

## Gala brings more funds

By Sophia Latifyar  
Staff Reporter

The Highline Foundation raised \$25,000 more at its annual Gala in late April than it did last year.

The Foundation, a private, non-profit group that exists to support college activities, raised \$125,000 at its annual black-tie optional event April 29 at the Cedarbrook Lodge in SeaTac.

“The 2017 Gala was a success,” said Sharon Cupp, Highline’s director of development.

The Foundation uses the money to support scholarships, faculty professional development, and emergency assistance to students.

Last year the college helped students with \$200,000 in scholarships and aid.

However, “In this past year more than 80 percent of scholarship requests were unable to be funded,” Cupp said.

The Gala featured a reception, dinner, student speakers and a live auction. More than 200 people attended.

The money was raised through 10 corporate sponsorships; \$30,000 from the live auction; and \$47,000 from the “Fund a Need” auction item in which donors simply pledged however much they could give to help students with college costs.

Corporate sponsors included BECU, McGranahan Architects, Inspirus Credit Union, SSA Acoustics, Cairncross & Hempelmann, Red Canoe Credit Union,

See Gala, page 12

## Guardian of the Highline galaxy



Yuki Yamauchi/THUNDERWORD

*The sun is in full star mode over Highline on a recent afternoon as the area has enjoyed nearly spring-like weather. Rain and temperatures in the 50s are expected to return today and continue through the weekend, with a chance of thunderstorms on Saturday. Warmer temperatures and sunny skies not expected to be back until the following weekend.*

## Students can thrive at native summit

By Joselin Alcantara  
Staff Reporter

Native American high school and college students are invited to the Second Annual Native Student Success Summit.

The summit will take place on Wednesday, May 17 at 8:30 a.m. to 1 p.m. in Buildings 2 and 7.

Admission is free but participants must register beforehand on Highline’s website under the Native Student Success Summit link, <https://www.highline.edu/native-student-summit-2017/>.

High school students will also need a parent-signed photo release form, which can be found on the summit link.

High school students will also be provided with lunch and local transportation.

The founders of this summit are Sara Marie Ortiz, who manages the Highline Public Schools Native Education program, and Tanya Powers, director of Workforce and Baccalaureate Education at Highline.

Ortiz said she was inspired to start this summit after seeing the success of other summits serving Latinx, Black, and Asian American and Native American Pacific Islander students.

The vision for this summit is to create a space where students can connect with their tribes and the native community and

**Native  
Student  
SUCCESS  
SUMMIT  
2017**

learn about their roots, Ortiz said.

This year’s summit is different from last year’s because it is more focused on community, identity, and culture instead of just education, Ortiz said.

Some of the keynote speakers will be Swil Kanim, a violinist, storyteller, actor and member of the Lummi Nation; and Matt

Remle, a writer/editor for the Last Real Indians and member of the Standing Rock Lakota.

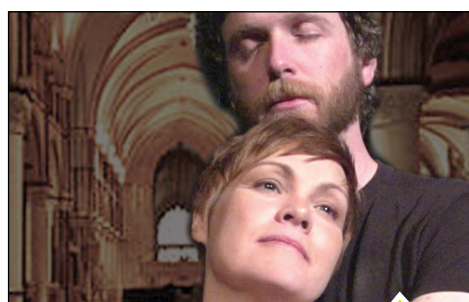
There will be an elders panel in order to honor them and have students connect with them, Ortiz said.

The goal for this summit is to have “students feel supported, loved, have their voice heard and to feel connected to their tribes. To keep them going and hold them accountable to their responsibilities and make them feel honored,” Ortiz said.

Ortiz said she hopes that in the future Highline will have a Native American student center so they can have a space to come together, connect and learn about their culture.

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Lady T-Birds take  
home doubles title





## Library fight club

**By Brendan Myrick**  
Staff Reporter

Public Safety Officers responded to a possible fight involving four individuals near the library at 9:30 a.m. May 3.

Officers talked to witnesses who said that those involved were most likely horsing around, Public Safety said.

There is no word if injuries occurred.

## Apple picking

A student reported seeing an individual stealing an iPhone in the East Lot on May 3 at 11:38 a.m.

The report claimed the thief opened an unlocked car to snatch the phone.

The suspect has not been found, Public Safety said.

## Individual takes a nap in Building 26

An individual was found sleeping in a crawl space in Building 26 on May 4 around 7:40 p.m.

The suspect woke up to the sound of Public Safety officers and bolted from the scene.

Highline crews arranged for the crawl space to be blocked off to future nappers.

## Suspect pulling car door handles

Public Safety officers made contact with an individual who was yanking on multiple car doors in the East Lot at 11 a.m. on May 5.

The individual did not have a ID and claimed he was just waiting for a friend to get out of class,

Public Safety said. There is no word if the individual faced charges or met up with their friend.

## Parking lot accident

A motor vehicle hit a parked car in one of Highline's parking lots on May 8 around 1 p.m.

The driver at fault left their personal information behind for the owner of the parked car.

The owner of the parked car reported the incident to Public Safety.

# Highline cleans up its act

**By Brendan Myrick**  
Staff Reporter

A crime prevention clean-up day is scheduled at Highline for June 1, where students and faculty alike can help improve Highline's image.

For the first time in recent years, Public Safety is seeking out students and staff to help prevent crime on campus, by simply cleaning up.

The event takes place Thursday, June 1 at 11 a.m.-noon and begins in front of Building 6 near the East Lot.

"I have been wanting to do something like this for a while,"



David Menke

David Menke, director of Public Safety said.

Director Menke said that the event is open to everyone

at Highline. Menke, as well as Sgt. George Curtis and other Public Safety officers, will be at the event.

Also, those who participate could win prizes, such as gift cards.

The focus of the event will take place along the outer rim of campus near Pacific Highway South to the front of Building 6 and the parking lots. All supplies needed for the cleanup will be provided by Public Safety.

The goal Public Safety wants to accomplish is to make Highline more presentable to the public as well as to discourage

crime.

Menke said that a clean area is less susceptible to crime because a criminal will recognize that people are more present in a clean area.

This makes crimes such as graffiti, littering, theft, and camping more noticeable.

Also, keeping Highline clean makes the institution more attractive and professional to outsiders who may be looking to start college.

Those who would like to know more about the event or general informatio should contact Public Safety at 206-592-3218.



## Vote today for Student Government

Elections for student body president and vice president continue today and will close at midnight.

The candidates for president are Vanessa Primer and Michaella Clemming.

However presidential candidate Justin Maley has dropped out of the election.

Byung Min and Mahlet Tiruneh are candidates for vice president.

Students can vote in person at the second floor of the student union or visit the website at elections.highline.edu.

You can vote on any device that has internet access.

On the ballot, there is also information about each candidate so that students can make an informed decision. You can only vote once for each position.

## Outstanding faculty: All rise

Nominations are due May 26 for three annual awards given to Highline employees.

The Highline College Foundation provides \$1,500 awards to the outstanding employee of the year, the outstanding tenured faculty member, and the outstanding adjunct faculty member.

The employee of the year award seeks to recognize "an employee whose performance is outstanding and whose impact on a department or the broader institution is substantial," ac-

cording to the nomating material.

Only full-time tenured faculty are eligible for the second award, while the final award goes to part-time or adjunct faculty.

Nominations can be made by any student, staff member, faculty member or administrator at Highline. A person may make only one nomination for each award.

The nominations need to consist of written statements from both the nominator and then a second reference that gives specific emphasis to the nominee's contribution to education at Highline.

Nominations need to be submitted to the Selection Committee in the Office of Instruction, Mailstop 9-2, by 5 p.m. on May 26.

## Commencement speaker sought

Highline's Student Government is looking for a student speaker for this year's commencement ceremony.

Any graduating student is encouraged to apply for the spot.

Applications can be picked up from our Student Government leaders at our Center for Leadership and Service.

Completed applications should be turned in at the CLS front desk by this Friday, May 12, at 4 p.m.

Selected applicants will be interviewed on May 17, between 3-5 p.m.

## Explore your transfer options

The Transfer Center is hosting an informational session on Washington State University's pharmacy program and Highline's Respiratory Care Program, today and tomorrow.

An adviser from WSU's

School of Pharmacy will be at Highline to give a presentation on how to successfully plan and apply to the program.

The WSU adviser will go over admissions requirements, including prerequisite courses, required grade point average, application timeline, documents needed for applying and extra advice on getting into the program.

The session will be held on today from 11 a.m. to noon in Building 6, first floor, room 164.

The second session will focus on Highline's Respiratory Care program and all it has to offer.

Cory Martin, coordinator of the program, will be conducting a session for students who are interested in becoming respiratory therapists.

The session aims to cover the Highline degree options (associate and bachelor of applied science), as well as the required prerequisite courses for admission.

In addition, Martin will discuss the job outlook for this career field and help students understand if respiratory care is a good fit for their interests and career goals.

The session will be held on tomorrow from 11 a.m. to noon in Building 6, first floor, room 164.

## Honors presents new identity series

Honors Colloquy has a new session this coming Wednesday surrounding the subject of self identity.

The Honors Colloquy is a series of weekly lectures by members of the community, faculty, and students on various topics on themes relevant to student learning.

Lisa Voso will be speaking on questions of identity on Wednesday, May 17 from 12:15 p.m. to 1:20 p.m. in Building 10, room 103.

Honors Colloquy is open to

all members of the Highline community.

## Honors presents new identity series

Sign up and save the date for Highline college MESA's (Math Engineering Science Achievement) sixth annual celebration and networking dinner.

This dinner is in celebration of transfer students, workshop facilitators, student ambassadors and more for their work and accomplishments.

The dinner will be on May 18 hosted in Building 8 Mt. Constance from 6 to 8 p.m., free of charge.

To reserve a seat you can go to <https://goo.gl/forms/WPYKQnblg3ssQAs92> where you can register for the event and pick which dinner option best fits you.

## Sisters Circle to build community

The Counseling Center and the Inter-Cultural Center is bringing back the Sisters Circle, a group for African American, African-Latina, African-Caribbean, Multiracial women, and others who identify as the African Diaspora.

The group is designed for African women to connect and build their own community on campus.

The group begins Friday, May 12 at noon to 1:30 p.m., and every following Friday for the rest of the quarter.

Highline Counselors Thressa Alston and Nicole Wilson will facilitate the group each week.

Topics include classroom and workplace on May 12, family and relationships on May 19, arts and culture on May 26, and survivors and conquerors on June 2.

The group will meet in Building 8, room 204. Free lunch will be provided each Friday.





Staff photo

A Thai student plays a traditional guitar at a previous GlobalFest.

