As a former Eastern Washington University honors student and undergraduate honors adviser I know from experience the lasting, positive impact honors program have on students’ lives,” Heckler said.

Heckler teaches English, Communication Studies and Honor classes on campus.

Students who are interested in the Honors Program should email Heckler to schedule an

orientation meeting.

An Honors student guide is on the Highline website for interested students and those already enrolled to learn more about the program.

The program requirements for pursuing an AA/AS degree include maintaining a 3.5 GPA, participate in two Honors poster sessions and be able to complete at least 30 Honors credits that include: two credits of Honors 100 (Honors Seminar), one credit of Honors 101 (Honors Colloquy), two credits of Honors 299 (Honors Interdisciplinary), 25 credits of Honor Options com-

pleted in a minimum of three academic divisions.

As the new director, Heckler said she wants to mentor students to reach their academic and professional goals while inspiring and challenging them with their Honors projects and pathways, including transfer, professional/technical, and bachelor’s degree students.

She will also facilitate the Honors Colloquy speaker series.

Heckler will collaborate with students and faculty to develop innovative Honors projects.

She will continue the collab-



Jennifer Heckler

oration with campus partners such as TRiO, MESA, Running Start, and the Transfer Center. To help students’ academic and professional goals.

She will also continue acknowledging students who complete the Honors Program that also have a merit tuition scholarship for their last quarter at Highline.

There will continue to be encouragement and support for Honors students to transfer in four-year colleges or to pursue a professional career, especially when approached by mentors.

“I’m thrilled to be a part of a similar legacy as the interim program manager for the Highline Honors Program,” Heckler said.

Be smart and use in moderation

Last week several students admitted they have come to class high.

That’s a shame because it means they’re robbing themselves of knowledge.

No matter what someone might think, marijuana does not help you think. It doesn’t make you smarter, or help you pay attention better.

Marijuana being used for medical purposes can make a big improvement in the lives of some people, and daily use can positively impact their lives.

But if you’re using marijuana on a regular basis for the high, marijuana is likely having a negative effect on your brain.

Studies have found that people who use marijuana daily might be reducing their intellectual level.

“Considerable evidence suggests that students who smoke marijuana have poorer educational outcomes than their nonsmoking peers,” according to drugabuse.gov. “For example, a review of 48 relevant studies found marijuana use to be associated with reduced educational attainment (i.e., reduced chances of graduating).”

Most of the students attending Highline probably plan on graduating, but the statistics are against heavy pot smokers.

If the heavy pot smokers do make it through college and enter the workforce, most employers won’t tolerate their employees coming to work high.

Many employers also require drug tests, and even though marijuana is legal for recreational use by state law, it is still illegal federally. Your employer might not be so cool with it.

It is a common practice for Hollywood to make drinking at work seem commonplace. If everyone believed everything they saw on television and the big screen we would all need new livers.

Now that marijuana is the new kid on the block for legal recreational intoxication in our state, it makes sense that some people would put it in alcohol’s place.

The Hollywood version of the world is not real.

We’re in college, this isn’t high school anymore, so we should act like grownups. Even Running Start students are college students.

Pot is an intoxicant; it impairs your ability to function properly and to think clearly.

There is a reason why it is illegal to drive while under the influence of marijuana. Marijuana makes your reaction time slower and impairs your judgment.

So, if it is illegal to drive under the influence, then learning under the influence probably isn’t smart either.

Beyond coming to class high, some students also admitted to using marijuana on campus.

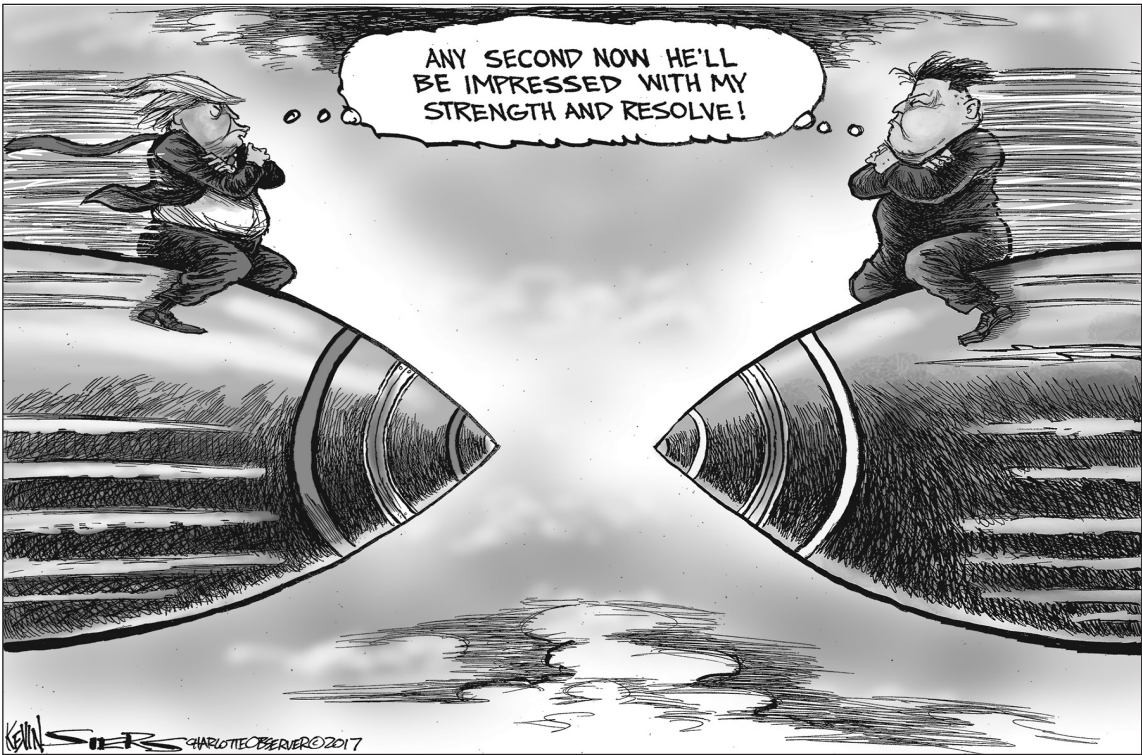
While marijuana has been legalized for recreational use, it is not legal to use in public.

It is becoming more and more common to walk down the street and smell the aroma of freshly burned grass, but that person puffing on that joint is breaking the law.

Just like those guys you see walking around the streets of Seattle with brown paper bags wrapped around their beers – yep, they’re breaking the law too.

If you receive federal financial aid you could lose it if you are charged with a drug offense while receiving aid.

Students who want to keep their financial aid, and to have a better shot at graduation — be smart and use marijuana in moderation, and never in public.



Every child should benefit

Today is National Take Our Daughters and Sons to Work Day.

While this is a great idea — show kids how to be a responsible worker — who is benefiting from this day? Probably not the low-income children.

The parents who work at fast food restaurants, factories or as delivery drivers, just to name a few — the ones who live paycheck to paycheck — their children are less likely to benefit from this day.

