

Many flavors of faith

Religions of all kinds affect students' lives

By Thunderword Staff

Many Highline students say they do believe in some form of God, although not all subscribe to a religion.

The majority of those interviewed identified as Christian, Muslim, Buddhist, or spiritual with no ties to one particular religion.

Some students do not consider themselves to be part of any particular faith or religion.

"I haven't attended any religious service for the last four years," student Michael Smith said.

Highline student Daniel Kharlanov has been raised as a Christian Pentecostal his entire life. He said he doesn't believe that there is one particular God or superior being, and said his parents' faith has had more of a negative impact on his life than a positive one.

"My parents' faith made me feel forced into something that I didn't want to do my entire life," Kharlanov said.

"I had no free space or free will to do what I like or say what I wanted to say. I always had to be a part of the church, singing, and Sunday school. I had no time for myself, no time to be happy," he said.

Kharlanov said he still attends religious services to make his parents

happy.

A couple students considered themselves less religious than some, but still spiritual.

"I don't believe in organized religion. For me, religion is a personal choice," said Brad, who didn't provide a last name.

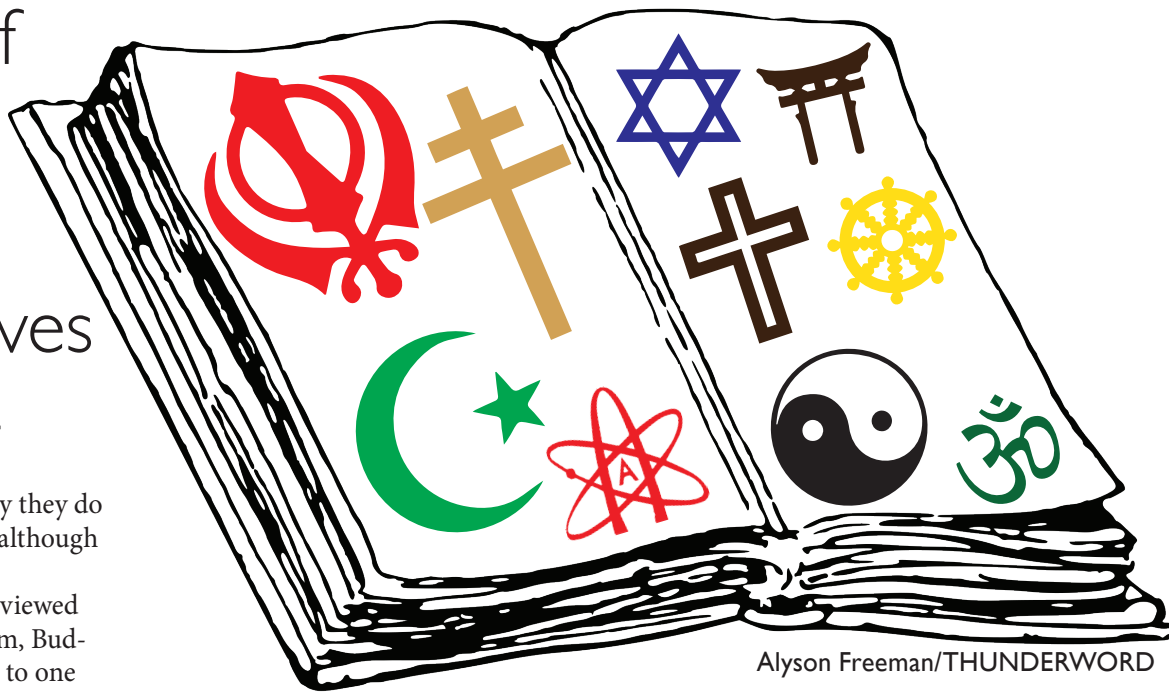
Highline student Caitlyn Ngo said while she doesn't believe in God, she and her family are Buddhist, although it doesn't impact her life much more than requiring her to attend religious services. She said her family attends them regularly.

"I'm not religious, but I still believe in loving and respecting others," said one student.

Others had found themselves more invested in church services, religion, and faith.

"I pray every day and go to church every Sunday," Decen Thang said.

"I'm a Christian and I believe in God," said Highline student Natalie Alcala.



Alyson Freeman/THUNDERWORD

"I go to church almost every Sunday morning."

Student Jennifer Filimonov said she attends church on Sunday, youth group on Friday, and a Bible study group on Wednesday.

"I go sometimes for Friday prayers when I don't have work," Nazar Ahmed said.

For some students, their religious beliefs have changed them as a person, and how they see the world around them.

"My religion is pretty important to me. I grew up in a religious household," Highline student Ryan Reck said. "My religion shapes the way I think about things."

Many found that religion has helped them treat themselves and others in a more positive way.

"My religion taught me to not judge people, including myself," student Omar

See Religion, page 20

State Need Grant gets \$116 million boost

By Chloe Wilhelm
Staff Reporter

A financial aid program aimed at low-income students got a big boost from the Legislature last week.

The State Need Grant, which gives financial assistance for low-income college students across the state, received \$116 million in funding due to the passing of the Legislature's supplemental budget on March 8.

Eligibility for the State Need Grant is based on income, which must be less than 70 percent of Washington's median income.

The program has been chronically underfunded in recent years, and thousands of eligible students have been turned away due to a lack of money.

Every year since 2009, at least 25 percent of eligible students in Washington did not receive the State Need Grant due to a lack of funding.

In 2016, more than 24,000 students did not receive the grant, despite being eligible for it.

See Need Grant, page 20

Legislature comes up short on FW campus funds

By Tamara Young
Staff Reporter

Federal Way officials say they will have to figure out what to do next after the state Legislature failed to provide enough money to start a new college campus in the city.

The city, supported by partners including Highline and the

University of Washington-Tacoma, had asked for \$800,000 to start the new campus. City and college officials later said they couldn't launch the project for less than \$600,000.

However, the Legislature's recently passed supplemental budget only provided \$500,000, leaving local officials to look for the rest of the money.

"Since this is breaking news, our committee (comprised of Mayor Ferrell, Economic Development Director Tim Johnson and me from the City of Federal Way and officials from Federal Way Public Schools, Highline College, and University of Washington-Tacoma) is going to have to figure out where we go from here," said Yarden

Weidenfeld, senior policy adviser for the city.

City officials have said the Federal Way campus would require \$200,000 for staff and roughly \$100,000 to lease space in downtown Federal Way for the first few years of the program.

The starting costs also entail either building a new facility or

renovating an existing building for classrooms and office space for both students and staff.

The project also would need furniture and fixtures for the programs, plus technology resources for high-demand courses such as science, technology,

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Women's basketball tries hard but comes up short in playoffs



Racist note left on car

By Ryan Junt
Staff Reporter

A vulgar note was left on a student's car Tuesday morning after an individual was not pleased with the student's parking.

"The vulgar note is wrong and we are still investigating the matter," said Sgt. George Curtis of Public Safety.

The content of the note was racially charged, said Public Safety officials. They said they do not think it had any meaningful message other than simply using slurs.