This Saturday

# GlobalFest gives taste of cultures around world

By Chikako Murakawa

Staff Reporter

Highline's international students will turn their annual GlobalFest into a global feast for both the eye and the palate this Saturday.

GlobalFest is a celebration of diversity that unfolds May 13 from 5-9 p.m. in Building 8.

The annual production of students in International Student Programs will include cultural booths, performances and lots of food.

The Student Union will be transformed into an international restaurant when ISP presents "A Taste of The World — ILSC's Restaurant."

The cultural booths will operate from 5 to 7 p.m.

People can visit the many booths and participate in diversions such as Karuta, which is a Japanese card game. Also, there will be cultural foods such as spring rolls from Vietnam, bubble tea from Taiwan, karaage from Japan and dumplings from China.

"We try to deliver Thai culture as much as we can through the presentation board and we

also will interact with the people who are coming to our booth by playing games with them," said Phantawat Jewchaisak, who is coordinator of Thailand's cultural booth.

The cultural performances begin at 7 p.m.

Ten different teams from areas, such as Africa and the Pacific Islands, are going to perform on the main stage of the Student Union.

People who are going to participate in GlobalFest have been busy rehearsing.

Performance teams are working on both traditional dance and popular dance routines.

The Japanese team is going to dance to Soran Bushi, a song sung by fishermen to encourage a good catch. They will also perform the Koi Dance, which is a kind of climax to Japanese popular drama said. Mana Sotokawa, a Japanese performance team member.

She said they are practicing the dance over and over again because they want people to know Japanese culture.

GlobalFest is free and open to the public. It will also be broadcast live so that families of international students can enjoy the performances.

If you want to watch GlobalFest on the internet, you can download the Flash Player and go to the page of [International.highline.edu/thunder-world/globalfest.htm](http://International.highline.edu/thunder-world/globalfest.htm) at 7 p.m.

## New club helps Running Starters transition

By Khalil Johnson

Staff Reporter

Transitioning from high school to college can be daunting and a new club has been formed to ease that transition.

The objective for the Running Start Club is to be able to help Running Start students and give them an understanding of what to do in college.

Alyssa Castle-Lloyd is the club's president and the vice president is Hawa Abdullahi. Castle-Lloyd started the club as a project this past fall, for Girl

Scouts, to obtain an award that is considered at organization's highest achievement.

"I wanted to start the Running Start Club to provide a place for Running Start students to gather to work on homework, talk about college, and get help with both high school and college graduation," Castle-Lloyd said.

Castle-Lloyd is a senior at Mount Rainier High School, but attends Highline as a Running Start student. Her goal is to have the club continue for many years after she graduates. She is hoping to give students the

chance to go on college tours of universities for transferring students.

"I joined the club to learn about the classes and teachers here so I could get student recommendations, [from people] who've had experiences in the classes and with the teachers," said student Jessica Hunter.

"I joined to get help with the transition from high school to college and to learn what will be new or different and get tips from seasoned Running Start students like me," Ashley Robbins said.

Castle-Lloyd's goal is to give students the opportunity to experience new things in college together as a group, rather than individually. She said she believes that college can get stressful for students, especially when you're a high school student trying to manage both levels of education.

She said that the transition from high school to college can be challenging and stressful for students. She wants to be able to reduce the amount of problems for students by helping them out.

There are 10 members in the

club, but they say they hope they will grow to become a large group of students. Anyone can join, but their main focus is students who are a part of the Running Start program or previous Running Start students.

They encourage students who are thinking about doing or are currently in Running Start to join the club.

Meetings are every Friday in Building 8, room 301 from 1:30-3 p.m.

For more information, contact Castle-Lloyd at [afterhs2@students.highline.edu](mailto:afterhs2@students.highline.edu)

## Time to commence preparing for graduation

By Krystal Robbins

Staff Reporter

Julia Sordahl has applied for graduation but has not yet ordered a cap and gown.

"I plan on going to the graduation fair to buy all the graduation attire there," Sordahl said.

She will be attending the commencement ceremony along with friends and family on June 15, at 6:30 p.m. at the ShoWare Center in Kent.

Graduates who would like to participate in Highline's commencement ceremony may RSVP online at <https://registration.highline.edu/student-records/commencement/>.

Each graduate must wear a black cap and gown at the ceremony. Graduates may pre-order their caps and gowns through the bookstore online.

You can pick them up at the Graduation Fair on May 16 in Building 8 from 9 a.m. to 5 p.m. If you did not order a gown or cap, you may purchase one at the fair.

Also at the fair they will have a videographer, photographer, class rings, graduation regalia, honor cords, diploma frames, graduation announcements,

and you can sign up for the alumni association.

Graduation programs coordinator Wuhye Chun said "Please leave all personal belongings with family and friends, and no balloons are allowed in the ShoWare center, but flowers are OK." The ceremony should last up to three hours.

Participation in commencement is not required to receive your degree. However, paper degree certificates will be mailed 15 business days after being entered as a transcript if students applied for graduation.

You can apply for graduation when you've registered for your last quarter or have all your credits completed. You can find the graduation application form on <https://registration.highline.edu/student-records/graduation/> or you can fill a form out at Registration and Records in Building 6.

Once you have filled it out, you may email the online form to [graduation@highline.edu](mailto:graduation@highline.edu) or turn in your printed out form in Building 6. You should receive a confirmation email to your Highline student email stating that your application has been

accepted.

After the confirmation email, you will then have to pay the required graduation fee \$13.50. When your application is accepted by the graduation staff, it will be kept on file for a year. If it's not completed within a year, you'll need to reapply.

In order to graduate with honors you need a 3.50 GPA or higher at the time your last course is completed. Students graduating and participating in the commencement ceremony your GPA will be determined by the end of your winter quarter.

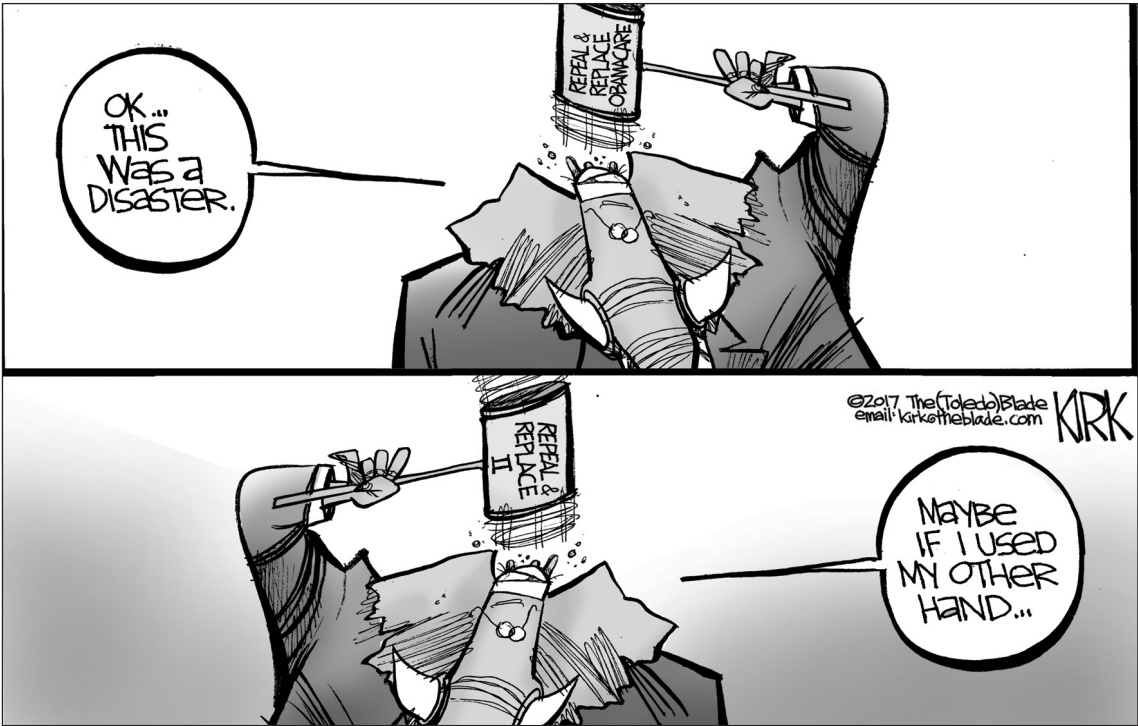


# It's your last chance to vote

Today is your last chance to cast your vote. No, you didn't miss a ballot in your mailbox, it's time to vote for Highline's new Student Government president and vice president. This is the time when the student body will be choosing the people they want to represent them. If you don't vote, you are losing the opportunity to have a say in the students that will be making decisions and recommendations on your behalf. The winning candidates will represent students on multiple campus-wide committees. And they also play a role in deciding how student fees will be allocated for various activities. Just like any other election, the candidates run on a platform, with goals they wish to achieve during their time in office. And just like any election, it is important to read the voter information and learn what their platform is. If you don't read the voter information, then you are passing up the opportunity to vote for a candidate that represents you as a student. You can find a voter table in the Student Union Building on the second floor. You will be able to read over the candidate's statements here before casting your vote. But Highline makes it even easier than that. If you want to vote right from your computer or smartphone from anywhere, you can. All you have to do is visit [highline.edu/event/elections-2017](http://highline.edu/event/elections-2017). From here, you'll see a "vote now" button which will take you to a login page. Once you've logged in, you can click on the candidate's name to read about their goals as the next president or vice president. There are two choices for both president and vice president this year. It's as simple as that, so don't give up your vote.

# Congratulations on 35 years of service

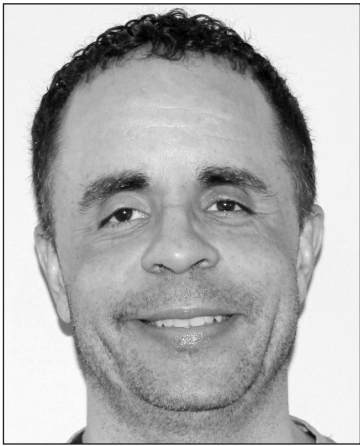
Highline's Women's Program is a great program. This program has been helping women students — and men — for the last 35 years. The program can work in tandem with the Department of Social and Health Services to provide support for students who need it. It provides emergency funds for students who need extra support for the cost of living. These funds are open for any student to apply for. It deals with issues such as domestic violence or sexual harassment. And it recognizes some incredible students at Highline, giving them the extra boost they need to persevere through the challenges of going to college. Yesterday, the Women's Program observed its 35th annual celebration of women, this year titled And Still We Rise. During this celebration, the program recognized several women with awards for their accomplishments. This program adds so much to this school, and deserves recognition. Thanks for all its efforts to make Highline a better place.