You can’t bring your children to your job at McDonald’s.

Schools try to combat this issue by promoting family members or friends stepping into the role for the day. But there are still many children at school while several of their class mates are benefiting from the day.

I’m one of the Highline students who is also a parent. I attend college full time and do food deliveries in my spare time. My children aren’t benefiting from today, and I’m probably not the only Highline parent who has to deal with this.

There are probably several

Stranded Thoughts



Jessica Strand

more Highline students who have witnessed their parents struggle to keep a roof over their head, and not too many years back might have been one of those students going to class while their classmates benefited.

My parents were fortunate while I was growing up. They worked in a job where they could bring my brother and I to work with them.

By the time this national day started in 1993, my parents had already been bringing us to

work with them for years.

They didn’t bring us to show us how to be responsible employees, but because they couldn’t afford child care.

They worked in radio.

When I talk about my childhood, people are usually surprised to learn that most people in radio don’t get paid a lot. It’s like any other job, there are the top dogs who make the big bucks, then there is everyone else who just scrapes by.

I watched television sets in lunchrooms. I drew or read books to occupy myself while I waited to go home.

I slept in sleeping bags on the floors of rooms with mics and sound boards where spots are recorded, and sometimes the floors of conference rooms.

It was a good day when they didn’t have to bring us to work.

I have to admit, experiencing a workplace environment probably did help me understand the responsibilities of adulthood. I can definitely see the benefit of this day, but more should probably be done to ensure that every student can benefit.

Have something to say?

Write to us at: thunderword@highline.edu

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

columns no more than 600 words.

the Staff

Sugar turns to fat and fat = no beach bod.

E-Mail: tword@highline.edu

| | | | | | |
|-----------------|------------------------|-------------|--|------------------|-----------------|
| Editor-in-Chief | Cinthia Velez-Regalado | Reporters | Elizama Aguilar, Joselin Alcantara, Leticia Bennett, Cameron Boosman, Kenai Brazier, Winter Dorval, Khalil Johnson, Sophia Latifyar, Roth Leahy, Sarah Michelli, Brendan Myrick, Colin Phan, Taylor Poe, Krystal Robbins, Jovien Robinson, Keiona Trimmer, Ao Hsing-Yi, Chikako Murakawa | Photo Editor | Yuki Yamauchi |
| Managing Editor | Kelsey Par | | | Graphics Editors | Tiffany Ho |
| News Editor | Konner Hancock | | | | Katie Meadows |
| Arts Editor | Izzy Anderson | | | Business Manager | Nodir Asrakulov |
| Sports Editor | Colin Phan | | | Librarian | Huyen Nguyen |
| Opinion Editor | Jessica Strand | Advertising | Angie Melnychuk | Advisers | Dr. T.M. Sell |
| Web Editor | Jonas Martin | | Sophia Latifyah | | Gene Achziger |

Weekly SUDOKU

by Linda Thistle

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

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!

© 2017 King Features Synd., Inc.



1. **GEOGRAPHY:** Where are the ruins of the ancient city of Carthage?
2. **MEASUREMENTS:** How many tablespoons are in one-fourth of a cup?
3. **RELIGION:** How many plagues of Egypt were mentioned in the Book of Exodus?
4. **GOVERNMENT:** Who is next in the line of succession after the U.S. president and vice president?
5. **MUSIC:** Who had a 1977 hit with the song *Moondance*?
6. **U.S. PRESIDENTS:** Which American president's image is on the \$50 bill?
7. **LANGUAGE:** What is a sybarite?

8. **MOVIE:** Who played the character Austin Powers (International Man of Mystery) in the movie series?
9. **ART:** Who created the bronze sculpture called *The Thinker*?
10. **ANIMAL KINGDOM:** What is a group of elk called?

- Answers
1. Tunisia
2. Four
3. Ten
4. Speaker of the House
5. Van Morrison
6. Ulysses S. Grant
7. A person who is self-indulgent
8. Mike Myers
9. Auguste Rodin
10. A gang

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!

| | | | | | |
|----|---|----|---|----|----|
| | - | | x | | 18 |
| x | | x | | ÷ | |
| | + | | + | | 13 |
| - | | - | | + | |
| | x | | + | | 15 |
| 13 | | 17 | | 11 | |

1 3 3 4 5 6 7 8 9

©2017 King Features Syndicate, Inc.

King Crossword

ACROSS

- 1 From one end to t'other
- 5 Egg
- 9 Potential syrup
- 12 Vast time period
- 13 Water barrier
- 14 Biz deg.
- 15 Fast
- 17 Foreman foe
- 18 Diamond round- trippers
- 19 Stair part
- 21 Qua
- 22 Weak soup
- 24 Present
- 27 Island garland
- 28 Buy stuff
- 31 Lubricate

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

- 54 Symbol of intrigue
- 55 Ardor
- 56 Despot
- 8 Paris subway
- 9 Big success
- 10 Competent
- 11 Twosome
- 16 Storefront sign abbr.
- 20 "Monty Python" opener
- 22 Start
- 23 Laugh-a-minute
- 24 Deity
- 25 "Richard —"
- 26 Sudden assembly that some find entertaining
- 27 Michigan, for one
- 29 Raw rock
- 30 Church seat
- 35 Writer Buscaglia
- 37 "Who cares?"
- 39 Fodder plant
- 40 Simpson's interjection
- 41 Dissolve
- 42 Assistant
- 43 "Hey, you!"
- 44 Congers
- 45 Sitarist's rendition
- 46 Mast
- 49 Fish eggs
- 50 Literary collection

© 2017 King Features Synd., Inc.

ARIES (March 21 to April 19) Temper your typical Aries urge to charge into a situation and demand answers. Instead, let the Lamb's gentler self emerge to deal with a problem that requires delicacy.

TAURUS (April 20 to May 20) You are aware of what's going on, so continue to stand by your earlier decision, no matter how persuasive the counterarguments might be. Money pressures soon will ease.

GEMINI (May 21 to June 20) By all means, have fun and enjoy your newly expanded social life. But don't forget that some people are depending on you to keep promises that are very important to them.

CANCER (June 21 to July 22) You need to wait patiently for an answer to a workplace problem and not push for a decision. Remember: Time is on your side. A financial matter needs closer attention.

LEO (July 23 to August 22) You now have information that can influence that decision you planned to make. But the clever Cat will consult a trusted friend or family member before making a ma-



jor move.

VIRGO (August 23 to September 22) Good news: You're finding that more doors are opening for you to show what you can do, and you don't even have to knock very hard to get the attention you're seeking.

LIBRA (September 23 to October 22) Your gift for creating order out of chaos will help you deal with a sudden rush of responsibilities that would threaten someone less able to balance his or her priorities.

SCORPIO (October 23 to November 21) Congratulations. Your energy levels are coming right back up to normal -- just in time to help you tackle some worthwhile challenges and make some important choices.