"We are currently talking to the victim in order to find out more," said David Menke, director of Public Safety.

Public safety offers tips

With spring break on the horizon, the Public Safety department has some tips.

"If you are traveling, you need to keep your valuables safe," Sgt. Curtis said. "If you are traveling out of state, make sure people know your whereabouts."

Students also need to take care of their valuables.

"Don't show off your expensive valuables like cameras and phones," Sgt. Curtis said.

Theft of small valuables has been on the rise for some time now, but phones are exceptionally vulnerable. According to Consumer Reports 3.1 million phones were stolen in 2013. That's 1.5 million more than in 2012.

Incidents are less likely to happen when you "go out with friends," Sgt. Curtis said. "Above all else have fun and enjoy spring break."

Boy arrested after gun report

BURIEN (AP) – Authorities say a 15-year-old boy was taken into custody after he brought a handgun to his Seattle-area school and hid it in a classroom.

The King County Sheriff's office said students on Monday morning at Sylvester Middle School in Burien reported to the principal that they saw the boy with the weapon in class.

That prompted a lock down as authorities responded.

The boy was taken into custody and the gun was found hidden in the classroom.

Successful social for ESL students

By Perris Njenga
Staff Reporter

Students from around the world got to socializing in a recent Highline event aimed to better communication skills.

Doris Martinez, who is the director of Student Diversity and Inclusion, said that the ESL Social is aimed at students who are learning English as a second language and want to improve their communication skills while getting know others a safe space.

"Our goal is to bridge the gap between ESL students and regular students here at Highline," Martinez said.



Dorris Martinez

While this is the first year that they held this event, Martinez said that they had events similar to this but they

took a hiatus for a while but the students wanted to bring it back.

Jean Muthemba who speaks Kikuyu, Swahili and English says that she had some trouble learning English when she first came to America.

"I think I did have trouble when I first moved here but they teach English in Kenya, but it's mixed with Swahili so I knew broken English but for a whole year I didn't talk," Muthemba said.

She also said that this event would have been beneficial to her when she was trying to learn English.

"This would helped me to

speak to other people and break out of my shell," Muthemba said.

Julia Diakonou, who speaks Romanian, Russian and English, said she had no trouble learning English because she was raised in America but she still wanted to come because she wanted to hang out, help people and talk to them.

On March 14 from 11:00 a.m. to 12:30 p.m. in Building 8, room 204, the Inter-Cultural Center will be holding an event called "Wisdom Counseling Series: Levels of Forgiveness," where students will learn how to approach forgiveness.

Restoring the Puget Sound

As a part of the Science on the Sound series, Tish Conway-Cranos from the Estuary and Salmon Restoration Program will be giving a presentation titled "Nearshore Restoration in the Puget Sound."

The event will take place on Saturday, April 7 from noon to 1 p.m. at the MaST Center at Redondo Beach, 28203 Redondo Beach Dr.

Reflect on your winter wellness

In the final installment of the Winter Wellness Workshop, there will be a reflection and celebration of the series tomorrow, Friday, March 16.

Students and staff are invited to reflect on what they have learned throughout the quarter-long series. The event



will take place from 2 to 4 p.m. in Building 22, room 104.

Scalabrino co-opens apartments

Highline College alumnus and former NBA player Brian Scalabrino is co-opening apartments for senior citizens in Des Moines. The Adriana Senior Apartments are set to open at 22525 7th Ave. South in Des Moines.

A grand opening will be Wednesday, March 21 from 5 to 7 p.m. The event is free and open to the public, and Scalabrino will be on hand.

For more information about the project, you can go to www.villageconcepts.com.

Dress for Success Fashion Show rescheduled

The upcoming Dress for Success Fashion Show at Highline will allow students on a budget to learn how to dress for interviews.

The event, which will be Wednesday, April 11 from 12:30 to 1:30 p.m. in Building 7, was originally planned to occur in February, but was canceled because of a two-hour late start due to bad weather.

The fashion show will provide students with information and examples of clothes to wear for job interviews.

The Highline Career and Student Employment Center will organize the event, while

the clothes will be provided by The Children's Hospital Bargain Boutique in Kent.

Students who go to the event can get a description of the clothes, the cost of the outfit, a description of why the clothes look professional and why it is important to dress professionally during interviews.

Students, staff and faculty will appear as models for the event.

For more information, students can visit <https://studentemployment.highline.edu/>.

End of the quarter

The last day of classes for winter quarter is on Monday, March 19. Final exams will take place beginning next Tuesday, March 20 and will run through Friday, March 23, depending upon when your professors have scheduled them.

Classes for Spring Quarter begin on Monday, April 2.

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Therapy dogs

Training takes time, commitment, and tender love and care

By Izzy Anderson
Staff Reporter

It takes a canine that is laid-back, loving and patient to take up the paws-on role of being a therapy dog, said one therapy dog owner.

Therapy dogs came to campus on Tuesday to provide some comfort and relaxation before finals week, March 19-23. Students surrounded and cuddled these dogs, which stayed calm, friendly, and happy to help.

Cheri McMillin, owner of a golden retriever therapy dog named Henry, explained the long process it can take to get a dog trained and certified for the job, as well as what kinds of dogs make the best fit for the task.

Raising a puppy in obedience training can help them grow up better prepared to be a therapy dog.

"Henry started out in puppy kindergarten, to continue the socialization he'd gotten from his breeder. Then he went into beginning obedience classes, [followed by] two rounds of intermediate classes, and then advanced obedience classes," McMillin said.

After all of these classes, the next step is getting the dog certified.

The dog must be at least a year old and in good health to begin the tests for certifi-

cation from Therapy Dogs International.

"To get [certified], a Therapy Dogs International evaluator came down and began that process," Mcmillin said. "They gave him 15 tests to go through. It was a 3 ½ hour process in total."

"[Henry] got certified on his [last] birthday, Nov. 19," she said.

But before someone decides to get their pet involved as a therapy dog, it would be smart to see if the canine is a good fit for the role.