# There's still hope for inclusion

The student council missed an opportunity to show empathy and compassion to African-American students. Today, as a conscious black man, called into a role of both leadership and representation as a servant leader, it is my duty to use my voice to advocate for the marginalized, oppressed and underrepresented. To give voice to those whose voices are not being heard I decided to run for ASHC President. I ran and was elected on that platform. Knowing that I would be a member of the Commencement Committee, I saw an opportunity to live up to my campaign promise to fight for equity and inclusion. There are sad truths that are associated with the national anthem that do not align with either my personal values or the values of our college as represented in our Cultural Diversity Policy. The song was written by a racist, slave-owning, anti-abolitionist in a spirit that reflects those values. Unsung verses of the song call for the murder of black people. This song, while still our national anthem does not represent, respect and honor people of color, especially black people. For us, hearing the song is painful; it is a symbol of the oppression of African-Americans as they were bound in slavery and it is a current reminder of the institutionalized racism and internalized oppression that we feel every day of our lives. We said "yes we understand for you the national anthem is a symbol of patriotism and pride. But for us it is a symbol of oppres-

### Guest Commentary



James Jackson

sion, racism and exclusion." When the vote was called and those who supported the anthem cheered, it was a sad day for democracy and for our council. For people to cheer after their fellow students bared their hearts and souls, showed a lack of empathy and compassion. For us to tell the student council about our pain in hearing the national anthem, and still be denied, illustrates the failure of our democracy to uphold the values of Highline's Diversity policy. I am duty-bound to deliver the ASHC Student Council's recommendation to the Commencement Committee to uphold the tradition of singing the national anthem at our 2017 graduation celebration. Yet, as an individual, I continue to protest. As a black man and community member with a passion for social justice that was nurtured here at Highline, it is my moral and personal obligation to up-

hold justice and recommend that the national anthem be taken out of our graduation ceremony. The national anthem initiative is a moral issue, it's not about disrespect to our veterans or our country. We love the men and women who have sacrificed so much for what they believe in. No this is not about them. This is about choosing human dignity over a song. Right now, I am feeling proud and hopeful. The Commencement Committee has my recommendation to remove the national anthem from Highline's graduation ceremony in one hand AND in the other, they have my own student government's council decision to keep it. This is the committee's opportunity to eradicate oppressive and racist symbolism, which will open the door for unity and peace. They can still extend an olive branch that says we recognize and acknowledge the African American experience in this country. The Rev. Dr. Martin Luther King, Jr. said, "Injustice anywhere is a threat to justice everywhere." After four months of work on this issue, I know we can still work together to make things better. Our Highline College pledge made in our Cultural Diversity Policy is to be "committed to the elimination" of systems of oppression that plague our society. It is a progressive statement by a progressive college that says we are committed to making our campus a safe and inclusive space for us all.

# the Staff

Everything we don't know is a mystery.

E-Mail: [tword@highline.edu](mailto: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
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A good salad is a galaxy of greatness

One of the best ways to showcase all the complexities of vegetables is in a salad. While a salad seems like a simple dish, combining vegetables with sweet, bitter, crunchy, soft, peppery and mild flavors with a wonderful dressing and fresh herbs brings this simple dish to a new level.

Raw vegetables can have some nutritional advantages.

For example, polyphenols, yet another antioxidant, are lost when carrots are cooked. In broccoli, heat damages the enzyme myrosinase. Myrosinase breaks down compounds in the broccoli to form another compound called sulforaphane, which may kill precancerous cells.

Vitamin C, also a powerful antioxidant found in many of the vegetables mentioned, can be destroyed by heat.

To get the best of both worlds and to put an end to the debate, it is recommended to alternate consumption of raw and cooked vegetables to get a variety of nutrients.

This recipe for Springtime Salad with Spicy Tomato Dressing contains both raw and cooked vegetables.

SPRINGTIME SALAD

This salad keeps well in the refrigerator and makes a delicious vegetarian lunch salad or a side dish for dinner. Use leftover cooked and reheated vegetables,



if desired, or select vegetables of your choice for the raw ingredients. Makes 6 to 8 servings.

- Cooked vegetables:
- 1/2 tablespoon salt for boiling water, plus 1/2 tablespoon for ice water bath
  - 1/2 pound green or white asparagus
  - 1/2 pound fresh green beans, trimmed and cut in half
  - 1 cup fresh or frozen corn
  - 1/2 medium purple onion, thinly sliced
  - 1 cup sweet peas, fresh or frozen
  - 1/2 teaspoon freshly ground black pepper

1. Add salt to a large pot of water and bring to a boil. Wash, remove tough stalks on the asparagus and cut in half. Add all of the vegetables to the boiling water and cook for 2 to 3 minutes.
2. To keep vegetables crunchy and colors bright, place vegetables in a bowl filled with cold water and the remaining 1/2 tablespoon salt for 2 to 3 minutes. Remove vegetables from water



Depositphotos.com

Springtime Salad combines raw and cooked vegetables to produce a variety of tastes and textures.

and drain. Place in a large salad bowl and set aside.

- Raw vegetables:
- 1 crown broccoli, leaves removed, cut into florets
  - 1 cup baby carrots
  - 6 radishes, trimmed, thinly sliced
  - 1 cup, whole red or yellow cherry tomatoes, cut in half
  - 1 tablespoon apple cider vinegar
  - 1/2 teaspoon freshly ground black pepper

- 1/2 cup fresh mint, parsley, basil and chervil, torn

Toss raw vegetables, vinegar and pepper. Combine with cooked vegetables. Sprinkle with fresh mint, parsley, basil and chervil, if desired. Serve with a drizzle of Spicy Tomato Dressing (recipe follows), if desired.

SPICY TOMATO DRESSING

- 3 large, ripe tomatoes
- Juice of half a freshly squeezed lemon or lime

- 1/2 teaspoon sea salt
- 1 teaspoon freshly ground black pepper
- 1 to 3 teaspoons hot sauce
- 2 to 3 tablespoons olive oil

Peel, seed and cut tomatoes into quarters. Using a food processor or blender, mix together tomatoes, salt, pepper and hot sauce. With the blender or processor on low, slowly add the olive oil down the feeding tube until mixture thickens slightly and is well-combined.

Tastebuds will love Tex-Mex pizza

Tex-Mex isn't just for tacos anymore.

- 1 cup jarred salsa
- 1 recipe Easy Homemade Dough or one 1 1/2-pound ball pizzeria dough
- 1 cup extra sharp Cheddar cheese, shredded
- 1 tablespoon olive oil
- 1 medium onion, chopped
- 2 teaspoon ground cumin
- 1 teaspoon garlic powder
- 1 teaspoon smoked paprika
- 1 pound ground beef sirloin
- 1/2 cup pickled jalapeno slices (optional)
- 1/4 cup light sour cream
- 1 tablespoon lime juice
- 1 tablespoon milk
- 1 heart romaine lettuce, thinly sliced
- 2 small plum tomatoes, chopped

1. Heat oven to 475 F. Spread salsa all over dough and top with Cheddar; bake 10 minutes.
2. Meanwhile, in 12-inch skillet, heat oil on medium. Add onion, cumin, garlic powder and smoked paprika; cook 3 minutes, stirring. Add beef and 1/2 teaspoon salt. Cook 3 minutes or until browned, breaking up with back of spoon.

Good Housekeeping

Sprinkle beef over cheese. Top with jalapenos, if using. Bake 20 minutes or until bottom of crust is golden brown.

3. While pizza bakes, stir together sour cream, lime juice and milk. To serve, top pizza with lettuce and tomatoes. Drizzle with sour cream mixture. Serves 8.

\* Each serving: About 505 calories, 25g fat (7g saturated), 21g protein, 48g carbs, 3g fiber, 855mg sodium.

Easy Homemade Pizza Dough

This dough recipe is the perfect base for any kind of pizza.

- 3 1/2 cup all-purpose flour
- 3 tablespoons plus 1/4 cup olive oil
- 1 1/2 teaspoon salt
- 1 1/4 teaspoon instant yeast
- 1 1/2 cup lukewarm water

1. In stand mixer with paddle attachment, mix flour, 3 tablespoons oil, salt and yeast on low speed un-

til combined. Add water. Mix on medium 1 minute. Increase speed to medium-high. Mix 5 minutes.

2. Meanwhile, brush bottom and sides of large light-colored rimmed baking sheet (approximately 12 by 18 inches) with remaining 1/4 cup oil. Pour dough (it will be very soft) onto oiled sheet and rub all over with excess oil. Gently stretch dough to fill most of baking sheet. Cover with plastic wrap; let stand in warm spot 2 hours.

3. Remove plastic. With hands, stretch and push dough until it covers bottom of pan. Top as desired.

Pizzeria dough hack: Buy a 1 1/2-pound ball of dough from your local pizzeria. Brush your 12 by 18-inch rimmed baking sheet with 1/4 cup olive oil before placing dough on pan and stretching it to fit. Top right away (no need to let dough rise), but if it springs back on you, let sit at room temperature for 15 minutes, then try again.

For thousands of triple-tested recipes, visit our website at [www.goodhousekeeping.com/recipes/](http://www.goodhousekeeping.com/recipes/).

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You'll be sweet on these potato fries

If you love sweet potatoes like I do, try these fries. You're in for a real treat.

- 2 tablespoons thawed orange juice concentrate

- 1 teaspoon onion powder
- 1/2 teaspoon table salt
- 1/8 teaspoon cayenne pepper
- 1 pound sweet potatoes, peeled and cut into 1/2-inch sticks

1. Heat oven to 375 F. Spray a large baking pan with butter-flavored cooking spray.
2. In a large bowl, combine orange juice concentrate, onion powder, salt and cayenne pepper. Add potato sticks. Mix well to coat.
3. Arrange coated potato sticks on prepared baking pan. Bake for 10 minutes; turn carefully and continue baking for 10 minutes more or until tender. Divide into 4 servings.

\* Each serving equals: 80 calories, 0g fat, 1g protein, 19g carbs, 322mg sodium, 36mg calcium, 3g fiber; Diabetic Exchanges: 1 Starch; Carb Choices: 1.

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by Healthy Exchanges



## Arts Round up



• The rock band FRO will be at the Renton Civic Theatre on May 13. The doors open at 7 p.m., and the show starts at 8 p.m. Purchase tickets at [rentoncivictheatre.org](http://rentoncivictheatre.org).

• Music duo Dance With The Dead will be playing at 210 Broadway Ave E. in Seattle. The concert is on May 12, at 9 p.m. It is 21 and older, tickets are \$12-\$14. For more information, visit <http://www.highlinesseattle.com/>.