SAGITTARIUS (November 22 to December 21) The sage Sagittarian should demand a full explanation of inconsistencies that might be cropping up in what had seemed to be a straightfor-

ward deal.

CAPRICORN (December 22 to January 19) A conflict between obligations to family and to the job can create stressful problems. Best advice: Balance your dual priorities so that one doesn't outweigh the other.

AQUARIUS (January 20 to February 18) Don't guess, speculate or gossip about that "mystery" situation at the workplace. Bide your time. An explanation will be forthcoming very soon.

PISCES (February 19 to March 20) Boredom might be creeping in and causing you to lose interest in a repeat project. Deal with it by flipping over your usual routine and finding a new way to do an old task.

BORN THIS WEEK: You can warm the coldest heart with your lyrical voice and bright smile. You find yourself at home, wherever you are.

Puzzle answers
on Page 10

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 and 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 every-day 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 **Come-dy 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 at 2 p.m. on Sundays.

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.

Local group hopes to boost Washington's film industry

By Izzy Anderson
Staff Reporter

If you are an aspiring filmmaker, you should keep close to Washington state.

Keep Film in WA is a campaign here in the Pacific Northwest.

The campaign encourages Washingtonians involved in filming and multi-media to stay local and create their artistic works based here in the Evergreen state.

"Filmmaking is important because you can connect with other people through an artistic medium that incorporates images, sound design and music," said Highline multi-media professor Sean Puno.

The general public is distracted by the thought that the film and media industry are only in places like New York or Hollywood, but we have a great developing community here in Washington to work with, he said.

"[Filmmaking] is actually in all communities in Washington state. You could live in Tacoma and Walla Walla and still be a filmmaker, making film happens everywhere," said Amy Lillard, executive director of the Keep Film in WA campaign.

Keep Film in WA's most immediate goal is to renew the Motion Picture Competitiveness Program for 2017 in Olympia.

This program started a decade



ago and is designed to help fund local productions and encourages the living of local cast and crew.

It began in 2007 and has

since created over 17,500 jobs in Washington, supporters say.

"I think that everyone appreciates this program, and that if

there's an opportunity to get it passed, we're very hopeful that we can get it done," said Lillard.

For approximately every \$1 the program receives, \$10 worth of benefits is generated that goes back into the local economy.

To promote the renewing of the Motion Picture Competitiveness Program, the Keep Film in WA campaign is asking everyone to sign a petition to encourage elected officials to renew the program for another year.

The program costs the state \$3.5 million a year.

That's a tiny piece of the state's \$93 billion two-year budget, but in a tight budget year, every nickel counts.

Supporters got two bills introduced to reauthorize the film program. House Bill 1527 died in committee and Senate Bill 5502 cleared the state Senate economic development committee but did not clear the budget-writing Ways and Means Committee.

The state Legislature now is in special session as it attempts to hammer out a budget deal.

Lillard said she hopes one of the two bills will be resurrected during the special session.

To learn more about the Keep Film in WA campaign or to sign the petition to encourage the renewing of the Motion Picture Competitiveness Program, visit keepfilm-inwa.com.

Auburn Symphony brings on special guests

By Winter Dorval
Staff Reporter

Daniel Lebhardt will be the piano soloist in the Auburn Symphony Orchestra's concert this weekend.

Lebhardt has been a musician since a young age.

"My mom took me to all kinds of orchestral and chamber music concerts since I was a toddler in Budapest, so I very early on became addicted to music. At the age of six I asked my parents to let me learn how it's done, and I started taking lessons in elementary school," he said.

He will be playing Rachmaninov's Concerto No. 2.

"It is one of the most popular pieces of the late romantic piano repertoire, and it is an astonishing, soaring, and emotionally engaging piece. I am hoping to give the audience a memorable musical experi-

ence, and perhaps introduce some of them to this kind of music, as it might be their first classical concert experience," he said.

He has studied in London under a variety of instructors.

"I guess I just enjoyed learning more and more difficult things, and I always had fantastic teachers who really guided me to the right direction, as a person and as a musician as well. I am so grateful to all of them," he said.

The concert will be on April 30 at 2:30 p.m.

There will be a free preconcert lecture at 1:45 p.m.

The fully professional Auburn Symphony features a core of musicians from the Pacific Northwest Ballet Orchestra.

Nikolas Caoile, their second music director candidate, will be performing with Lebhardt.



The Auburn Symphony Orchestra is bringing on Daniel Lebhardt and Nikolas Caoile for their concert on April 30.

The symphony has ensembles and musicians that are willing to play for community events and schools.

To book them, visit the Auburn Symphony Orchestra webpage in the schools/community section.

The performance will be

held at the Auburn Performing Arts Center, 702 4th St. NE.

Parking is free.

Tickets are \$10 for students, and \$18 for everyone else.

They can be purchased on the Auburn Symphony's website, at auburnsymphony.org.

Norton to remain as wrestling coach

By Konner Hancock
Staff Reporter

Highline wrestling Head Coach Scott Norton has decided not to retire.

Norton has been the head coach for 14 years and has had a huge effect on the school and its wrestling program, said Athletic Director John Dunn.

“Scott is one of the most respected coaches in the State of Washington. Having Scott as our wrestling coach gives the program and the college a high level of credibility,” he said.

Norton has coached 49 academic All-American wrestlers throughout his time at Highline. He has also coached 17 All-Ameri-

ican wrestlers along with many others who have competed at the national tournament.

Dunn said he loves Norton’s “passion, his loyalty, his knowledge and his concern for each of his student athletes.”

In 2016 alone, Norton led four All-Americans to the National tournament in Council Bluffs, Iowa and the T-Birds ended up placing 12th out of 45 teams in the National Junior College Athletics Association.

Then, this year Norton took five wrestlers, 125 Jessie Torres; 141 Andrew Ramirez; 184 Mario Luevano; 197 Josh Wessels; and Heavy weight Miguel Morales to Nationals. Unfortunately, the T-Birds left with no All-Ameri-

cans.

As the season wound down, Norton heavily contemplated retiring as head coach. But then on April 20 he announced to his family and Highline athletics staff that he would not retire.

“I did not push him to stay, but I did tell him that I never want him to leave as long as I am the athletic director,” Dunn said. “Having said this, Scott has worked very hard for Highline College and I will always support any professional decision that he needs to make.”

One of Norton’s most recent All-Americans, Andrew Ramirez said “Norton had a huge impact on my performance. Early this year we had both of my training



Scott Norton

that he had a torn shoulder. Most coaches wouldn’t put themselves through the amount of pain he did. The same could be said for [Assistant Head Coach Bradley Luvass] who had torn everything you could think of in his knee. He was there almost every day giving the heavier weights a practice partner,” Ramirez said.

Norton has claimed his spot for next year’s wrestling season, but the years to come are undecided for him.

“The team didn’t deserve to have Norton and Luvass, we were lucky,” Ramirez said. “They were overqualified for the job. Knowing this I took advantage of learning as much as I could from them. So did the rest of the team.”



Jack Harton photo
Highline’s Megan Martin sets up a putt in the rain.