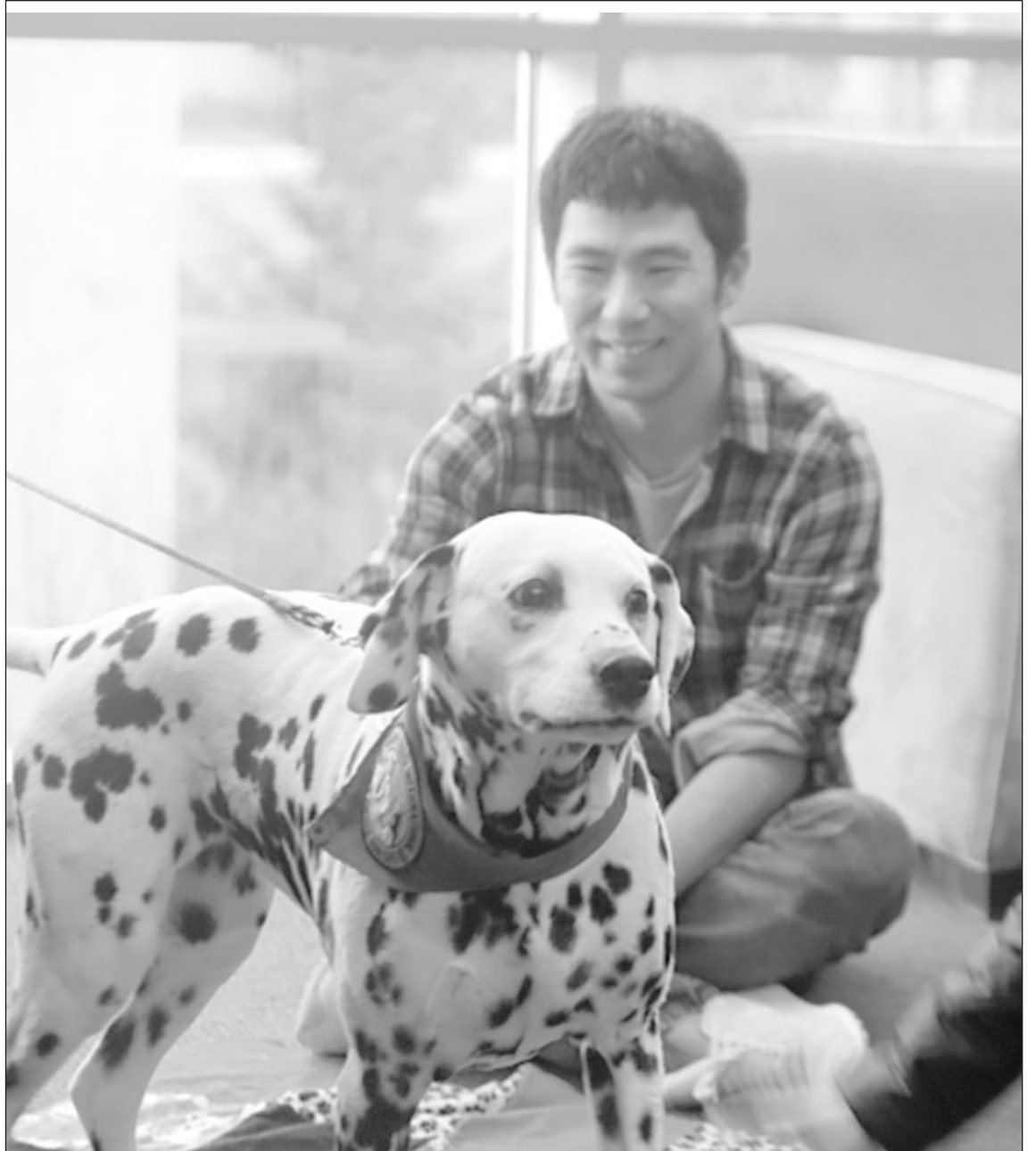
"It takes a [dog that] has learned to behave, is accepting of other animals, definitely loves people. ... Dogs that are nervous, hyper, [or] get scared easily don't make the best therapy dogs," McMillin said.

The dog owner should also consider how much time and patience it takes for both the owner and the pet.

"You need quite a bit of time to train them," she said. "[Also] patience... and determination. Be diligent with training the dog, and socializing them with both people and [animals]."

But the best thing both regular dog owners and therapy dog owners can do, is appreciate their companion.

"...Remember to accept the dog for who they are. Love on them," McMillin said.



Izzy Anderson/THUNDERWORD

Students were able to interact with therapy dogs on Tuesday to let out some stress before finals week.

Female achievement recognized by Women in Action

By Chloe Wilhelm
Staff Reporter

The upcoming Women in Action Awards will celebrate local women who are achieving their individual goals.

The event, which will be May 9 in the Mt. Constance/Olympus rooms Building 8, will be organized by Highline's Women's Programs. It was started 35 years ago to recognize women and their achievements.

Highline students, staff, faculty, and community members are eligible for nomination.



Jean Munro

Jean Munro, program coordinator and retention specialist for Women's Programs, said the

Women in Action Awards is an opportunity to recognize important women who are achieving their goals.

"It could be a student who fled from a domestic violence situation who came to Highline to complete their GED and gain the necessary skills needed in today's workforce," she said. "Or one that is attending college, parenting, working and completing academic excellence."

"Women's Programs at Highline have always wanted to give recognition to those who have accomplished goals in

their academics, employment, and personal health and wellness," Munro said.

"[It] assists women to continue on [their] journey and give back to other women helping them in a time of need and in a mentoring capacity encouraging them to continue on their path," she said.

The awards ceremony will celebrate the nominees, and 15 to 25 awards will be given out.

At the ceremony, more than 60 raffle items will be available, with all funds going to the Women's Programs Emergency Fund.

Munro said that the fund helps students with fees and other costs such as testing for their GEDs and applying for graduation.

Raffle tickets can be bought in advance in April.

The awards ceremony will be held from 10 a.m. to 2 p.m.

For general information or steps on how to nominate someone for the Women in Action Awards, visit Women's Programs in Building 6 or contact Maria Toloza-Mesa at mtolozameza@highline.edu or Alycia Williams at alwilliams@highline.edu.

Old Masonic Home brings new dreams

Patrick Reilly plans to repurpose the Old Masonic Home into a community space instead of allowing it to be torn down. Reilly has a personal connection to the Old Masonic Home. With his father being a maintenance worker in it, he has seen his fair share of the lodge.

His end vision is a community garden, children’s and community theater, art walks, a condo behind the building, and studio space for those with a creative mind.

In the garden he wants to do it big. With circular drives, diverse plant life, and a huge centerpiece fountain.

The art walk is elaborate as well. He envisions an art walk that encompasses the whole city of Des Moines. With a studio space for art, it should be no problem finding paintings, pictures, or sculptures to hang.

The building already adds so much character to Des Moines, as we don’t have many castles just sitting around Washington. Though with the modifications South King County will have even more remarkable features to draw others into the community.

Luckily he plans to add some condos right behind the building. There will soon be an estimated 1,500 housing units in the works.

As Highline is located in Des Moines this could mean many local artist could find a place to display their material, or musicians to play in. This is really an amazing move from Reilly, converting his childhood playground into one for the whole community to enjoy.

We need more people like him.

Be safe for spring break

Spring symbolizes the onset of good times, sun, and fun. Every year college students venture out into the sunny new world, after a chilling Winter Quarter. Make sure however, that you remain safe.

Finals are quickly approaching, which means two things: it’s time to work hard, and it will soon be time to play hard.

What you may not know is that every year in Cancun, Mexico, the city and hospitals report an increase in deaths, sexual violence, injuries, assaults and drinking related arrests.

In Daytona, Fla., another popular spring break destination, county officials reported twice as many cases of sexual violence during the month of spring break, according to alcoholpoli-cymd.com.