• Auburn Avenue Theater hosts its monthly Comedy at the Ave. on May 12 at 7:30 p.m. at 10 Auburn Ave. Three comedians will perform their materials on this evening, so don't miss out on a chance to start the weekend off laughing. 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 [aurnwa.gov](http://aurnwa.gov).

• Experience a night of music at the Pantages Theater, with the Tacoma Symphony: Mountain And Sea, May 13 at 7:30 p.m. Tickets are \$19-\$80. For more information visit <https://symphonytacoma.org/concerts/mountain-and-sea>.

• Enjoy fine wine, and locally made artwork at the Auburn Art Walk and Wine Tasting. It will include original art from local artists, along with wine tasting, and music on May 12 from 5:30 p.m. to 8:30 p.m. The event is free to the public, but for \$15 presale or \$20 at the Art Walk you can taste wine and get a custom wine glass. Visit <http://auburnartwalk.com/> for more information.

• Centerstage is back with a new musical, *Cardinal Sins*, written by John Forster and Centerstage's own Alan Bryce. The show 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. For more information, visit [centerstagetheatre.com](http://centerstagetheatre.com).

# REDEEMED BY SIN

## Centerstage presents new musical about old times

By Winter Dorval  
Staff Reporter

A tale of lost love is told through song at the Centerstage Theatre.

Written by Alan Bryce, *Cardinal Sins* has roots that can be traced back more than 800 years.

"Two years ago I went to visit my sister in England and I said to my sister and my wife, I want to visit Friday Street," in London, Bryce said.

"There's this beautiful little pub called Stephen Langton, and I remembered that name from high school. I couldn't remember why. I saw a pamphlet on the counter, and it told the story of Stephen Langton's life, who lived in the Middle Ages," Bryce said.

The 12th century churchman's life was filled with elusive love, shocking tragedy, and surprising turns.

The pamphlet told of how in a fit of rage Langton set fire to the house of his love.

After it had burned to the ground, he went to the church since he felt guilty for killing her.

Decades later he found out that she had lived and had been

hidden from him by her family.

Reunited, they died in each others arms.

Following his discovery of this gripping story, Bryce learned that none of it was true.

However, the idea appealed to Bryce, so he wrote a musical about it.

He wanted to share the his-

torical truth about Langton, and reinforce that if you stick to your principles, you will triumph.

"Stephen Langton was the Archbishop of Canterbury, who led the barons in their quest to form a peace treaty with King John," Bryce said.

"Although no-one really knows who wrote the actual words of the Magna Carta, there is very little doubt that the higher ideals enshrined in it came from Langton: freedom of worship, due process of law, the right to inherit property and above all the notion that, in law, he who governs is answerable to the governed," he said.

An important detail about this play is that it strives to emphasize the concept that "this is where the principles of Western democracy were born," Bryce said.

"When the Magna Carta was stipulated in Runnymede, a meadow next to the Thames, it was here that Western democracy was founded," Bryce said.

"There is a memorial that was funded and built by the American Bar Association, because they recognized the significance of it."

The musical was written as a love story, with the relationship shrouded in secrecy.

This was a deliberate arrangement, so that it is "believ-

able to people that know the history," Bryce said.

"The pamphlet never alluded to Langton having a public relationship."

He said he sees this as a "very passionate story best told through music."

Bryce wrote the script, with lyrics by Chana Wise and music by Milton Reame-James, John Forster, Carl Johnson and Ron Barnett.

A number of songs set to accompany the production are 800 years old, including original lyrics by Langton himself.

This sets the tone and helps transport the audience in time, Bryce said.

One hour before each performance, the author will talk about the musical and gives listeners a deeper understanding of the characters and history.

The show is directed by John Henry Davis with musical direction by Greg Smith.

*Cardinal Sins* shows Thursdays through Sundays, May 13 through June 4. The shows take place at 8 p.m., with 2 p.m. matinees on Sundays.

Tickets are \$35 for adults, \$30 for seniors 65 and older, \$30 for military, \$15 for youths 25 and younger, and \$50 for VIP.

This performance will be at Centerstage Theatre, 3200 SW Dash Point Road in Federal Way.



Centerstage photo

Stephen Langton will be played by Brian Pucheu, and Alais will be played by Caitlin Frances.



A contemporary portrait of Archbishop Stephen Langton, who may have been involved with the Magna Carta.



# The band TORCH to light up Highline

**By Izzy Anderson**  
Staff Reporter

Light up your day with live chamber music on May 18 at 12:15 p.m.

The band TORCH performs contemporary chamber music ensembles.

They specialize in adding their own style to 20th century works, as well as performing their own original works and compositions with influences from tango and jazz.

TORCH is performing at Highline in Building 7 and admission is free.

The group consists of four members with Brian Chin on trumpet, Eric Likkel on clarinet, Stephen Schermer on the double bass, and Highline's music professor Dr. Ben Thomas on percussion and the bandoneon, a type of concertina instrument.

All four members contribute to writing original music for the chamber group.

While the band formed in 2012, they had previously performed with each other.

"We played together before, but decided that we wanted a



*TORCH is a unique band that performs contemporary chamber music with elements of tango and jazz incorporated.*

group where we consistently practice weekly and where all four members help write music," said Dr. Thomas.

The name TORCH references a quote by German novelist Thomas Mann, which says that "Art is the sacred torch that must shed its merciful light into

all life's terrible depths."

"The quote is about what art is supposed to accomplish, we liked that idea," said Dr. Thomas. "Because life can be scary and terrifying sometimes, and art is one of those things that can bring stuff to life."

Unlike most chamber

groups, not all of TORCH's music and performances are written out beforehand, improvisation is another added element in their shows.

Audiences who attended TORCH's last concert at Highline can also expect something completely new.

"We were here performing last year, this time around we're going to play completely different kinds of music. I think people can really look forward to this," said Dr. Thomas.

For more information on TORCH, visit [torchthemusic.com](http://torchthemusic.com).

## Experience art while sipping wine this weekend

**By Winter Dorval**  
Staff Reporter

Experience an immersive display of artwork and a wide array of wines at the Wine and Art Walk on May 13 in downtown Des Moines.

The Wine and Art Walk, sponsored by Destination Des Moines, will be in conjunction with the Des Moines Yacht Club's celebration of the opening of the South Sound Boating Season.

"The goal is really activation of space and awareness of our amazing public art that is on display throughout the year

along the Marina Promenade and throughout Des Moines," said Jill Andrews, a member of Destination Des Moines.

"On May 13 we encourage people to take a self-guided tour of the public art, and then come up Marine View Drive South to see the local artists on display at the Waterland Wine & Art Walk," she said.

Destination Des Moines organizes and advertises events in the city of Des Moines.

It benefits the entire city because not only do the businesses get a boost from the visitors these events draw, they also get recognition and extra advertising,

said Andrews.

The Wine and Art Walk is disguised as a kickoff for the Poverty Bay Wine Festival kickoff to help bring the public's attention to local artwork.

"The first one was on Feb. 23, and it was so successful we decided to bring it back," Andrews said.

The wine tastings are \$1 each. The Scotch and Vine restaurant will be open to provide food.

It will run from 11 a.m. to 1 p.m.

The locations will be John L. Scott, Flora Laura, The Scotch and Vine, and Via Marina.

There will be donation buckets in all four locations.

"The donations go directly to the Waterland Events, which are free and family friendly," Andrews said.

The money collected funds the Des Moines firework show as well.

There is free parking along the downtown Marina District.

There is public art along the marina, and the same day is the spring opening for the yacht club season.

The public art and sculptures are changed and updated every couple of years by the Des Moines Arts Commission.

"We want to bring people together in the community, to restore the vibrancy of Des Moines," she said.

"The September Wine and Art Walk will work in conjunction with the Des Moines Arts Commission Arts Gala," Andrews said.

People looking for ways to support these events, and this community can volunteer, make donations, and become members.

For more information about this and other events in Des Moines, you can visit [www.DestinationDesMoines.org](http://www.DestinationDesMoines.org), and [info@destinationdesmoines.org](mailto:info@destinationdesmoines.org).

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# Take mom someplace special on her day

**By Lezlie Wolff**  
Staff Reporter

If you want to take mom someplace special this Mother's Day, the Seattle area offers some choice options.

Indulge mom's every sense this Mother's Day while experiencing nature's regenerating properties at Powellswood in Federal Way.

Powellswood "is a healing space where all of the senses are engaged," said volunteer program coordinator Kristine Dillanger.

Powellswood Mother's Day events are Saturday, May 13 and Sunday, May 14 from 10 a.m. to 5 p.m.

"It's not just the colors of the flowers, it's the whole experience," she said.

"The sounds of the frogs croaking, the owls calling, the sparkling murmur of the stream as it ripples along, have a significant, positive impact," she said.

"It's the smell of the Earth. It is regenerative," Dillanger said.

Refreshments provided include tea by the pot and scones with jam served on garden china. All the while you are being serenaded by harpist Victoria Norman.

Parking is at Sacajawea Middle School, at 1401 Dash Point Road. A shuttle to the garden is provided. Adults are \$7, youths 13 to 18 are \$5, children 6 to 12 are \$3 and kids 5 and younger are free. Contact 253-529-1620 for handicap parking or more information.

- Combine the smell of the Earth with the thunder of hooves and big hats this Mother's Day at Emerald Downs.

"It's become a tradition for a lot of families," said Sally Steiner owner of the Quarter Chute Cafe at Emerald Downs.

"Women will come all dressed up with their big hats and their families all dressed up, too," Steiner said.

"We'll be giving long stemmed carnations to all moms who come," she said.

In addition to "our great food, fun atmosphere and camaraderie, we'll have specials like our famous eggs Benedict," she said.

From your table you'll be looking out onto racehorses commuting to and from work on the track. Some are babies fresh from the farm in their first days of school, Steiner said, while other horses are seasoned veterans wearing their game faces to the oval office.

You are likely to be "sitting next to jockeys, owners, trainers, and grooms," she said.

For example, Eliska Kubinova "from the Czech Republic, not only is she a mom," Steiner said, "she's one of our veteran jockeys."



Tiffany Ho/THUNDERWORD

"We're the only racetrack in the nation that lets the public come in and experience this behind the scenes," Steiner said.

"There's not a restaurant that has an atmosphere like we do," she said.

The Quarter Chute Cafe is at 2828 Ron Crockett Drive in Auburn. Hours Mother's Day weekend are 7 a.m. to 7 p.m.

Upon entering the building, you will check in with security just inside the door. They will direct you down the hall to the restaurant.

For more information, call 253-288-0743.

- Continue the celebration Monday, May 15 at the Des Moines/ Normandy Park Senior Center.

"We're going to give mothers a little pampering for the afternoon," said Natalie Lavoie,

recreational specialist at the Senior Center.