Rain dampens T-Birds’ game

By Taylor Poe
Staff Reporter

The T-Birds placed seventh out of eight, with a total score of 575 in the Green River tournament last weekend.

The winning team for the tournament was North Idaho totaling at 501.

Skagit Valley took second place with a total score of 516.

Columbia Basin came in third, Spokane in fourth, Southwestern Oregon in fifth, Olympic in sixth, and Walla Walla in eighth.

Highline’s Mikayla Kato placed 19th out of 46 with a total score of 186, while Hailey Johnson and Ruby Lampkey tied at 30th out of 46 players at 197. Megan Martin placed 34th at 203;

Aimee Chomngram shot 205 for 37th place; Jasmine Hansgen placed 41st at 209.

“I try to set a goal of shooting in the 80s every round,” said Johnson. “I shot my best score of 80 last week so now I want to make a goal of breaking 80 before the season is over.”

Johnson said she struggles most with her sand game, but her putting has improved and that helps a lot.

The Lady T-Birds will be

playing Sunday and Monday, April 29 and 30 in the Bigfoot League match at the Liberty Lake Golf Course in Spokane.

The tournament will be a preview of the NWAC Championship featuring all 11 teams in the league.

Tennis

T-Birds net win over Skagit

By Keiona Trimmer
Staff Reporter

The ladies tennis team had no difficulties getting another easy win against Skagit Valley on Friday.

The lady T-Birds blew past the Cardinals in a 6-1 match. Three out of the singles matches were won by default.

No. 1 singles player Megan Hagerty started off the day by winning 6-2, 3-6, 10-7 against Carlie Newman. Then No. 2 singles player Mckenzie Hawkins got her, which was 6-3, 7-5. No. 3 singles player Celeste Andreotti finished off the singles matches 6-0, 6-1.

Mary Ahmed and Samantha McElwain struggled in their doubles match, which ended in a 8-0 loss. This didn’t affect the final score for the ladies at all.

This week No. 1 singles player Megan Hagerty was named NWAC Under Armour women’s tennis player of the week of April 18. Hagerty is undefeated in regular season play.



Megan Hagerty

Next week the team will be going up against Lewis-Clark State College in Idaho on April 28 at 4 p.m. The Warriors are currently 7-13.

After they play at Idaho the Ladies will be traveling to Spokane on April 29. The team will be playing the Sasquatches at 10 a.m.

The T-Birds only have those two games left before they play in the Conference Championships in May.

Highline is 4-2 in league play, good for second place, and 6-2 overall. Both losses have come to defending champ Bellevue.





NEED MONEY for college?

FOUNDATION SCHOLARSHIPS
are now available.

It's easier than ever to apply. Visit
funds4highline.org/scholarships
Deadline for application submission is MAY 7.
Apply today!

QUESTIONS? Call (206) 592-3774
or email tandreychenko@highline.edu



HC Foundation
HIGHLINE COLLEGE

T-Birds invade Canada but get iced

By Colin Phan
Staff Reporter

Highline dropped both games in a doubleheader against No. 1-ranked Douglas last Friday, dropping into sixth place in the NWAC North Region.

The T-Birds currently own a 10-16 overall record, to pair with a 7-9 league record. The teams with the four best records in each division earn a spot in the playoffs.

Highline began the day losing their first game 5-3. Through their first three innings, the T-Birds were shut out by Douglas (25-2 overall, 18-0 in region).

The game was still in reach for the T-Birds, as Highline only gave up one run over those three innings. Heading into the top of the fourth inning, the T-Birds put together

a two-score inning to take the lead.

Megan Chan was the first to get on base for Highline, advancing on a walk. Rosie Delrosario then popped a single to give the T-Birds two runners on base.

Taylor Poe capitalized on an error made by Douglas third baseman Laura Baldry, advancing to first. That same error brought Chan home, as well as advanced Delrosario to third base.

Stefani Gollin followed by hitting a pop fly resulting in Highline's first out of the inning. Precious Tabangcura stepped up to the plate next for the T-Birds and hit a pop fly of her own.

However, instead of just resulting in an out for Highline, Tabangcura's fly allowed Delrosario to score, netting the T-Birds their

second score of the day to go up 2-1 in the top of the fourth.

Douglas however, answered back by scoring two runs in the bottom of the fourth, re-taking the lead 4-2. Douglas then scored two more runs while keeping the T-Birds scoreless in the fifth.

"The pitching was nothing like we haven't already seen," said Highline pitcher Rosie Delrosario. "She had a nice rise ball that our team struggled with to lay off of, but other than that she was hittable."

Highline scored one run in the sixth while managing to keep Douglas scoreless, and headed into the seventh inning down 5-3. Unfortunately, the T-Birds weren't able to rally and score in the seventh, dropping the first game.

"We played a little scared," Highline second baseman Taylor Poe said. "Just knowing they were

an undefeated team, we didn't play up to the potential we had."

The second of Highline's games ended in a 9-1 T-Bird loss. Highline was held scoreless through the first three innings of play, while allowing Douglas to score five runs during that stretch.

"We had runners on base every inning," Delrosario said. "We just didn't have the timely hits that we needed to score those runs."

Heading into the fourth inning down 5-0, the T-Birds were able to score their lone run of the day off a Gollin RBI that brought Delrosario home. The T-Birds held Douglas to no runs during this inning.

"We weren't as aggressive as we should've been at the plate," said Poe. "Coach (Jason) Evans was yelling at us to be more aggressive at the plate all game."

The fifth inning was a different tale however, as the T-Birds were held scoreless and surrendered four runs to the Royals.

"Despite the umpire's bad calls behind the plate and the few errors we had on defense, I feel like I led the team as best as I could in the circle," said Delrosario.

Play was stopped in the fifth inning due to the mercy rule, which comes into effect when a team is down eight points.

"The errors we made caused us to lose," Poe said. "They were definitely mental. If those errors didn't happen we would've won."

The results of Highline's games against No. 7 Olympic (11-21 overall, 8-12 in region) on April 26 were unavailable at presstime. The T-Birds next play against No. 2 Edmonds (25-5 overall, 17-3 in region) on Friday, April 28 at 2 p.m.

Delrosario's pitching is key to T-Birds' success in women's fastpitch this season

By Colin Phan
Staff Reporter

Highline women's fastpitch currently owns the sixth best record in the NWAC North Region, but it wouldn't have been possible without pitcher Rosie Delrosario.

Delrosario's 55 strikeouts and four wins at the pitcher position have allowed the T-Birds to stay in the thick of the playoff race. She is 4-10 with a 6.42 ERA.

Delrosario is listed as hailing from Las Vegas on the NWAC Highline roster page, but that isn't the entire story. Delrosario was born and raised in Monterey, Calif. and then later moved to Las Vegas in 2005.

Delrosario picked up softball at an early age – the same year her family relocated. This was due her father having played baseball when he was younger, Delrosario said.

"He wanted me to keep the legacy going," said Delrosario. "He just took me to a field, and we started to play."