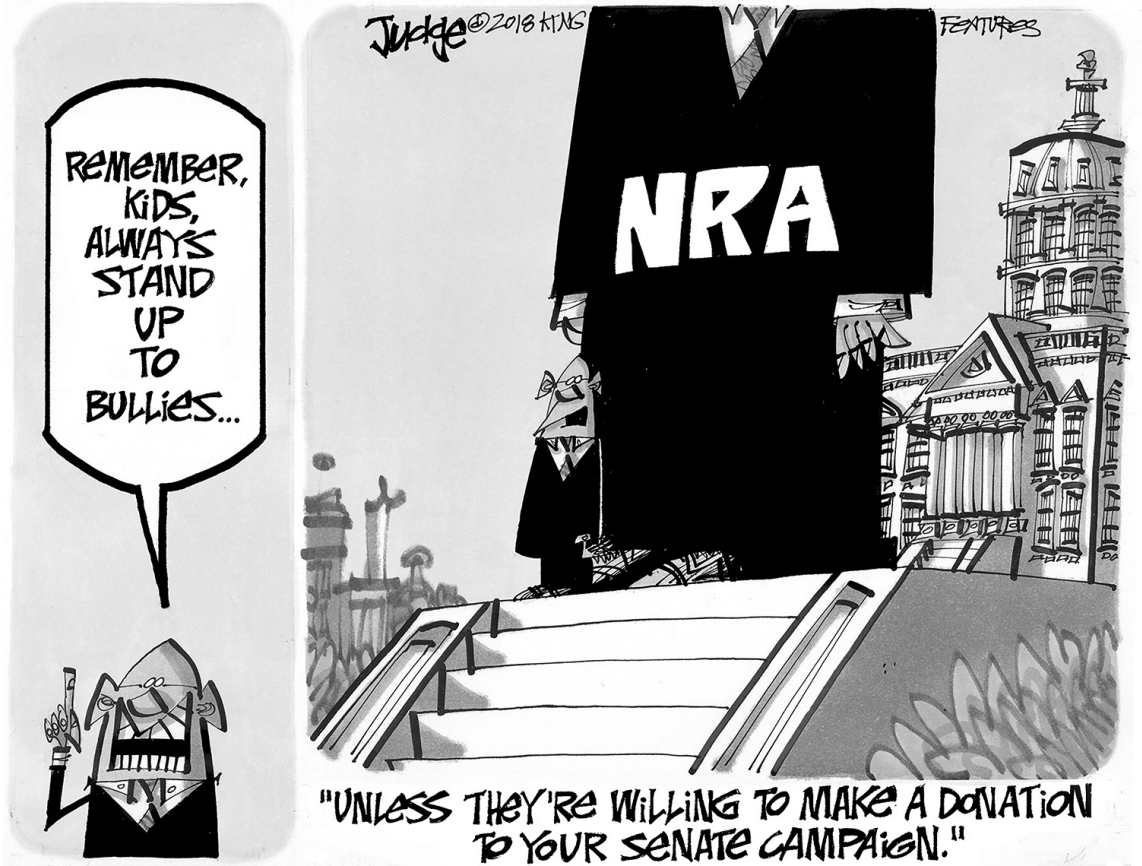
There are some tips you should to know before you go, like travelling with an adult friend that’s a bit older than you. College spring breakers are typically between the ages of 19-26, and they are looking to make bad decisions.

Travelling with an adult at least a fourth your age older can decrease your safety risks almost in half. Adding more maturity to the group increases your mindfulness and adds a person who knows what safety warning signs to look out for.

Another tip is get to know the area before you go. If you know the area you can increase safety, excitement, and decrease costs for the trip. It is suggested that both do your research on the area you intend on vacationing to, and have some locals who you’re familiar with.

The last tips are: if you’re in a bar or party, keep a vigilant eye on your drink; carry physical copies of your passport, important phone numbers, and hotel directions and information; never travel with too much physical money and don’t stay on the first floor of your hotels, as dumb spring breakers are a thieves delight; lastly stay in direct contact with your friends and family at home, keeping them up to date may be an extra couple minutes of your day, but will keep everyone that you’re safe or unsafe.

Oh also, make sure you get the most fulfillment out of the trip by working extra hard on your finals.



Don’t let stereotypes define anyone

Stereotypes exist in our society in many forms, but with some hard work and critical thinking you can challenge the ones you have.

Stereotypes have made their mark in our media, in our family dynamics, and our beliefs and actions. Highline Sociology professor Dr. Darryl Brice said stereotyping is completely normal.

“I think in most day-to-day interactions we try to put things in boxes, because it helps us deal with stuff a little better,” he said. “So that’s not the problem, because we all do it. You can’t live in this society and not have biases or stereotypes towards folks. The thing is, do you let these stereotypes govern your behavior?”

There are so many stereotypes out there. An Asian American student is expected to be especially studious, and magically intelligent; this can lead to a fear of asking for help.

Think about it, how uncomfortable is it for you to ask for help in something you are already expected to know?

The problem is that a person gets assigned a new status in another’s eyes, without having to work for that role at all. Which can look as simple as putting someone on a pedestal.

Even though you are putting them in a good box, even if you believe the consequences are

The Ethnic of Love



Jo Robinson

positive, you are still taking away the person’s right to humanity.

Which is a fundamental problem of all stereotypes. It is still like Dr. Brice had said, stereotypes are unfortunate, but they’re engrained in our society.

However, most likely if you’re reading this article you’re already debunking some of the stereotypes you have right now, and not because I am talking about politics in every other column. It is because there are studies that link higher education with less bias.

“In the educational process in general, the more you learn about folks usually changes how you feel and how you think about them. That’s why education is so important in general,” Dr. Brice said. “The more opportunity you have to engage and learn about other folks, usually

you tend to see those things decrease in how you perceive folks. Which will then dictate how you behave around folks. But the better you get at it, and the more educated you are. The more you can start to check yourself when those things are coming up.”

However, this isn’t to say that it won’t be hard.

“The hardest part about diversity or understanding social justice issues is that it’s a moving target. Things are always changing. We didn’t have transgender rights concerns, when people first started talking about diversity. So you have to keep educating yourself, and staying on your toes,” said Dr. Brice. “And you’re not always going to be good at it, is the other thing. You’re gonna make mistakes, when it comes to stereotypes and trying to unwork them and unlearn some things,” he said.

“Sometimes it won’t be until after the interaction, where you’re like ‘Damn, did I mess up?’” Dr. Brice asked.

So, take it easy on yourself, and don’t get dissuaded into silence. Sure, you’ll make a mistake or two, but the most important part is that you’re putting yourself in the place to hold a conversation.

Dr. Brice said that the way he deals with stereotypes is by researching his facts, and holding conversations. I would trust him, he’s a doctor.

the Staff “ThunderWord: It’s just like having friends.” E-Mail: tword@highline.edu

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Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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1. **MYTHOLOGY:** What was a harpy in Greek mythology?
2. **GAMES:** How many railroad spaces are on a Monopoly board?
3. **LITERATURE:** Which American novelist wrote the book *White Fang*?
4. **U.S. STATES:** What is the capital of Maryland?
5. **MOVIES:** What was the shortest title for a Best Picture Oscar winning movie?
6. **U.S. PRESIDENTS:** Which 19th-century president died from cirrhosis of liver?
7. **ANATOMY:** What does the Greek adjective “otic” refer to in the human body?
8. **GEOGRAPHY:** How many countries and principalities are neighbors of

- France?
9. **THEATER:** What musical features the song *Bali Ha'i*?
10. **ANIMAL KINGDOM:** What is a young hen called?