Mother's Day events will begin around 11a.m. It's free and it's OK to come a little early.

"We are having two ladies come in to pamper our mothers," Lavoie said.

"One will be giving five minute massages and another will be handing out Mary Kay gifts like hand lotion and things like that," she said.

"You are welcome to stay for lunch," she said.

The center is at 2045 S. 216 St. in Des Moines. Call 206-878-1642 for more information.

Other Mother's Day activities in South King County to consider over the weekend will put you in touch with nature.

- If you desire animals, The Point Defiance Zoo and Aquarium has some Mom's Day events for Saturday, May 13 from 9:30 a.m. to 5:00 p.m.

All moms will receive half-off general admission. Tickets are available only at the front gate.

Buddy up to Budgies where you can feed the colorful birds in the open-air exhibit.

cool camel.

Point Defiance Zoo & Aquarium is at 5400 N. Pearl St. in Tacoma. Their open hours are 9:30 a.m. to 5 p.m.

Call 253-591-5337 for more information.

- Maybe mom just wants to kick back and let the world float by. A Waterways cruise will explore lakes and canals and is hosting Mother's Day brunch or dinner cruises aboard a yacht.

Friends and family can enjoy views of Seattle's skyline and waterfront as you cruise on Seattle's lakes.

Moms will be presented with a rose from the captain upon boarding.

The brunch cruise includes a two-hour cruise on Lake Union and Lake Washington while the captain narrates the sights.

Toast the day with champagne or sparkling cider upon boarding.

Enjoy a buffet of classic Northwest brunch favorites, including a chef-attended carving station

and special desserts.

Complimentary coffee and tea are available as is a full-service bar of specialty cocktails, wine, beer, and non-alcoholic beverages.

Celebration packages are available and include flowers, champagne, chocolate-covered strawberries, personalized cakes, and guaranteed window tables to complement your dining experience with advance purchase.

Prices for the brunch are \$75 adults, \$68 military and seniors, children 5 to 12 are \$41 and 4 years and younger are free.

Reservations are available at 206-743-9298.

Prices for the Mother's Day dinner cruise of lakes Union and Washington are \$85 for adults, \$76 for military and seniors, children 5 to 12 are \$49, and children 4 and younger are free.

Waterways Cruises and Events is at 2441 N. Northlake Way in Seattle. For more information call 206-223-2060.



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- Refugee or Immigrant
- Disabled

**For more information or questions contact:**

Julie Sanchez, THRIVE Case Manager  
(253) 838-6810 ext. 119/(206) 549-6263 (cell)  
julies@mshelps.org



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Yuki Yamauchi/THUNDERWORD photos

A kayaker ventures onto the serene waters of Poverty Bay at Saltwater State Park. The park was created to commemorate peace in the intense rivalry between Seattle and Tacoma.

# Saltwater serenity just a few strokes away at Des Moines’ only state park

By Cameron Boosman  
Staff Reporter

Beautiful scenery and historical significance collide just down the road at Des Moines’ Saltwater Park. Saltwater State Park is a 90-acre park on the shores of the Poverty Bay just off South 252nd Street.

It is one of only five locations in South King County where the public can access Puget Sound. The park was originally built cooperatively by the cities of Seattle and Tacoma to signify an end to the civic rivalry between them. For years the pair had battled to see which would be the dominant city on Puget Sound. The park was dedicated in 1926, with members of the two cities coming together to bury the hatchet, both literally and figuratively. While the location of the hatchet has since been lost, the spirit that inspired the park’s original construction remains. State Park Ranger Coleman Wright has worked at the park for nearly a decade. “The ranger station was actually constructed by the Civilian Conservation



Picnickers share the beach with driftwood and enjoy views of the snow-clad Olympics.



Trails littered with debris from last season’s forest growth criss-cross the park.

Corps in the mid-30s,” Wright said. One of the original buildings constructed by the Corps has been converted into a small museum containing information about animal and plant species found in the park. It also houses items belonging to members of the Corps while they were stationed at Saltwater. “The museum is open on the weekends,” Wright said. “We have some local school programs that bring their kids in to see the exhibits and explore the park.” Some things they can explore are the approximately four miles of hiking trails, and the part of the sound surrounding the park that has been designated a marine protected area. Within the protected area there is no fishing or harvesting of any kind of shellfish allowed. The park also has an artificial reef and is a popular destination for both beginner and experienced divers. There are 47 campsites that are open from May 15 until Sept. 15. Campgrounds can be registered for online or in person at the park, and fees range from \$25 to \$35. Saltwater Park is a member of the Washington State Discover Pass program. The park normally charges \$10 for parking, or a Discover Pass can be purchased for \$30 and is usable at any participating state park and is good for a year.



A rustic sign off Marine View Drive at South 252nd marks the entrance.



Easy hiking trails are well marked.



The Interpretive Center log cabin was a 1935 CCC project.



# Almost champs

## First-year tennis team edged by Bellevue, wins doubles title

By Keiona Trimmer  
Staff Reporter

Megan Hagerty and Celeste Andreotti won the No. 1 doubles crown at the NWAC championships last weekend.

The Highline women’s tennis team finished second overall in its first year of competition.

For the team’s outstanding performance this season, Head Coach Laura Rosa was given the NWAC coach of the year award.

The ladies battled neck and neck with Bellevue all through the championships.

“Every single finals came down to Highline vs. Bellevue, and in the end Highline won four and Bellevue won five,” said Coach Rosa.

No. 1 singles player Megan Hagerty defeated Charlie Newman from Skagit Valley 8-6 in her first match. In Hagerty’s final singles match, she went out strong but couldn’t finish with a win as she played against Moriah Austin from Bellevue College, losing 6-2, 6-7, 6-2. Hagerty placed second overall in the No. 1 singles.

“Megan Hagerty lost a heart-breaking final in the No. 1 position, but she was a class act and battled until the last point,” said Coach Rosa.

“Nothing can take away from her performance all season. She was our leader both on and off the court, and will be missed tremendously as she moves on next year to NCAA D2 Cal State



NWAC photo

The T-Birds celebrate after claiming second place in the NWAC championship.

Stanislaus.”

Kenzie Hawkins had a strong day, finishing as the No. 2 singles player.

In Hawkin’s first match, she handily defeated Morgan McCarthy from Treasure Valley 8-1.

During Hawkin’s second match, against Marissa Kirk from Bellevue, Hawkins gave her all, but unfortunately lost 7-5, 6-3.

No. 3 singles player Sierra

Silva came out on top placing first. Silva didn’t have to work too hard in her match against Miranda Jackson from Spokane, winning 8-1. Silvia had a 6-2, 6-0 sweep in her last match against Bellevue’s No. 3 singles player ,Holly Wright.

Celeste Andreotti was the No. 4 singles champion. Andreotti won 8-1 in her first match against Brittany DeNike from Skagit Valley. In Andreotti’s final match she dominated Kathleen Nolan from Bellevue, 6-0, 6-1.

No. 5 singles player Mary Ahmed placed second. During her first match Ahmed beat Jasmine Kinkead from Treasure Valley 8-5. Ahmed lost during her last match against Bellevue’s Candice Canley, 7-5, 6-1.

“The match that stands out the most was the Championship for the No. 6 singles position,” said Coach Rosa. “No. 6 finals was a grueling match that lasted over four hours.”

Sammie McElwain won the championship. McElwain beat Gabriella Barin from Treasure Valley 8-1. Playing hard in her match against Ha Nguyen from Bellevue, Ahmed won 4-6, 7-5, 7-5.

“Sammie created a game plan and stuck with it with more stubbornness and tenacity than most people have the capacity for and ultimately came out victorious,” said Coach Rosa. “ It was a phenomenal test of both physical and mental endurance.”

Hagerty and Andreotti started off by facing Spokane’s Kasey Irving and Miranda Jackson, beating the pair 8-0 in their first doubles match.

The ladies then finished the championships as they also

finished off Austin and Kirk from Bellevue, 7-6, 6-3.

Coach Rosa said Hagerty and Andreotti came out confident and strong, which led to a great win.

Finishing as the Doubles Champions of the NWAC made her a very happy and proud coach.

Silva and Hawkins didn’t quite win the championship for the No. 2 doubles matchup, but did claim second place. They went up against DeNike and Rinka Kawauchi from Skagit Valley, rolling the over in a 8-1 match.

Silva and Hawkins knew it was going to be tough facing Wright and Nolan from Bellevue.

The pair came out strong, but ended up losing 6-4, 6-3.

Highline’s No. 3 doubles team started off strong in the beginning, but finished second, again losing to Bellevue. Ahmed and McElwain came out on top as they faced Treasure Valley’s Kinkead and Taylor winning 8-0. The ladies then lost in a 6-2, 6-3 match against Canley and Takagi from Bellevue College.

“In the end we finished second in the NWAC, but as a coach I will remember this as a perfect season,” said Coach Rosa. “As a coach there is no more I could have asked from this team than what they did at the NWAC Championships.”

Coach Rosa also said that she will be looking at local high schools, who have just started post-season tournament play.

Rosa hopes to continue the T-Bird women’s tennis legacy.

Rosa hopes to continue recruiting top players, to build on what was a historic season for Highline tennis.

3835  
4514  
2-14  
Scoreboard

### NWAC Women’s Softball

#### North Region

Team	League	Season
Douglas	28-0	35-2
Edmonds	24-6	32-8
Bellevue	19-11	29-13
Highline	17-11	20-18
Pierce	13-14	13-18
Everett	10-17	12-24
Olympic	10-20	13-29
Skagit Valley	5-23	6-25
Shoreline	3-27	4-30

#### East Region

Team	League	Season
Wenatchee Valley	26-2	28-10
North Idaho	18-8	27-11
Walla Walla	19-9	24-12
Treasure Valley	17-11	22-18
Spokane	11-17	20-18
Big Bend	10-16	13-21
Blue Mountain	10-18	14-28
Yakima Valley	7-21	11-23
Columbia Basin	6-22	10-30

#### South Region

Team	League	Season
SW Oregon	21-4	31-7

### NWAC Women’s Softball

Clackamas	19-6	25-7
Lower Columbia	15-11	17-13
Centrailia	15-11	17-14
Chemeketa	11-15	18-19
Clark	11-15	13-18
Mt.Hood	10-15	18-18
Grays Harbor	6-22	10-30

### NWAC Women’s Tennis Championship

#### Singles

- No. 1 singles: Austin, Bellevue, def. Hagerty, Highline, 6-2, 6-7, 6-2
- No. 2 singles: Kirk, Bellevue, def. Hawkins, Highline, 7-5, 6-3
- No. 3 singles: Silva, Highline, def. Wright, Bellevue, 6-2, 6-0
- No. 4 singles: Andreotti, Highline, def. Nolan, Bellevue, 6-0, 6-1
- No. 5 singles: Canley, Bellevue, def. Ahmed, Highline, 7-5, 6-1
- No. 6 singles: McElwain, Highline, def. Nguyen, Bellevue, 4-6, 7-5, 7-5

#### Doubles

- No. 1 doubles: Hagerty and Andreotti, Highline, def. Austin and Kirk, Bellevue, 7-6, 6-3
- No. 2 doubles: Wright and Nolan, Bellevue, def. Silva and Hawkins, Highline, 4-6, 6-3, 10-4
- No.3 doubles: Canley and Takagi, Bellevue, def. Ahmed and McElwain, Highline, 6-2, 6-1

### NWAC Women’s Golf

Team	Total Points
North Idaho	43
Skagit Valley	37
Spokane	35
Columbia Basin	34
SW Oregon	30
Olympic	23
Highline	18.5
Walla Walla	14.5
Centralia	7
Bellevue	0
Grays Harbor	0
Green River	0



NWAC photo

Celeste Andreotti returns a volley during a doubles match.