Delrosario's father not only introduced her to softball, but played an instrumental part in molding her into the player she is today.

"I played for my dad a long time," said Delrosario. "He was my coach up until I turned 14."

Not only did Delrosario's father coach her, but he also coaches for her younger siblings, Delrosario said.

"Once I moved on, he was my sister's coach, and my brother's coach," said Delrosario. "He wasn't crazy or anything though, just your typical softball dad."

Delrosario played on the softball equivalent of an AAU

team – a travel team, until the end of high school, all while simultaneously playing for her high school team.

"My travel ball team would play from August until the start of the high school softball season," said Delrosario.

Delrosario had been a single sport athlete all of her life, but this changed during her sophomore year of high school.

"My sophomore year of high school I started playing flag football and volleyball," said Delrosario. "I played volleyball for three months and I didn't really end up liking it, but I played flag football for three years of high school."

Delrosario was not only just successful on the mound, but also on the gridiron, even winning a state championship with her flag football team. Despite that, softball was still her passion.

"I was pretty focused on flag football and softball in high school," Delrosario said. "Softball was always my No. 1 sport though."

As her high school career entered its final stretch, the offers began to line up at her door. She had several offers, but ultimately accepted a scholarship to Highline.

"I had offers from a college in Kentucky, and even one in New York City," said Delrosario. "I'm a city girl, and I wanted to get to somewhere with colder weather, so I took the offer from Highline."

Delrosario remembers first meeting Highline softball Head Coach Jason Evans in a tournament in Oregon. From that point, the pieces of the puzzle started to fall in place for Delrosario.



Yuki Yamauchi/THUNDERWORD

Rosie Delrosario hopes to keep Highline in the thick of the playoff race, in the NWAC North Region.

"Coach Evans saw me at a tournament in Oregon and he really liked the way I played," Delrosario said. "After that, we just exchanged emails and eventually he came to me with an offer."

By no means is Highline Delrosario's final destination. She has much bigger things planned for her future.

"I definitely plan on transferring to a four-year college once I'm done here," said Delrosario. "I don't know where yet, but I'm just keeping my options open like when I came to Highline."

Wherever Delrosario goes, one thing is certain – she hopes to continue shutting out batters like her role model Keilani Ricketts, whom Delrosario mod-

els her game after.

"She has around six to seven strikeouts a game for the U.S Olympic team, and that's amazing," Delrosario said. "Just the spin and the movement on the ball, that's something I really want to be able to do."

Pitching isn't the only thing Delrosario figures to dominate in, as she is looking to do the same thing in the class room.

"I'm planning to major in business right now," Delrosario said. "At first I wanted to be an orthodontist – so a biology major, but biology just wasn't what I thought it was going to be."

Delrosario aims to pave the way into the playoffs for the T-Birds, leading the way on the mound.

Scoreboard

NWAC Women's Softball North Region

| Team | League | Season |
|----------|--------|--------|
| Douglas | 18-0 | 25-2 |
| Edmonds | 17-3 | 25-5 |
| Bellevue | 12-8 | 22-10 |
| Pierce | 9-8 | 9-12 |
| Everett | 9-10 | 11-17 |
| Highline | 7-9 | 10-16 |
| Olympic | 8-12 | 11-21 |

| Team | League | Season |
|-----------------|--------|--------|
| Wenatchee | 18-2 | 20-10 |
| North Idaho | 16-5 | 24-8 |
| Walla Walla | 13-7 | 18-10 |
| Treasure Valley | 12-8 | 17-15 |
| Spokane | 7-13 | 16-14 |
| Blue Mountain | 7-13 | 11-23 |

| Team | League | Season |
|----------------|--------|--------|
| SW Oregon | 16-3 | 26-6 |
| Clackmas | 11-4 | 17-5 |
| Centrailia | 9-6 | 11-9 |
| Lower Columbia | 9-7 | 11-9 |
| Clark | 8-8 | 10-11 |
| Chemeketa | 7-9 | 14-13 |

| Team | League | Season |
|-----------------|--------|--------|
| Bellevue | 7-0 | 8-3 |
| Highline | 4-2 | 6-2 |
| Spokane | 4-3 | 5-6 |
| Treasure Valley | 1-5 | 1-6 |
| Skagit Valley | 0-6 | 0-6 |

| Team | R1 | R2 |
|----------------|----|----|
| North Idaho | 10 | 11 |
| Skagit Valley | 9 | 10 |
| Spokane | 11 | 7 |
| Columbia Basin | 7 | 8 |
| SW Oregon | 8 | 9 |
| Olympic | 6 | 6 |
| Highline | 5 | 4 |
| Walla Walla | 0 | 5 |
| Centralia | 4 | 0 |

Snappy salsa adds spice to snapper

If you're looking for a way to change up your favorite fish recipe, try adding salsa. The word "salsa" really just means "sauce" in Spanish.

There are many different kinds of salsa.

Salsa roja is a red sauce meant to be served warm, usually over enchiladas.

Salsa verde is a green sauce made with tomatillos.

Salsa ranchera means "ranch style" and is typically made of tomatoes and chilies cooked together.

There's also salsa cruda or salsa fresca. "Cruda" means "raw" and "fresca" means "fresh."

You also can find commercially packaged salsas in a variety of flavors, including mango, peach and pineapple. The levels of heat of the salsas range from mild to fiery-hot.

This simple recipe uses tomatoes, bell peppers and onions to create a salsa fresca topping for snapper. You also can use this delicious sauce on other types of firm-fleshed fish.

This recipe for spicy Salsa Snapper serves eight and takes just 22 minutes to prepare and cook. Serve over angel-hair pasta, rice or cous cous. It's also delicious served on thick slices of toast that have been rubbed with a clove of garlic and brushed with olive oil.



SALSA SNAPPER

- 2 pounds red snapper, cod or other lean fish fillets
- 2 large tomatoes, chopped (2 cups)
- 1 medium green bell pepper, chopped (1 cup)
- 1 medium onion, chopped (1/2 cup)
- 1/4 cup finely chopped fresh cilantro or parsley
- 1/2 teaspoon salt
- 1/2 cup chicken broth

1. Cut fish fillets into 8 serving pieces. Spray large nonstick skillet with cooking spray; heat skillet over medium heat.
2. Arrange fish in single layer in skillet. Cook uncovered 4 to 6 minutes, turning once, until fish flakes easily with fork. Remove fish to warm platter; keep warm.
3. Cook remaining ingredients except broth in skillet over medium heat 3 to 5 minutes, stirring frequently, until bell pepper and onion are crisp-tender. Stir in broth; heat through. Spoon tomato mixture over fish. Serves 8.



Salsa can enliven many fish dishes with a splash of extra favor.

Betty Crocker photo

Shrimp salad with spring pea mix

Made without mayo, this company-worthy combo of egg, shrimp and potato salad gets its creaminess from a tangy yogurt-and-mustard dressing. Plate it alongside fresh-picked peas tossed in a light lemon-dill vinaigrette.