- Answers
1. A half-woman, half-bird
2. Four
3. Jack London
4. Annapolis
5. *Gigi*
6. Franklin Pierce
7. The ear
8. Eight; Belgium, Luxembourg, Germany, Switzerland, Italy, Monaco, Andorra and Spain
9. *South Pacific*
10. A pullet

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Puzzle answers on Page 8

GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

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2 3 3 4 5 6 7 8 9

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King Crossword

ACROSS

- 1 Whatever's left
- 5 Fix a skirt
- 8 Ollie's pal
- 12 Sore
- 13 "All the Things You —"
- 14 Stylish
- 15 Item on stage
- 16 Moving vehicle
- 17 Shakespeare villain
- 18 Elvis' Mississippi birthplace
- 20 Feathery cluster
- 22 Gave up
- 26 Censor's sound
- 29 Tic-tac-toe win
- 30 Scoffer's laugh
- 31 Libretto
- 32 Play on words
- 33 Mexican money
- 34 French article
- 35 Moonshine container
- 36 Petruchio's Kate, e.g.
- 37 Western capital
- 40 Freeway access
- 41 Attractive person

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- 45 "Zounds!"
- 47 Mauna —
- 49 Church section
- 50 VHS alternative
- 51 Mischievous tyke
- 52 Enrages
- 53 Keg contents
- 54 Greek consonants
- 55 Opening day?
- 5 Devastation
- 6 Historic period
- 7 Bring up
- 8 Bradbury genre
- 9 Margaret —
- 10 Bailout recipient in 2009
- 11 Sgt., e.g.
- 19 Track circuit
- 21 Venusian vessel?
- 23 Cheek enhancer
- 24 Facility
- 25 Arab boat
- 26 A/C measures
- 27 Musical
- Horne
- 28 Denounce
- 32 Jack-o'-lantern
- 33 Southwestern city
- 35 Bread spread
- 36 Pigpen
- 38 "M*A*S*H" role
- 39 Types of tides
- 42 MacDonald's place
- 43 Eye layer
- 44 Not as much
- 45 "Chicago" lyricist Fred
- 46 "Golly!"
- 48 Ostrich's cousin

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ARIES (March 21 to April 19) Congratulations, Lamb. This is the week to finish your project and then bask in your well-earned approval. (And if you like, you also can say “bah” to all those detractors.)

TAURUS (April 20 to May 20) The bold Bovine could find a new opportunity too intriguing to be ignored. But don't charge into it. Go slowly so you see how things develop as you get more involved.

GEMINI (May 21 to June 20) You might try to soften your stand on that important issue. A little more flexibility actually could get you what you're looking for. A new friend enters the picture midweek.

CANCER (June 21 to July 22) Your inner voice is on the mark when it advises you to tackle that family problem now! The sooner you're able to come to terms with it, the better it will be for everyone.

LEO (July 23 to August 22) Someone reveals important news about a long-time associate. But before you decide how to deal



with this information, make sure it's reliable, and not simply self-serving.

VIRGO (August 23 to September 22) Some intensive soul-searching early in the week can help you reach a decision by week's end that should please both you and the other person involved. Good luck.

LIBRA (September 23 to October 22) The possibility of a career change is intriguing. Learn more about what it can offer and what it cannot. Weigh everything carefully. And ask questions.

SCORPIO (October 23 to November 21) Work is your priority this week as you try to make up for lost time. Expect help from someone who cares about you. Things take a welcome turn by the week-end.

SAGITTARIUS (November 22 to December 21) A health problem causes some anxiety early in the week.

But prompt medical attention soon eases everyone's concerns. Enjoy an arts-filled weekend.

CAPRICORN (December 22 to January 19) As much as you might resent it, a changing situation could require you to adjust your plans accordingly. The good news: An associate agrees to cooperate.

AQUARIUS (January 20 to February 18) That old problem is finally resolved, just in time for you to take on a new work-related project. This one could be the super door-opener you've been looking for.

PISCES (February 19 to March 20) The early part of the week presents some difficult hurdles. But once you get over them, you can start to focus on matters that are more important to you.

BORN THIS WEEK: You are respected for your honesty and your dedication to doing the right thing, no matter how difficult that might be.

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Stuffed bell peppers that keep you stuffed

I've found that using my microwave oven saves hours of time and keeps my kitchen clean and cool. The history of the microwave oven goes back to 1946, when Dr. Percy Spencer, an electronics genius and war hero, was touring one of the labs at the Raytheon Company. It was testing a vacuum tube called a magnetron, the power tube that drives a radar set. As Dr. Percy stood in front of the "radar box," a candy bar in his pocket melted.

Dr. Percy tried other experiments with food, including using popcorn kernels. He designed a metal box around the magnetron with microwave power. Engineers developed and refined the idea, and the first commercial microwave oven hit the market in 1947. However, original response was negative, and it wasn't until 1975 that a microwave oven was created for home kitchens.

I encourage you to read the instruction book that came with your microwave oven. It's the easiest way to discover all its features and how to use them. My microwave has all of the usual functions, but I especially love the warming oven feature. It cycles on and off so



Stuffed bell peppers are quick and easy to make for yourself and others.

that I can hold dinner for my husband when he's running late, or keep a casserole dish warm during the holidays.

You can use your microwave to prepare everything from appetizers to desserts. It's also energy efficient, so it won't heat up your kitchen. And it helps to retain more nutrients in your foods during cooking. In some cases, a microwave is the best way to cook a dish, especially ones with vegetables, because they'll have better taste and texture.

When cooking on any power level other than HIGH, the oven cooks by cycling power on and off, so the energy has a chance to move through the food without overcooking it.

HIGH is usually reserved for cooking, while MEDIUM and LOW power are generally used to soften, melt and defrost foods. Carefully follow the recipe when using your microwave, and you'll have beautifully cooked meals every time.

This recipe for Quick Stuffed Bell Peppers is easy to assemble and cooks in minutes. It freezes well, so double the recipe, and when you're pressed for time you'll have a homemade meal in just minutes!

QUICK STUFFED BELL PEPPERS

8 bell peppers, tops removed and cut into a small

dice, white membrane and seeds removed and discarded

- 1 cup shredded Monterey Jack cheese, divided
- 1 pound lean ground beef or turkey
- 5 crackers, crushed into fine crumbs
- 1 Eggland's Best egg, slightly beaten
- 1 (3 ounce) package dehydrated onion soup mix
- 1 tablespoon steak sauce
- 1 teaspoon Worcestershire sauce
- 1 teaspoon salt
- 1 teaspoon black pepper

Tomato Sauce Topping:
8 ounces tomato sauce
2 tablespoons salsa
1 teaspoon salt

- 1 teaspoon black pepper
- 2 tablespoons brown sugar

1. Using a large bowl, gently mix together the diced pepper tops, 1/2 cup of cheese, ground meat, crackers, egg, soup mix, steak sauce, Worcestershire sauce, salt and black pepper.