# Women’s fastpitch on 7-game win streak, tie with Bellevue for third place in NWAC

**By Colin Phan**  
Staff Reporter

Highline is rolling over the opposition during a seven-game win streak, going 8-2 over their last 10 games, claiming a tie with Bellevue for third place in the NWAC North Region.

The Lady T-Birds hold a 17-11 record in the North Region, and a 20-18 record overall. The top three teams of each division in the NWAC advance to the postseason.

In head to head play, Bellevue and Highline have split each of their doubleheaders, requiring a tie breaker if both teams win out to finish the season.

If Bellevue loses one game out of the four remaining, and Highline wins out, Highline will have a firm grasp on a playoff spot.

Bellevue has two games left against No. 5 Pierce (13-14 in division, 13-18 overall) after playing against No. 8 Skagit (5-21 in division, 6-23 overall) on May 9.

The NWAC softball playoffs will be held on May 19-22 at the Dwight Merkel Sports Complex in Spokane.

In its most recent games, Highline swept doubleheaders against Shoreline and Pierce.

Highline won its first game against Pierce, 8-4 last Saturday.

Through the first three innings of the game, the T-Birds maintained a 2-0 lead. In the fourth, Pierce roared back by scoring three runs and held



Yuki Yamauchi/THUNDERWORD

Highline’s Megan Chan hammers a pitch against Douglas in action Wednesday afternoon.

Highline to one, to tie it up.

Even though Pierce tied things up, the game was never in doubt for second baseman Taylor Poe.

“They hit well,” said Poe. “But they seemed dead. They didn’t want it as much as we did.”

Highline responded by allowing only one more run for the rest of the game, while scoring five of their own. Outfielder Savana Gushman led the T-Birds at the plate crushing 3 runs, with an RBI and

3 hits in 4 plate appearances.

Pitcher Rosie Delrosario manned the mound, surrendering 4 runs, and 11 hits, while striking out two batters. The T-Birds as a whole committed four errors on the game.

Despite the errors, Delrosario thinks the T-Birds played a good game defensively.

“Our defense wasn’t bad at all,” Delrosario said. “They just got timely hits in when they had

runners on and that’s a part of the game. We got those runs back when we were on offense.”

Highline decimated Pierce in the second game 14-1. Play was stopped in the fifth inning due to the mercy rule.

Highline got off to a hot start, racking up eight runs through the first three innings. During that stretch, the T-Birds held Pierce to one run. In the top of the fifth, the T-Birds exploded, scoring six

runs and holding Pierce scoreless to finish the game.

Pitcher Stefani Gollin was key for Highline behind the plate and on the mound.

Gollin had 2 hits, 2 runs, and 4 RBIs for the T-Birds. On the mound, Gollin scattered 7 hits, while striking out three batters.

Left fielder Chenoa White, and right fielder Jenny Hovland were also big for the T-Birds on offense, each scoring 2 runs.

Highline catcher Precious Tabangcura said that the T-Birds can continue to carry their offensive momentum into the postseason.

“I think we realized how important these games meant to everyone, and we all needed to unleash the beast,” Tabangcura said. “As long as everyone keeps stepping up and getting the job done, I definitely think we can take this all the way to the playoffs.”

In a doubleheader against Shoreline on May 3, Highline won both games, 4-2 and 10-2. Highline was led by Tabangcura behind the plate who hit 4 RBIs, and Delrosario on the mound striking three batters out.

The results of the T-Birds doubleheader against No. 1 ranked Douglas (26-0 in division, 33-2 overall) on May 10 were unavailable at presstime.

The Lady T-Birds close out their season at home, playing No. 6 Everett (10-17 in division, 12-24 overall) on Saturday, May 13 at noon.

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# Women's fastpitch swinging for the playoffs with Chan leading the way

By Colin Phan  
Staff Reporter

The Lady T-Birds have one of the highest-octane offenses in the NWAC North Region, thanks in part to shortstop Megan Chan.

Chan leads the T-Birds behind the plate, batting third. Through 97 at bats, she's recorded 43 hits, 26 RBIs, and team high 8 home runs to go with a .444 batting average.

Chan's impassioned cheers for her fellow teammates sets her apart as a vocal leader for the T-Birds. You wouldn't notice her fiery attitude off the field, as she's more calm and reserved.

Chan wasn't a recruit from an exotic far away island – rather – she was a local prospect, hailing from Federal Way. Softball has been her life since she was 6 years old, Chan said. Before that, she was a multi-sport athlete competing in swim and soccer.

Her reason for sliding into the sport of softball was her older sister.

"My older sister got me into softball," said Chan. "I was doing swim and soccer, but I joined my older sister's little league team."

Chan followed her sister in softball



Yuki Yamauchi/THUNDERWORD

Thanks to her explosive swing, Chan leads the T-Birds in home runs.



Yuki Yamauchi/THUNDERWORD  
Megan Chan

throughout their childhood. When Chan's sister outgrew little league and joined a select team, Chan was right behind her.

Somewhere down the line, things just clicked for Chan, who realized she was enamored with softball.

"I was really into soccer in seventh grade and my dad told me I needed to stop soccer and play softball," said Chan. "He said I'd have a better future there, and I went with it. In my fifth-grade yearbook, I wrote that I wanted to be a professional softball player, so I always sort of had that mindset."

Chan heeded her father's advice and played softball exclusively in high school. There was no doubt in her mind that her father was right that she had a

**'This year marks 15 years of softball for me. I really hope we get into the playoffs my last year. This is the best team we've had.'**

— Megan Chan

future in softball, Chan said.

Chan was in talks with many schools before settling with one. Surprisingly, it wasn't Highline.

"I was talking with Louisiana State, Oregon State, and UW. It was just that they all wanted me to walk on," said

Chan. "I was also talking to Western [Washington University], and they offered me."

Chan made the trek to Bellingham, and began her collegiate career with the Vikings. However, her debut season didn't turn out as she expected.

"I was redshirting at Western. I was academically ineligible, and got hurt," said Chan. "It became more of a full-time job, rather than a sport and my passion."

Things never panned out for Chan at Western, as she was academically dismissed following her freshman season.

After her disappointing experience up north, Chan looked for a chance at redemption. She found one at Highline.

"I didn't plan on going to Highline," said Chan. "But I ended up getting in contact with my sister at Highline, and she told Jason [Evans] that I was a good ball player. He told me he'd have a roster spot if I signed a letter of intent."

In two years at Highline, Chan feels like she's gotten her redemption, but a lingering injury dating back to high school may cause Chan to retire from softball after this season.

"This is my last year here, and I'm scheduled to have shoulder surgery in two weeks," said Chan. "It's a very loose joint, and it's no longer strong enough to support the socket. I've been playing with it since my sophomore year of high school."

Chan is disheartened, feeling like she can play much longer.

"It's one of those punches in the face when you want to redeem yourself," said Chan. "There's more in the tank but my body is telling me no."

Chan has made peace with her injury, as she already has plans after softball.

"I'm transferring to Central [Washington University] for leadership and management," said Chan. "I'm hoping to take up an assistant coaching job somewhere. I just need my bachelor's first."

Chan credits a strong support system of her father, mother, and sister, for pushing her to be as good as she is.

"This year marks 15 years of softball for me," Chan said. "I really hope we get into the playoffs my last year, this is the best team we've had."

## Golf has taught Martin a lot; she still seeks improvement

By Taylor Poe  
Staff Reporter

Sophomore Megan Martin signed up for Highline before finding out there was a golf team.

When she was told there was a golf team and they were looking for players, she was immediately interested and contacted the coach.

"I play golf at Highline because I love the sport and I love representing Highline," said Martin.

The season is going well for



Megan Martin

her, Martin said.

"I started out strong this year. Although golf had its ups and downs, I still see improve-

ment in my game every tournament," said Martin.

Her biggest motivation has been seeing herself improve.

"I love to play golf and playing on a team has been one of the best experiences. My team and personal improvement has been a good motivation," she said.

She's also been working on having a better attitude.

"Golf has a lot to do with your mindset, and if you aren't in a good mood and don't have positive thoughts, it's hard to

play golf," said Martin.

The season has had its ups and downs, but she said she's learned a lot about the game of golf. She has seen improvement in her game and her overall attitude toward golf in general.

"I struggle most with my short game, which includes chipping and putting. I believe this part of the game is very important. I have been focusing a lot on it. I still struggle but am working to improve," she said.

Her strengths include hitting

her driver and her irons, which helps to save her game.

She wants to be a dental hygienist and hopes to play golf next year, but is not exactly sure where yet.

The Highline women's golf team will be playing next at the Southwestern Oregon Invitational at the Brandon Dunes Golf Course Resort in Oregon on Sunday and Monday, May 14-15.

The NWAC Championships will be played May 21-22 at the Home Course in DuPont.



# Weekly SUDOKU

by Linda Thistle

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

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

**DIFFICULTY THIS WEEK:** ♦♦

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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1. **GEOGRAPHY:** What river borders Maryland and Washington, D.C.?
2. **MOVIES:** What was the name of the sea witch in *The Little Mermaid*?
3. **HISTORY:** In what year did the nuclear disaster at Chernobyl take place?
4. **MUSIC:** Which singer/songwriter composed the song *Calendar Girl*?
5. **SCIENCE:** What do dendrologists study?
6. **LANGUAGE:** What does the Japanese word "kamikaze" mean?
7. **PROVERBS:** What is the ending of the proverb that

- begins, "A watched pot"?
8. **LITERATURE:** Which confessional poet of the 20th century used the pseudonym Victoria Lucas?
9. **PSYCHOLOGY:** What is the fear represented in apiphobia?
10. **ANCIENT WORLD:** Eratosthenes is considered the father of what field of study?