- 12 large eggs
- 1 lemon
- 3 sprigs fresh dill
- 12 ounces large shrimp (16- to 20-count)
- 12 ounces Yukon gold potatoes
- Salt and pepper
- 12 ounces sugar snap peas
- 1 1/2 cups frozen peas
- 1 cups plain yogurt
- 1 tablespoon Dijon mustard
- 1/2 cup finely chopped red onion (1 small onion)
- 3 stalks celery
- 1 tablespoon white wine vinegar
- 2 tablespoons olive oil

1. In 4-quart saucepan, place eggs and enough cold water to cover by 1 inch. Heat to boiling on high; remove from heat. Cover and let stand 5 minutes. With slotted spoon, transfer eggs to colander. Rinse eggs under cold water until cool enough to handle; peel and cut

Good Housekeeping

- in quarters. Set aside 12 quarters for garnish.
2. From lemon, squeeze 3 tablespoons juice and reserve. To same saucepan of water, add lemon rind and dill stems; heat to boiling on high. Add shrimp, reduce heat to maintain bare simmer; cook 3 minutes or until shrimp just turn opaque throughout. Drain, rinse under cold water until cool, and drain again. Discard lemon rind and dill sprigs.
 3. In same pan, place potatoes and enough cold water to cover. Add 1 teaspoon salt. Heat to boiling on high, cover and reduce heat to simmer 15 minutes or until just tender; drain well.
 4. While potatoes cook, heat 3-quart saucepan of water to boiling on high. Add snap peas and frozen peas. Cook 2 minutes or until bright-green; drain well.
 5. In large bowl, whisk yogurt, mustard, 1 tablespoon lemon juice, and 1/4 teaspoon each salt and freshly ground black pepper. Add hot potatoes, onion, celery, shrimp,

- eggs and half of chopped dill. Fold gently until well-combined.
6. In another large bowl, whisk vinegar, oil, remaining 2 tablespoons lemon juice and 1/8 teaspoon each salt and ground black pepper; add all peas and remaining dill. Toss until well-coated.
 7. Spoon shrimp salad into center of serving platter, then spoon pea mixture all around. Garnish with reserved egg quarters and serve immediately. Serves 6.
- Chesapeake Bay Mac 'n' Cheese
- Shake up the classic mac 'n' cheese with this easy gourmet crabmeat- and chive-stuffed version.

- 3/4 cup lump crabmeat
 - 1/4 cup snipped chives
 - 1 teaspoon Old Bay seasoning
 - 4 cup prepared macaroni and cheese
 - Crushed oyster crackers
- Stir the lump crabmeat, snipped chives and Old Bay Seasoning into the prepared macaroni and cheese. Top with crushed oyster crackers. Serves 4.
- (c) 2017 Hearst Communications, Inc.
All rights reserved

Layered Mexican casserole

- A grande Mexican dish:
- 2 cups (3 ounces) Frito-Lay Baked Tostitos Tortilla Chips
 - 8 ounces extra-lean ground sirloin beef or turkey breast



by Healthy Exchanges

- 1 (8-ounce) can whole-kernel corn, rinsed and drained
 - 1 1/2 cups chunky salsa (mild, medium or hot)
 - 6 tablespoons sliced ripe olives
 - 1 cup fat-free cottage cheese
 - 3/4 cup Land O Lakes no-fat sour cream
 - 1 1/2 cups shredded Kraft reduced-fat Cheddar cheese
1. Heat oven to 350 F. Spray an 8-by-8-inch baking dish with butter-flavored cooking spray. Layer half of tortilla chips in prepared baking dish.
 2. In a large skillet sprayed with cooking spray, brown meat. Add corn, salsa and olives. Mix well to combine. Continue cooking for 5 minutes or until mixture is heated through, stirring occasionally. Spoon half of meat mixture over tortilla chips in baking dish.
 3. In a small bowl, combine cottage cheese, sour cream and 3/4 cup Cheddar cheese. Drop half of cheese mixture by spoonfuls over meat mixture. Repeat layers. Bake for 30 minutes. Sprinkle remaining 3/4 cup Cheddar cheese over top.
 4. Continue baking for 10 minutes or until cheese is melted and mixture is bubbly. Place baking dish on a wire rack and let set for 5 minutes. Divide into 6 servings.

Speaker helps students find themselves

By Leticia Bennett
Staff Reporter

People are all interconnected through our identities and share something in common with everyone, a college administrator said earlier this week.

Jason Dorsette, associate director and chief of staff at Oregon State University, spoke Monday at Highline’s annual Unity Through Diversity week.

Unity Through Diversity Week is Highline’s effort to recognize the different races and cultures on campus through a series of presentations and workshops.

The workshop was centered around the topics of race, gender, and identity.

Dorsette said he does not take any of those subjects lightly when he speaks and said that it has been a “sacred journey” for



Yuki Yamauchi/THUNDERWORD
Jason Dorsette discusses the importance of identity and its role.

him to learn, teach, and speak about it.

The workshop included sev-

eral different activities that encouraged students to interact and learn more about them-

selves.

“Be brave, be bold, do what’s comfortable for you,” Dorsette said when participants formed groups and made ground rules for the activities and discussions.

Several of the ground rules included the common theme of respect, open mindedness, and speaking from experience.

One of the activities was to illustrate that all students and people are connected.

Participants divided into small groups, formed a circle and held a string of yarn, then stated one of their identities.

If others in the group shared that identity, they would pass the piece of yarn and continue until everyone was holding at least one of the strings.

The end result was a giant web that connected all mem-

bers of the group together.

Another activity was forming an “identity circle.” All participants formed a large circle and were asked several questions pertaining to their race and identity.

Participants would step into the circle if the question or statement applied to them and would step back if it did not.

Some of the discussions included the definitions of what race is; what the queer identity means; self-authorship, an ideology of an internal personal identity. Discussions also included the critical race theory, which examines society and culture at the intersection of race, law, and power.

Dorsette said he hopes to see his work help students grow spiritually and intellectually and wants it to be of use to many in the future.

Teacher and activist discusses the power behind storytelling

By Joselin Alcantara
Staff Reporter

The power of storytelling creates unity between people of many different places and cultural backgrounds, a Seattle poet told a Unity through Diversity audience this week.

Nikkita Oliver is also a teacher, an attorney, an activist and a

Seattle mayoral candidate.

She started off her presentation Monday with a short animated video about the power of storytelling.

The video described storytelling as a powerful way to communicate ideas and listed four important things that stories do.

After the video, Oliver performed a poem of her own to demonstrate four important things.

First, stories give us information, she said. From her poem, the audience learned about her family and where she is from and that she is a boxer.

Second, stories create an emotional connection either because they related to a part of

her poem or because the poem evoked an emotional response, Oliver said.

Third, stories can help us have cultural identity, she said.

Lastly, stories are fun because they can be told through movies, books and music, Oliver said.

She performed another of her poems and then began to speak about intersectionality.