2. Stuff the prepared peppers with the ground meat mixture, and stand them upright in a lightly greased 12-by-8-by-2-inch baking dish.

3. Combine the tomato sauce, salsa, salt, pepper and brown sugar. Mix well and pour over peppers.

4. Cover tightly with microwave-safe plastic wrap; fold back small edge for steam to escape. Microwave on HIGH 12 to 15 minutes, until the filling is hot and pepper is almost tender. Let stand 6 to 8 minutes. Sprinkle peppers with the remaining cheese. Serve with a side of rice and a salad.

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is www.divapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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Corned beef: slow-cooked perfection

Corned Beef and Cabbage

- 8-inch square cheesecloth
- 12 parsley stems
- 2 garlic cloves, crushed with side of chef's knife
- 2 bay leaves
- 1 tablespoon black peppercorns
- 1 corned beef brisket, flat (thin) cut (3 1/2 to 4 pounds)
- 1 1/2 pounds small red potatoes, unpeeled and each cut into 1 1/2-inch chunks
- 1 pound carrots, cut into 2-inch pieces
- 1 small head green cabbage (about 1 1/2 pounds), cut into 8 wedges

1. In cheesecloth, wrap parsley, garlic, bay leaves and peppercorns; tie with string



Corned beef with cabbage.

and place in bottom of 5 1/2- to 6-quart slow cooker. Add corned beef; top with potatoes and carrots. Pour in enough water to cover meat. Place cabbage on top. Cover slow cooker with lid and cook on low setting 10 to 12 hours or until beef is very tender.

2. To serve, thinly slice corned beef across the grain; transfer to warm large platter with vegetables. Makes 8 main-dish servings.

* Each serving: About 440 calories, 25g total fat (8g saturated), 27g protein, 28g carbohydrates, 6g fiber, 125 mg cholesterol, 1,480 mg sodium.

For thousands of triple-tested recipes, visit our Web site at www.goodhousekeeping.com/recipes/.

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Good Housekeeping

Soup for any part of the day

This soup is one you can start in the morning and leave on the stove all day long for lunch, afternoon snack or a quick dinner after coming in from a cold March day.

- 16 ounces skinned and boned uncooked chicken breast, cut into 36 pieces
- 3 cups shredded green cabbage
- 1 1/2 cups chopped celery
- 1 cup chopped carrots
- 5 cups diced fresh tomatoes
- 1 minced garlic clove
- 2 tablespoons chopped fresh parsley
- 2 (14-ounce) cans Swanson Lower Sodium Fat Free Chicken Broth
- 1 teaspoon dried thyme (optional)
- 1/4 teaspoon black pepper
- 2 tablespoons lemon juice or 2 tablespoons apple cider vinegar

In a large soup pot, combine



uncooked chicken, cabbage, celery, carrots, tomatoes, garlic, parsley, chicken broth, thyme, black pepper and lemon juice or vinegar. Bring mixture to a boil. Lower heat and simmer for one hour. Makes 8 (1 1/2 cup) servings.

TIP: Lean roast beef and beef broth can be used in place of chicken breast and chicken broth.

* Each serving equals: 114 calories, 2g fat, 15g protein, 9g carbs, 98mg sodium, 48mg calcium, 2g fiber; Diabetic Exchanges: 2 Meat, 2 Vegetable; Carb Choices: 1 1/2.



Hailey Small/THUNDERWORD

South King Fire and Rescue Capt. Jeff Bellinghausen and a firefighter pose in front of some of the equipment used to protect Highline.

South King Fire & Rescue plays big role in protecting campus

By Mitchell Roland
Staff Reporter



When the campus recently went into lockdown due to reports of gunfire, South King Fire and Rescue was there to help.

The lockdown came on Feb. 16 after reports of gunfire on campus, although no victims were found and it was later determined the shots came from off campus.

The department responded with 18 units from a number of fire stations throughout Federal Way and Des Moines. They set up command in the Lowe's parking lot with a number of police departments to monitor the situation and assist.

They also assisted in shutting Pacific Highway down for about a half hour during the incident.

South King Fire and Rescue Capt. Jeff Bellinghausen called the incident a great practice for what to do if there is an active shooter.

South King Fire formed in 2006 when the Federal Way and Des Moines fire departments merged.

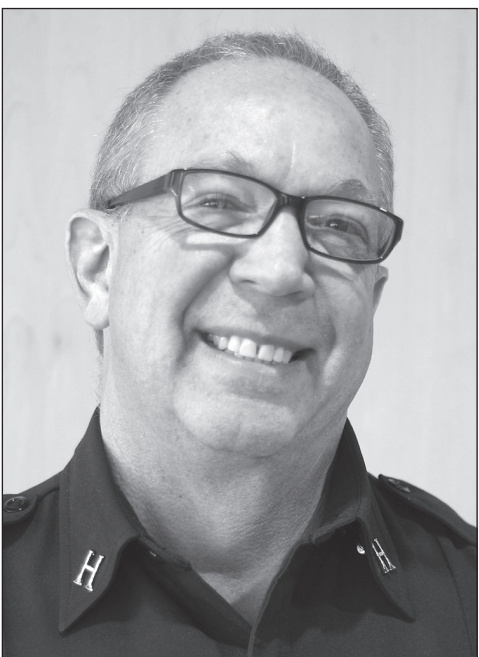
The department has seven fire houses that are staffed 24 hours a day/seven days a week. Its leadership is made up of Chief Dr. Al Church, and five elected fire commissioners.

And with fires decreasing, South King Fire and Rescue is increasingly doing different things.

Capt. Bellinghausen said that about 85 percent of their calls are for things other than fires, and that they are constantly adapting.

The agency has even hired two full-time social workers who travel along on calls to assist people. If an elderly person were to fall in their home and call 911, a social worker will respond.

The worker will then work to see if the person needs help setting up a doctors visit, getting to the doctor, or to figure out



Capt. Jeff Bellinghausen

why that person fell. The social worker even has taxi vouchers if the person is unable to get to the doctors by themselves.

Capt. Bellinghausen said that everyone's definition of an emergency is different, and people should not hesitate to call 911 when they think they need to.

"You should call 911 when you think

you have an emergency," Capt. Bellinghausen said.

South King Fire and Rescue also has a boat based at the Des Moines Marina, and patrols 14 miles of coastline. Capt. Bellinghausen said that the boat goes out about once a week for a variety of reasons. Often people will call 911 from their houses when they see people in distress on Puget Sound.

Capt. Bellinghausen also gave an update on the fire that took place on campus in January. The fire resulted in \$70,000 dollars in damage.