10. Geography
9. A fear of bees
8. Sylvia Plath
7. ... never boils.
6. Divine wind
5. Trees and shrubs
4. Neil Sedaka
3. 1986
2. Ursula
1. The Potomac

ANSWERS

## 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		+		23
+		÷		x	
	-		x		15
x		x		-	
	+		+		18
27		18		29	

2 3 4 5 6 7 7 8 9

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# King Crossword

### ACROSS

- 1 Fundamental
- 6 Land
- 12 Guru
- 13 Stated openly
- 14 Chant
- 15 Take away
- 16 Bambi, e.g.
- 17 Symbol of grace
- 19 Cod piece?
- 20 Arizona city
- 22 Hot tub
- 24 Be behind
- 27 Leftovers
- 29 Reverberate
- 32 Russian czar, 1682-1725
- 35 Goblet part
- 36 Missile shelter
- 37 Banned pesticide

	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
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35					36				37			
		38		39		40			41			
42	43			44	45				46	47	48	49
50			51				52	53				
54							55					
56							57					

- 38 Trench
- 40 Night light?
- 42 Junior
- 44 "Dukes of Hazzard" surname
- 46 Atmosphere
- 50 Alligator's kin
- 52 Eminem, e.g.
- 54 Bring into harmony
- 55 Vinegary
- 56 Lyricist's concerns

- 57 Physics particle
- 11 Paradise
- 12 Central
- 18 Laundry
- 21 Mess up
- 23 Apiece
- 24 Chances, for short
- 25 Drench
- 26 Forever
- 28 Wire
- 30 Owned
- 31 Mel of baseball lore

- Strauss
- 11 Paradise
- 12 Central
- 18 Laundry
- 21 Mess up
- 23 Apiece
- 24 Chances, for short
- 25 Drench
- 26 Forever
- 28 Wire
- 30 Owned
- 31 Mel of baseball lore

- 33 Flightless bird
- 34 Moo —gai pan
- 39 Macbeth's title
- 41 Scruffs
- 42 Cicatrix
- 43 Solemn promise
- 45 Individuals
- 47 Doing
- 48 Check
- 49 Joan of —
- 51 Silent
- 53 Expert

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**ARIES** (March 21 to April 19) A stubborn refusal to go ahead on a project mystifies colleagues who expected more flexibility. But once you explain your position, they'll understand and even applaud you.

**TAURUS** (April 20 to May 20) A relationship seems to be stuck in the same place. Now it's up to you, dear Bovine, to decide how far you want it to go and how intense you want it to be. Choose well and choose soon.

**GEMINI** (May 21 to June 20) A relationship progresses more slowly than you would prefer. Best advice: Insist on a frank and open discussion. What is learned could change minds and, maybe, hearts.

**CANCER** (June 21 to July 22) It's alright to be grateful to a workplace colleague who has done you a good turn. But gratitude shouldn't be a life-long obligation. The time to break this cycle is now.

**LEO** (July 23 to August 22) It's going to be especially nice to be the King of the Zodiac at this time. A recent money squeeze eases. Plans start to work out,



and new friends enter Your Majesty's domain.

**VIRGO** (August 23 to September 22) Before you make a commitment on any level (personal, professional, legal), get all the facts. There might be hidden problems that could cause trouble later on.

**LIBRA** (September 23 to October 22) Personal relationships improve. Professional prospects also brighten. A job offer could come through by month's end. An old friend seeks to make contact.

**SCORPIO** (October 23 to November 21) Your senses detect that something is not quite right about a matter involving a workplace colleague. Best advice: Follow your keen instincts and don't get involved.

**SAGITTARIUS** (November 22 to December 21) A prospect offers rewards, but it also demands that you assume a great deal of responsibility. Knowing

you, you're up to the challenge, so go for it, and good luck.

**CAPRICORN** (December 22 to January 19) A favor you did a long time ago is repaid, as a trusted colleague steps in to help you with a suddenly expanded workload. A family member has important news.

**AQUARIUS** (January 20 to February 18) A new job offer could require moving across the country. But before you let your doubts determine your decision, learn more about the potentials involved.

**PISCES** (February 19 to March 20) Your sense of fair play doesn't allow you to rush to judgment about a friend who might have betrayed you. Good! Because all the facts are not yet in.

...

**BORN THIS WEEK:** You have a romantic nature that allows you to find the best in people. You would excel at poetry and drama.

**Puzzle answers on Page 14**

Got news? Thunderword@highline.edu



# Bill gives students access to more loan information

By Roth Leahy  
Staff Reporter

Students would have some assistance when it comes to issues with their student loans if a new bill in the Legislature becomes law. House Bill 1440 would establish a bill of rights for students who are currently borrowing money for their student loans. It would also allow students to see what their rights are as a customer. “This bill would create a basic standard of practice in Washington for loan service companies,” said Rep. Monica Stonier, D- 49th District. This bill was requested by Attorney General Bob Ferguson. “Complaints have skyrocketed,” Rep. Stonier said. “This is a generational problem that needs to be redirected.” According to the House Bill Report HB 1440 this would create an office within the Student Achievement Council to have ombuds receive and investigate complaints from students who

are having issues from their student loan providers. “AARP has helped students with this issue, with this being on their priority list,” Rep. Stonier said. “It would create a level of transparency from loan services, so we can have informed consumers.” Ombuds would be able to help student loan borrowers discover what their rights are as a student under their student loan terms. “One person has acquired a late fee of \$800. Although it is under review, it is still not resolved,” Rep. Stonier said. The bill would also allow late fees from student loan servicing companies to be reviewed. Loan companies will have to send written explanations within 45 days as to of why a student loan borrower received a late fee. HB 1440 has passed the House with a 68-24 vote, and is now in committee in the Senate.

# Bill expands student breakfasts

By Roth Leahy  
Staff Reporter

Students across the state would be able to receive breakfast after the school day starts thanks to a bill winding its way through the Legislature. House Bill 1508 would expand the use of nutritional and meal programs for students eligible for free- or reduced- price lunch. HB 1508 failed to gain traction in the general session, but has regained life in the special session. Being a teacher and having two children prompted Vancouver state Rep. Monica Stonier, D-Vancouver, to sponsor the bill. This bill would allow school districts that are in high need of breakfasts for students, to provide breakfast after the bell. “We cannot constantly see the struggles of students because they don’t have access to food,” Rep. Stonier said. The law in Washington currently prohibits children from eating food during instructional time. School districts have to meet a certain number of hours of instructional time with students before the end of the year. However, lunch time is not



State Rep. Monica Stonier

considered instructional time in the classroom. “This bill would change the language of the law and allow food to be eaten after school time starts,” Rep. Stonier said. To be eligible to be considered as a high-need school to qualify for this program, the school would have to have 70 percent or more students receiving reduced- price or free lunches. The bill would also eliminate the co-pays for breakfast and lunch programs for students who have free or reduced-price lunch. This would expand the elimination of co- pays for all K-12

instead of kindergarten through third grade. “This would create a partnership with the Department of Agriculture to bring food grown from the farms into the customer base of public schools,” Rep. Stonier said. Food grown on farms would be sent directly to school districts to provide more healthy alternatives for food distributed through market-based programs. Nearby school districts could be affected. According to the Washington state Office of Superintendent of Public Instruction, 65.3 percent of Highline School District students participated in reduced and free lunch programs for the 2015-2016 school year. Elsewhere, 74.3 percent of students in the Tukwila School District, 48.8 percent of students in the Kent School District, and 59.3 percent of students in the Federal Way School District have participated in reduced-price and free lunch programs. All costs will be covered by grants from the Office of Superintendent of Public Instruction. HB 1508 passed the House with a 90-8 vote and is now in committee in the Senate.

## King Crossword

Answers  
Solution time: 24 mins.

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

## Weekly SUDOKU

Answer

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

2	×	8	+	7	23
+		÷		×	
7	-	4	×	5	15
×		×		-	
3	+	9	+	6	18
27		18		29	

thunderword  
@highline.edu

# Seattle mayor decides not to seek second term

SEATTLE (AP) – For weeks Seattle Mayor Ed Murray pushed ahead with plans for his re-election campaign despite claims by men that he sexually abused them decades ago when they were teenagers, allegations Murray vehemently denied. But Murray announced Tuesday he was abandoning his bid for a second term, saying it would be best for the city.

“It tears me to pieces to step away but I believe it’s in the best interest of this city that I love,” said Murray, 62, flanked by his husband and tearful supporters. He said he will serve out his term through the end of this year. Murray reiterated his denial of the allegations that first emerged last month when a man filed a lawsuit claiming Murray paid him for sex in the

1980s. Three other men also came forward with similar allegations, including one who is jailed on drug charges. “The allegations against me are not true,” Murray said. “And I say this with all honesty and with the deepest sincerity. But the scandal surrounding them and me is hurting this city.” He has previously claimed the allegations were part of an

anti-gay conservative campaign to oust him, but Murray did not repeat those accusations during his speech. Several of the accusers have said they are gay but were not involved in politics. Murray, a Democrat, said he was proud of accomplishments including raising Seattle’s minimum wage to \$15 and called his term “the absolute, absolute opportunity of a lifetime.”

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# Don't get hooked by the phishers

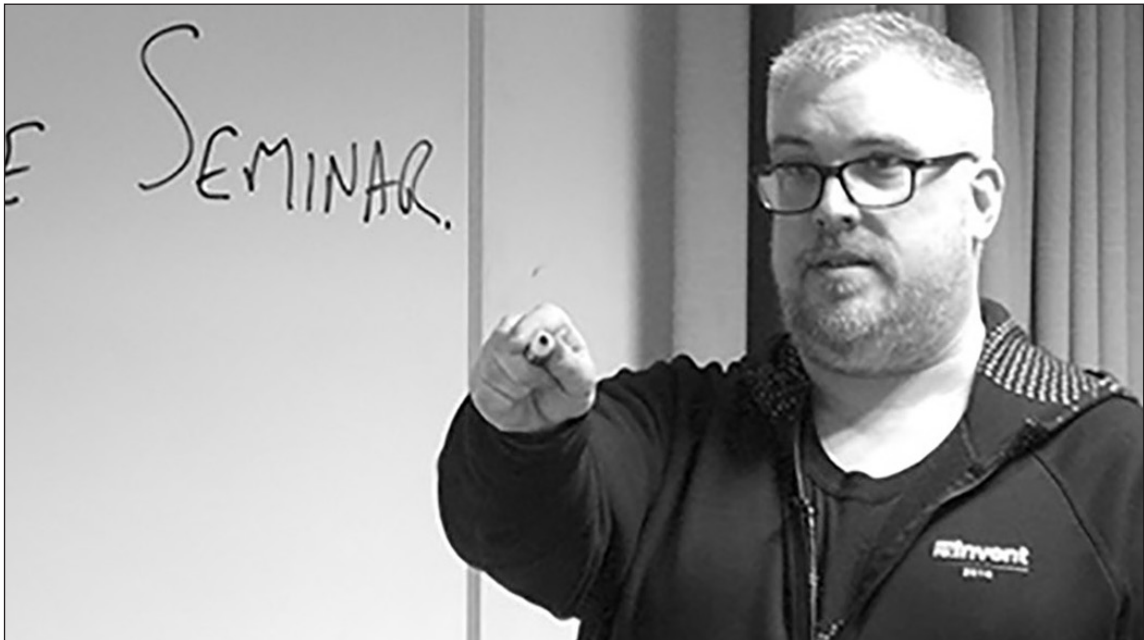
By Cameron Boosman  
Staff Reporter

When it comes to passwords, longer is better. And don't fall for the bait in phishing expeditions.