Intersectionality refers to social categories of class, race and gender that overlap in an individual or group and create a system of disadvantage or discrimination.

“The birth of this term, especially within the realm of law, really gave us a new way to talk about the stories of people who have different layers of oppres-

sion,” Oliver said.

She spoke about how this connects with unity because stories bring people together, especially when they can relate to each other’s oppression.

“We tell our stories from these different positions and it transforms. If we really listen deeply to what our unity with each other looks like, then that’s really the power of story. It can open your eyes to the next thing,” Oliver said.

She performed her last poem about poverty and the fear of not having enough.

“When we talk about unity, really what we are talking about is bringing our stories together in a way we each want to tell them and allowing and

creating enough space for that to happen, and when that does happen its transformative, it is powerful,” Oliver said.

She also outlined how her campaign for Seattle mayor started.

“Some elders in my community sat me down a lot of times and asked if I would consider running for office in Seattle,” she said.

Oliver said she refused many times but they were persistent enough to get her to run and now she is taking this campaign seriously and it is a full-time job.

“Justice be like water, we must flow the waters, we must be the justice because justice is just us. Being just us without us there is no justice,” Oliver said.

— King Crossword —
Answers
Solution time: 25 mins.

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

— Go Figure! —
answers

| | | | | | |
|----|---|----|---|----|----|
| 5 | — | 3 | × | 9 | 18 |
| × | | × | | ÷ | |
| 4 | + | 6 | + | 3 | 13 |
| — | | — | | + | |
| 7 | × | 1 | + | 8 | 15 |
| 13 | | 17 | | 11 | |

— Weekly SUDOKU —
Answer

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

UNIVERSITY of WASHINGTON | BOTHELL

TOGETHER
WE WILL

W

ATTEND A TRANSFER INFORMATION SESSION!
To register visit: www.uwb.edu/boundless/highline

www.uwb.edu / 425.352.5000



Local participation creates change

By Roth Leahy
Staff Reporter

If you want to see change in politics, you have to get involved, two Highline professors said here last week.

Political science professors Dr. Ben Gonzalez and Dr. T.M. Sell told a crowd of about 50 people on April 20 that in order to get change, you have to take action.

Dr. Gonzalez related his own experience, in which he got the city of Lake Forest Park, where he lives, to adopt the status of a “sanctuary city” despite opposition from the mayor and initial indifference from the city council.

In a sanctuary city, officials agree to not actively support federal efforts to deport undocumented residents.

Dr. Gonzalez said they used social media and sheer numbers to convince the council to adopt the resolution.

“Talks were occurring every week with general public comments, phone calls and emails,” Dr. Gonzalez said.

This activism encouraged some council members to sit down and discuss, face-to-face, why Lake



Cinthia Velez-Regalado/THUNDERWORD

Dr. Ben Gonzalez advices students how to get involved in local government.

Forest Park should be considered a sanctuary city, despite opposition from the city’s mayor.

A resolution was then introduced and passed.

“People who had proclaimed that Lake Forest Park should not be considered a sanctuary city, did not show up,” he said.

Dr. Gonzalez said that protests could be effective but they have to be focused and sustained. He also urged students

to write their elected officials and show up at gatherings such as town hall meetings and city council sessions.

People can have a bigger impact at the local level, he said.

“Even in your own community, even though it is smaller, it creates a bigger impact,” Dr. Gonzalez said.

Both professors urged students to vote, and more often than just in presidential years.

“The presidential race was said to be the highest among voting rates in our country. State and local voting rates were only around 30 percent,” Dr. Gonzalez said.

“There’s an election every year,” Dr. Sell said.

The main reason Trump won the election was due to low voter turnout, Dr. Gonzalez said.

“Politics are not perfect, it is important to get involved

now. Get involved early and get into the system to help change minds,” Dr. Gonzalez said.

“Some ways that people can get involved in the political process are to vote, protest, contact officials, contribute money, and to run for office,” Dr. Sell said.

He said that it’s relatively easy to get informed, from reading media reports to attending candidate forums, to getting the state voters pamphlet automatically when you register to vote.

Dr. Sell said your vote always counts because margin of victory matters in every election. Even if your candidate is likely to lose, the closer he or she gets, the more likely the candidate you don’t like gets serious opposition next time around.

Conversely, the more your candidate wins by, the less likely they are to face serious opposition.

Some reasons that people usually do not choose to participate is due to the lack of time, lack of interest, not enough information on a candidate, protest, they don’t like a candidate, and the usual saying of someone’s vote not counting, Dr. Sell said.

Bill would help prison inmates obtain higher education degrees

By Roth Leahy
Staff Reporter

Prison inmates will be able to earn an associate’s degree from a technical or community college while serving time if Gov. Jay Inslee signs a new law on his desk.

And Highline may be willing to institute the new program.

Senate Bill 5069 would expand the opportunity for community and technical colleges to enter into a partnership with the Department of Corrections and give inmates an education while serving time in jail or prison.

“The bill would create relationships with community colleges and Department of Corrections,” said Dan Satterberg, prosecuting attorney for King County.

In today’s dollars, it would cost the state of Washington \$250 million to build another prison, and \$80 million to operate the prison, Satterberg said.

Current law prohibits the state from funding educational opportunities for prison inmates.

“It is simply a ridiculous policy,” said Satterberg.

This bill aims for a reduction in recidivism rates. For every dollar, the state puts towards inmate education programs, the state would save \$18.40 from fewer crimes, according to a Senate analysis of the bill.

“Currently the state of Washington ranks 41 out of 50 states, and currently one out of three people end up back in jail within three years of their release date,” Satterberg said.

The bill would allow inmates who have five or fewer years to serve, and do not have a post-secondary degree, to enter into an educational program.

“It would create potential for community colleges,” Satterberg said.

In order for an inmate to enter into the program they would have to be approved by the state Department of Corrections.

This would help “change what people think,” Satterberg said. “It would be a good first step.”

With this bill allowing prison inmates to enter into an educational program, “it would be the best way to equip inmates with skills that they would gain when they get out. There is no other opportunity like a higher education,” Satterberg said.

Whether Highline participates in the program is ultimately a decision that will be made by the Board of Trustees.

“Highline is considering participating in the program,” said Alice Madsen, dean of instruction.

Madsen predicted the board will approve it.

She said this program would increase diversity for Highline’s campus, adding to existing diversity that includes race, color, language and culture.

“They would see the benefits of the bill, because they are a wise thoughtful group,” she said.

Madsen is also the co-acting vice president for Academic Affairs, and dean of Professional Technical Education.

“This would create an in-

vestment in economic stability and support the community to move forward,” Madsen said.

“This bill would help redirect

people to education, instead of the school-to-prison pipeline.”

Senate Bill 5069 has passed both houses of the Legislature

and was delivered to the governor’s desk on April 18. He is expected to sign the bill, said his spokesman, Simon Vila.

Interested in learning more about Homeland Security and the Federal Law Enforcement System?

Check out the Criminal Justice departments Certificate in Introduction to Homeland Security! This certificate is offered online and can be earned in four quarters.