The incident took place on Jan. 28 in the women's bathroom in Building 22, when someone purposely lit a small fire. While the fire itself did not cause the damage, the smoke from it did, causing \$70,000 in damage.

"When you burn plastic, it's a nasty black smoke," Capt. Jeff Bellinghausen said.

Escalating the problem was the presence of an air circulation vent directly outside of the women's bathroom. When someone opened the door, the smoke got into the vent and it circulated throughout the entire building.

Capt. Bellinghausen said that the fire department responds to incidents on campus a couple of times a month, for a variety of reasons.

But all of this costs money, and the district needs more of it. South King Fire and Rescue is going to ask for a levy lid lift in the August primary election.

The lift would allow the department to collect a \$1.50 per thousand dollars of assessed valuation on houses within the district that they are allowed to collect under state law. Due to a statewide initiative there is a one percent limit on annual budget increases. The department's currently able to collect \$1.44 per thousand assessed valuation.

Capt. Bellinghausen said selling such a proposition to the public should be easy if it can be explained properly.

"If you really need it, and can sell yourself to the public, you should have to ask for it," Capt. Bellinghausen said.

VETERANS ★ POST ★

Veterans need to keep track of their medical tests

by Freddy Groves

All across the country there are veterans who might be ill and not know it.

The reason: They don't have the results of their medical tests.

If you have medical tests done at a veterans' facility, before you leave, ask when the results will be ready.

You'll likely be told, "Someone will call you."

Get a name and write it down.

Later if you start getting anxious because you haven't gotten a call, give it one more day... then go on the hunt.

Leave messages for your care manager, if you have one, and your doctor.

Give it another day. If you don't hear back, try again.

Call the medical facility and ask for the lab. They're not likely to give you the results, but ask when the results were ready, and get that person's name.

That's part of your ammo... knowing that results were ready and when.

Then call the care manager or doctor back and state that the results were ready at a certain time.

See how this works?

Be proactive.

Through all these steps, your name gets out there as someone who's hunting for test results.

The same is true if you have a My HealtheVet account.

Once you get the results over the phone, ask that a copy be mailed to you (or print it from your online account), which you'll then put in your file at home.

If you have a condition that is regularly monitored, there's a possibility that you can make pals with someone in the lab who will just read the results to you.

The bottom line is that you don't stop until you have the results.

Stand up for yourself and guard your health. Don't assume that no news is good news.

Be sure.

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The
THUNDERWORD
Just say
KNOW



Ubisoft photo

Far Cry 5 gives you multiple options for fighting against the Eden’s Gate cult.

‘Far Cry 5’ pits you against a nasty cult

•Far Cry 5, published by Ubisoft. Action-adventure game, single player or multiplayer, first-person shooter. Available on Windows, Xbox One, PlayStation 4. \$60 standard edition.

By Reuben Gonzales
Staff Reporter

Be part of the resistance and rise up against a dangerous cult here in America.

The new installment of Ubisoft’s Far Cry is here and it looks to tackle the dark world of cults. The game takes place in fictional Hope County, Mont., where a preacher has set up a congrega-



tion called Eden’s Gate. The preacher believes he will lead Hope County to salvation using a radicalized and militarized doomsday cult to bend the people to his will. The player will be able to make alliances and rally characters to their cause, including some that are not human. The player will unlock further missions by forging new friend-

ships with the people around Hope County.

A player can even tame animals to help them out with the adventure.

As the player liberates areas and removes the presence of the cult, they will see people move back in.

The enemy will learn from encountering you, and the work you do around the area, to change up its tactics.

Players will be able to play with their friends in Far Cry 5, whether it’s stunt driving missions, raiding bases or just killing key members of Eden’s Gate.

“We have had a lot of pre-or-

ders on this for this game already,” said Lucas Huffman, the assistant manager of GameStop in Tukwila.

“I have been excited about this game since its first announcement,” said Kendrick Drier, a frequent shopper at Best Buy in Federal Way.

This game also has multiple different editions you can purchase, which offer a wide variety of different items.

Most of them are cosmetic items like clothes and weapon skins, but others can be used such as weapons and vehicles.

The different editions are Deluxe, \$70; Gold, \$90; Steel-

book, \$100; The Father, \$160; Hope County, \$180; and The Resistance, \$200. The last three editions all come with a season pass for upcoming yet to be named content, plus the Steelbook (a collectable metal game case, and a collectable figure).

They also contain everything in all the other packs as well.

As with most games, there is a pre-order bonus which is the Doomsday Prepper pack. This includes the Prepper outfit, weapon and vehicle skins, and additional consumables.

Collect arms, gather ammunition, and gather allies - the gates to Eden open March 27.

Kent Summer Arts Exhibit returns for 30th year

By Winter Dorval
Staff Reporter

Kent is currently accepting submissions for its 2018 Summer Arts Exhibit.

Eligible artwork includes photography, paintings, drawings, printmaking, collages, and small sculptures. The only rule with submitted works is that they must be able to be hung on a wall.

“The Summer Art Exhibit began as part of Canterbury Faire, which was an arts and heritage festival,” said Ronda Billerbeck, cultural programs manager for the city of Kent.

The Canterbury Faire was a yearly event from 1987 to 2004.

“The Arts Commission chose to continue the Art Exhibit, even after the Canterbury Faire was discontinued, because it was such a popular element of the event.

While attendance at the Faire overall was dwindling, participation in the art exhibit was expanding,” said Billerbeck.



Monogramme, tin-glazed terracotta, by Terrell Lozada, recently on display at the Kent Centennial Center Gallery.

“At that point, the Art Exhibit was moved from its previous home at the Kent Senior Activity Center to the Centennial Center Gallery.”

The summer exhibit will be on display June through August.

The Centennial Center Gallery is the exhibit’s permanent location in down-

town Kent.

“Interest in the exhibit, from both artists and the general public, is still strong.

“The Arts Commission sees the event as an excellent way to give local, regional, and Washington state artists an exhibit opportunity, as well as a way to provide a wide variety of art for residents of Kent and visitors to City Hall,” Billerbeck said.

Billerbeck anticipates 60 to 80 artists will submit works for the Exhibit, she said.

“We’ve actually seen an increase over the past few years. Fifty-four artists applied in 2013 and the number steadily increased to 88 in 2017,” she said.

“We use the Summer Art Exhibit as our annual opportunity to purchase artworks for the City’s permanent portable collection. These works are hung throughout public areas of city buildings,” Billerbeck said.

“For the 2018 exhibit there is \$15,000

available in purchase awards (meaning that the City has \$15,000 available to purchase art from the exhibit.)”

The Arts Commission picks artists from the Summer Arts Exhibit to have their works displayed at the gallery throughout the following year.

This free exhibit is open to the community 8 a.m. to 5 p.m. Monday through Friday.

There is free two-hour parking in the City Hall parking lot, and garage, and on the street around the City Hall campus.

The deadline for submissions is March 21 at 5 p.m.

The exhibit will run from June 6 to August 22.

To submit work, visit www.4culture.org, and look under “opportunities.”