Two of Highline's resident tech experts, Kurt Giessel and Annie Julian, spoke at last Friday's Science Seminar at length about not only how important protecting your personal information can be, but how to go about doing it.

Giessel said that there are two main ways that individuals can work to protect themselves from a hacking attack: By using complex passwords, and by learning how to identify a phishing attack.

Using the minimum requirements for a password is often not enough to protect your information. While Highline requires a nine-digit password Giessel said that he recommends all passwords be at least 12 characters in length, although



Yuki Yamauchi/THUNDERWORD

Longer, more complicated passwords are safer, Highline tech expert Kurt Giessel says.

he personally uses a password 19 characters in length.

To demonstrate how vulnerable some passwords can be Giessel brought out a laptop and hacked its password. He used a

USB device to steal the encrypted password and a custom-built computer to break the encryption. The entire process took him less than five minutes.

In addition to using a com-

plex password, people need to be careful of what information they are voluntarily giving away. Hackers attempt to get individuals to give away their own information through the

process known as phishing.

"Phishing is sending something out there and trying to get someone to respond to it," Giessel said.

Phishing often takes the form of emails that appear to be from a reputable source such as a bank, company, or acquaintance that would reasonably need the information being requested.

"Double check the email address of any email requesting your information," Giessel said. "Any time you click on a link, check the website's address and make sure it is correct."

Giessel said that, in the end, your information is as secure as you choose to make it.

This week's Science Seminar will be held in Building 3, room 102, and will run from 1:30 p.m. until 2:30 p.m. The speaker is Eric Baer and the subject is on glacial history and how it impacts the Puget Sound. The seminar is titled Under a Mile of Ice.

# Americans have always feared foreigners, prof says

By Leticia Bennett  
Staff Reporter

The solution to end racism is to have contact, a professor said at last week's History Seminar.

Dr. Ben Gonzalez O' Brien, a political science professor at Highline, spoke last week about early nativism in the United States.

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

Nativism is the protection of the interests of native born Americans from foreigners and immigrants.

Nativism is often associated with racism and has racial undertones that are impossible to ignore.

"It's about jobs, it's about protecting American workers from the external threat," said Dr. Gonzalez.

"Americans have long had suspicions of foreigners. Some of the beliefs have been that they don't assimilate, they don't want to be Americans, they're all paupers and burdens on the state, burdens on taxpayers, their culture is incompatible with ours... and there's the notion that they're in some way criminals, which is a throwback to the early belief of the nation," said Dr. Gonzalez.

In 1790, a person had to be a white male to be a citizen. It was the prerequisite for naturalization.

All Europeans besides the British were considered an inferior form of whiteness, and any mingling would be considered a danger to United States culture.

"It leads to the question what does American culture look like? What should it sound like?" said Dr. Gonzalez.

Three immigrant groups in the United States that have seen this idea of nativism in action are the Irish, the Italians, and the Chinese.

The Irish, escaping the potato famine in Ireland, immigrated to the Northern United States. They were seen as violent drunkards and most Americans had deep suspicions of them because they shared neighborhoods with blacks.

The Irish were able to earn their whiteness through violence to African Americans and support of slavery.

The Italians were prone to crimes of passion.

"Italians having a temper is not a stereotype we have gotten rid of," Dr. Gonzalez said.

Italians were disliked for causing crime and for being Catholic. America was supposed to be an Anglo-Protestant country, not Catholic.

This led to the fear of dangerous intermingling.

The Chinese came to the United States and performed cheap labor.

The Chinese were associated with opium dens because they usually ran them.

There was hatred toward them because they took jobs away from native born Americans and unions wanted Chinese labor banned.

This led to the passing of the Chinese Exclusion Act in 1882 which was the first major act to restrict immigration.

Dr. Gonzalez said that Don-

ald Trump's rhetoric is partly driven by racism, but also by fears of a changing country, and fears that America is no longer the country that native, born Americans remember or want.

Trump should be held responsible, not his supporters,

because he used fear to get elected, Dr. Gonzalez said.

"This is the last gasp. It's over after this. It's not something that's going to endure much longer," said Dr. Gonzalez.

Next week's series will feature Dr. Tim McMannon, a

history professor, who will be discussing the political rise of former United States Senator Warren G. Magnuson.

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



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# From quakes to nukes, it's best to be prepared

OLYMPIA (AP) – A 1984 prohibition on including nuclear attack preparations in Washington state’s emergency management plans would be removed under a new bill introduced by two lawmakers.

One lawmaker says recent tensions between the U.S. and North Korea makes the idea timely. But emergency management officials say that the greatest threat facing Washington is an earthquake.

Current state law requires an “all-hazard emergency plan for the state which shall include an analysis of the natural, technological, or human caused hazards which could affect the state of Washington.”

But a law passed in 1984 says that any such plan “may not include preparation for emergency evacuation or relocation of residents in anticipation of nuclear attack.”

A section of language in that original bill- which was vetoed when then-Gov. John Spellman signed the underlying bill into law - explains the thinking at the time: “The legislature also recognizes that the possibility of surviving a nuclear attack is extremely remote, and believes that planning for an emergency response in the event of a nuclear attack instills a false sense of security in our citizens that they will be protected if a nuclear attack occurs.”

The bill introduced last week by Sen. David Frockt, a Democrat, and Mark Miloscia, a Republican, would remove the 1984 language.

Miloscia said that while he didn’t think that North Korea had the capability to actually threaten the state anytime soon, “we might as well prepare.”

“I thought it was silly there was this prohibition at looking at this,” he said, saying that he disagreed with the doomsday mindset of survival. “People are going to survive. They survive if there’s proper planning.”

Karina Shagren, a spokeswoman for the Washington State Emergency Management Division, said that the agency hasn’t taken a stance on the measure, but noted that they “have very limited resources.”

“We have to put people on what the greatest threat is. And in Washington, that’s an earthquake,” she said.

She noted a massive earthquake drill that the state conducted last year, and said that a lot of the drills they ran then could be applied to any catastrophic disaster, including a nuclear attack.

“Damaged infrastructure, evacuation of people, inbound movement of food and health care, those are all things we’d need during a nuclear attack as well,” she said.

But Miloscia said that things like how to deal with radiation fallout would be an area that should be part of any plan.

The bill has been referred to a committee that is headed up by Miloscia, but Miloscia said he hasn’t decided whether or not to give it a hearing this year.

Lawmakers are in the midst of a special session to address education funding as part of an overall two-year state operating budget that must be in place before the end of June.

Miloscia said he wanted to start the conversation ahead of the 2018 legislative session.

## Gala continued from page 1

Sound Credit Union, Jimmy John’s Kent/Auburn, State Farm, and WSECU.

Cupp credited the corporate donors and the Foundation’s board of directors for having helped make the event a success.

“We are looking forward to hosting the GALA again next year; planning has already begun,” she said.

The Gala is just one of the college’s current development efforts.

The college also is participating in GiveBIG, an annual event in which donations to qualifying charities and non-profits are matched by charitable groups such as the Seattle Foundation. GiveBIG happened on Wednesday, May 10, with results for the college unavailable at presstime.

“This is the first year that the Highline College Foundation has participated with GiveBIG,” said Development Director Cupp.

“Our goal is to be able to share with the larger community that Highline College is a diverse campus with many programs to help students be

successful in their educational goals,” she said.

“We have promoted GiveBIG to our ongoing Foundation donors, Highline College faculty and staff, and via our main Facebook and with Alumni too. We are hoping to gain new donors from the GiveBIG Highline College Foundation campaign this year.”

Meanwhile, the college Alumni Association continues its 10-in-10 challenge. The challenge asks alumni to give \$10, provide internship opportunities for current students, or donate time to local organizations.

The idea is that with 350,000 alumni, small donations from many alumni could help the college build an endowment to help more students in the future, said Laura Rosa, alumni relations coordinator.

Rosa said a recent push brought in \$610 during a 10-day span, bringing Highline College’s Alumni Relations program closer to its \$12,840 fundraising goal.

Now with a total of \$1,725 in contributions, the program’s leader is pushing for another \$11,000 during the next four months.

“Even though I’ve been out of college for a number of years, I still remember what a struggle it was to pay for it. I’m sure other alums remember, too,” said Rosa, herself a Highline alum.

Tuition runs \$1,284 a quarter for Washington residents taking a full load of 15 credits. Even when students receive financial aid to pay for tuition, there are other expenses such as books and fees, Rosa said.

This fundraiser will help students be able to manage financial situations like paying for tuition or for books.

Since the fundraiser launched in fall of 2016, the 10 in 10 Challenge has posted seven alumni-sponsored internships and shared five volunteer opportunities so far, she said.

The initiative is scheduled to end in August 2017. For more information contact Rosa at [lrosa@highline.edu](mailto:lrosa@highline.edu).

Cupp said it’s not impossible to raise money to help students, because fundraisers have a good story to tell.

“Highline College has amazing programs and academics,” she said.

## WA senator jumps in line for Seattle mayor

SEATTLE (AP)- A Washington state senator has entered the race for Seattle mayor.

Democratic Sen. Bob Hasegawa of Seattle’s Beacon Hill neighborhood made the announcement Monday in a news release.

Spokesman Michael Charles says Hasegawa will run on an “economic justice agenda.”

Mayor Ed Murray has said he will run for re-election but his campaign has been troubled since a Seattle-area man filed a lawsuit in April claiming Murray paid him for sex when the man was a teenager in the 1980s.

Murray has repeatedly denied the claims.

Hasegawa joins former mayor Mike McGinn and activist Cary Moon. Hasegawa was elected to the state House in 2005 and won a seat in the state Senate in 2012.

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