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

Homeless

continued from page 1

Coalition on Homelessness, 4,505 people in King County were living on the streets in 2016, 3,200 in shelters, and 2,983 living transitionally - couch surfing or moving from place to place.

Their 2016 annual report showed that hundreds of people are living without basic overnight shelter and the overall increase in homeless continues to rise by an estimated 18 percent per year.

A majority of the homeless population resides in Seattle, but due to the high cost of living, people continue to leave the city.

"The federal government has

been pushing human resources into the main city. As income inequality has happened over the past 10 years, people have moved out to the suburbs, but the resources haven't followed," said State Rep. Mia Gregerson, D-33rd district.

Many of the people living in South King County have limited access to health care, homeless shelters and food banks.

Shelters are full every night and those who are lucky enough to get in will most likely sleep on the floor and will have to be back out on the street with their belongings before 7 a.m., according to the Coalition on Homelessness.

"Most of the homeless people you see on the street are facing drug problems and mental health issues," Rep. Gregerson said.

Hill was just one of the many homeless people battling with substance abuse.

She consistently used drugs for the 10 years that she lived without a home.

Instead of holding up cardboard signs and asking people for money, she collected cans, scrap metal and sold meth and heroin.

"Being homeless was a full-time job in itself," Hill said.

She said that although she didn't have any responsibilities, she was constantly moving around.

"It was a daily struggle because you never really get anywhere when you're homeless. It was just a total beat down. I was constantly trying to figure out where I was going to go to the bathroom, what I was going

to eat, where I was going to get cleaned up at, how I was going to get money, and how I was going to get drugs," Hill said.

After several years of this, Hill decided that she didn't want to live on the streets anymore.

"When I finally decided that I didn't want to be homeless anymore, I didn't know how to get a job or anything at that point," she said.

"I was so downtrodden and feeling so lonely about myself that I just started selling drugs. It was the only way I could get myself out of it."

Hill saved enough money to move into a small apartment in SeaTac where she sold drugs and lived for the next 10 years.

"I went through 10 years of that [selling drugs] before I fi-

nally got arrested by the feds just two years ago. I was looking at a 10-year mandatory minimum in prison, but instead I got accepted into drug court and I went to intensive outpatient treatment," Hill said.

After successfully completing treatment and drug court, she started going to an asset class through the Catholic Community Services where they hired her as a front desk associate upon graduation.

"They are truly amazing people [her co-workers] and they've helped me turn my life back around," Hill said.

Hill said she feels unfulfilled at times and still struggles with depression, but she is thankful for her sobriety, what she has and that she got a second chance.

Anthem

continued from page 1

On Tuesday, the council took two separate votes. The first vote determined whether the anthem should remain in commencement. Fourteen council members voted to keep the anthem, while four voted to have it removed.

The second vote determined whether an additional song should be added. Twelve members voted to add an additional song, while six voted to only have

The Star-Spangled Banner played.

As one of the driving forces behind the vote, Jackson said he isn't happy about the final decision.

"[I'm] Devastated, once again African-Americans are told that our experience in this country does not matter," Jackson said. "This has nothing to do with respecting or disrespecting veterans. But it has everything to do with the continued disrespect of black Americans. To us that flag and the national anthem are symbols of oppression. White supremacy is strong, even at a

school like Highline."

But it's not surprising to Jackson that the vote went the way it did.

"I suspected this is the way that it would go even though I didn't think it would be this lopsided," Jackson said. "I feel like if Highline and the administration were to honor their diversity commitment that this is a no-brainer."

Jackson isn't the only council member who isn't surprised by the results.

"I was completely unsurprised that the vote was so overwhelmingly to keep the anthem," said Vanessa Primer from the Non-traditional Students club, who voted to keep the anthem. "That's exactly what I expected this

whole time because that was the voice that I was hearing around campus. Everyone was asking me 'why are we even doing this?'"

Primer has a good understanding of what it's like to feel like a slave, she said.

"I lived in the Middle East when I was younger," Primer said. "I've experienced truly having no freedom, so the fact that we all get to speak up in this forum and say what we want -- if JJ [James Jackson] chooses to kneel during [the anthem], you know what I would feel? I'm going to feel pride. I'm going to support his ability and his decision to do that, or do the black power fist or whatever he wants to do because you know

what? He has the right to do it."

The council did not determine which song should be added to commencement, but the council discussed four possible songs at the meeting.

A preliminary show of hands for the songs showed people leaning most heavily toward as-yet-unwritten original Highline composition, with The Muckleshoot Anthem, followed by The Black National Anthem, and America The Beautiful with the fewest hands.

Tuesday's vote is only a recommendation, and not a final decision. The recommendation will now be brought to the commencement committee for further consideration.

Drugs

continued from page 1

"Federal aid eligibility may also be suspended for students who received a judgment under the Anti-Drug Abuse Act of 1988, which includes provisions that authorize federal and state judges to deny certain federal benefits--including student aid--to persons convicted of drug trafficking or possession," Shareka said.

Aside from losing financial aid, people who are convicted of drug offenses may face even bigger consequences.

There are specific rules and regulations regarding marijuana and failure to follow these laws may results in sig-

nificant legal penalties ranging from tickets to felonies.

Only adults aged 21 or older can purchase or possess marijuana; those who are 21 and older can't purchase more than one ounce of usable [dry] marijuana, more than 16 ounces of edibles, 72 ounces in liquid form, and 7 grams of concentrates; a person can't drive with more than five nanograms of active THC per milliliter of blood in their system; and it is illegal to use it marijuana public places.

Since the legalization of marijuana, there has been an increase in reports at Highline.

"We have received an increase of complaints and we try to educate students and guests on the policies," Menke said.

Microsoft co-founder plans to donate \$30 million to help the homeless

SEATTLE (AP) – Microsoft co-founder and philanthropist Paul Allen will donate \$30 million toward the development of a new housing facility for people who are homeless in Seattle.

The gift will help cover design and construction costs for Mercy Housing Northwest, a local nonprofit that will operate the facility.

The Seattle Times reports Mayor Ed Murray said Wednesday the city will put \$5

million toward the project.

Paul Allen Family Foundation spokesman Paul Butler says the plan has been in the works since last year and that the facility will be geared toward homeless families.

He says it also will include an on-site service center for residents and the wider community.

Murray and King County Executive Dow Constantine declared states of emergency over homelessness in 2015.

5

REASONS EWU IS ON YOUR SIDE

10 YEARS

CELEBRATING CONTINUING COOPERATION BETWEEN EWU AND BC

MAJORS

- BA In Business Management
 - General Business Option
 - Human Resource Option
- BA in Interdisciplinary Studies
- BA in Psychology
- BA in Children's Studies

ON YOUR TURF ON YOUR TIME

 **EASTERN**
WASHINGTON UNIVERSITY

start something big

OUTREACH.EWU.EDU

425.564.5100



Behind Main Parking Garage

Lower Columbia College

CLAMS