The Centennial Center Gallery is at 400 W. Gowe St., Kent.

For more information visit www.kentwa.gov/Home/Components/News/News/1319/.

'Snow White' finds prince at ballet

Pacific Northwest Ballet brings a timeless tale back to life when it presents Snow White later this month. This will be a narrated version of the story, featuring students from the Pacific Northwest Ballet School. The ballet also features music by Jules Massenet, choreography by Bruce Wells, staging by Michele Curtis and Otto Neubert, scenic design by Edith Whitsett, costumes by the Pacific Northwest Ballet Costume Shop, and lighting by Randall G. Chiarelli. Showtimes are Sunday, March 18 at 12:30 and 3:30 p.m., and Saturday, March 24 at 3:30 p.m. Performances are at Marion Oliver McCaw Hall, 321 Mercer Street at Seattle Center. Tickets range from \$25 to \$60. Tickets may be purchased through the PNB Box Office by calling 206-441-2424, visiting the box office at 301 Mercer Street at Seattle Center, or online at www.PNB.org.



Students of the PNB will be performing Snow White March 18 and 24 at McCaw Hall

Angela Sterling photo

Fate & love intertwine in the new musical 'String'

By Winter Dorval
Staff Reporter

Mythology and modern times tie together in the new musical *String*.

The show kicks off this Thursday at Francis J. Gaudette Theatre in Issaquah at 7:30 p.m.

"The show is about the three Fates, who spin, measure, and snip the string of life for every human on earth.

They were important gods in Greek mythology," said playwright Sarah Hammond, creator of *String*.

Her inspiration came from the three fates holding a piece of string, she said.

"I loved that such a simple ordinary item was the big metaphor for a life, and that all three sisters could hold it," said Hammond.

This musical is a modern-day comedy along with a fantasy and it has a serious ending, she said.

"It's about humanity, seen from the perspective of a goddess who falls in love with a regular guy. In the course of the show, she gains a bit of humanity herself, through love and letting go," said Hammond.

Atropos is played by Jessica Skeritt, Lachesis is played by Lauren Du Pree, and Clotho is played by Sara Porkalob.

"We've got three dynamite actresses playing the Fates. They're hilarious, creative, and passionate," Hammond said.

The show is set in an office building.

"Downstairs, there's HR and all the usual offices, and on the top floor, there are the Fates working on making the string of life," Hammond said.

She wanted to see how something hindering their work would affect them.

"The love story in the center of the show is pretty endearing because of the chemistry between the goddess and the security guy.

She's a graceful goddess who's never been in love, and he's awkward, bad at flirting, and so charming in his plain humanity. Your heart breaks for them," Hammond said.

Hammond began writing this show 10 years ago with Adam Gwon, she said.

"The music Adam has written for this show is unforgettable. Funny, human, and magical in just the right amounts," said Hammond.

"Sarah's idea for the story, the Three Fates from Greek mythology secretly working among us, sang to me from the very start.

The idea of three sisters working in harmony is very musical, and Sarah gave each of them distinct personalities which I tried to put into their music as well," said Gwon, who also wrote the lyrics.

"I wanted to capture a sense of the epic, ethereal world of myths and of fate controlling the universe, but also the very contemporary rhythms of modern life," he said.

The musical will include sev-



Greek Mythology comes to Issaquah's Gaudette Theatre March 15

eral solo performances, and accompaniment by percussion, a keyboard, and an electric string quartet.

"We've got a chorus of people that provides a lot of vocal underscoring throughout the show. They embody not only the population of the office building, but of the universe itself," Gwon said.

"The songs convey the inner lives of the characters, but also the sound of how the characters experience the world."

This musical contains 23 songs.

"We've had many readings and workshops of the show over the years and during that process we would cut scenes and songs, write new ones, and slowly shape the show into what it's become today," Gwon said.

"Since this is the world premiere, we're still fine-tuning. There are always new touches to be made."

Over the course of writing the show characters and songs

have been removed and revised several times, he said.

"I've found that an original musical tends to undergo a lot of revision, because you're building everything from scratch. There's a lot more trial-and-error to the storytelling," Gwon said.

The Fates learn how to be human, and realize the importance of every person, he said.

"I hope that people will leave looking at life and the people around them a little differently, noticing and empathizing with all the stories around them they may have overlooked before," Gwon said.

Theaters can be hesitant to show new performances because they are unknown and might not bring in audiences, said Gwon.

"That's why Village Theatre has been so great.

They not only have a commitment to producing new work, they've made an investment in cultivating audiences who will support it," Gwon said. Tickets are \$58.

The show will be 2 hours and 15 minutes, including the intermission.

Show times are Wednesdays and Thursdays at 7:30 p.m., Fridays and Saturdays at 8 p.m.

Matinees will be on Saturdays and Sundays at 2 p.m.

The address for the Francis J. Gaudette Theatre in Issaquah is 303 Front St. N., Issaquah.

For tickets and more information visit www.villagetheatre.org/issaquah/string.php.

The game is on

Role-playing game club vows to defeat evil, explore games, and have some fun

By Reuben Gonzales
Staff Reporter

The students of Highline are banding together to level up and take on new adventures.

Across campus, signs can be seen calling for players of all backgrounds to join the RPG Coven. Erika “Shadow of Yharnam” Garcia and Andrew “Tempest” Moreno started the group with a dream to build a community.

“It’s really about community building,” said Moreno, a co-founder of the group. “We wanted to make a place where people can come together and play.”

The coven will play a variety of games, such as Dungeons and Dragons, Pathfinder, Magic the Gathering, Pokémon, Pokémon Go, and video games from across all platforms.

RPG or role-playing games are games where the player assumes the role of a character in a fictional setting they help create with other players.

They first became available back in 1974 with the release of Dungeons and Dragons (D&D). As it grew in popularity, it spawned a variety of other fantasy games like RuneQuest, Call of Cthulhu, and many more.

RPGs have even influenced TV show creators such as Dan Harmon, who created the show *HarmonQuest*, where he plays a role-playing game with other celebrities and has a different special guest every week.

Some directors such as Jon Favreau have credited D&D with helping with storytelling and a strong imagination.

The trading card games (TCG) they mentioned all have their own set of rules and cards based on different source material. The games require the player to have a deck with a set number of cards and some type of damage counters.

The players then take turns using item cards, attacking on their turns.

“We have a level-up system which is based on participation and attendance,” said Erika Garcia, the founding member of the Coven. “Maybe we will offer gaming gear or something along those lines for advancement in the future.”

“As a creative, I liked how open-ended it is with game options,” said one group member

RPG ❖ Coven



Henry Nguyen/Thunderword

of the club.

Inside the meeting room at a recent gathering of the club, a TV displayed all the members’ names and levels along with the experience they currently have. During the meeting, there was a snack setup and the group went around talking about their favorite role-playing game and what got them into the genre.

“I really got into role playing games because of Kingdom Hearts,” said one group member.

There were a few mentions of Star Wars: Knights of the

Old Republic and some other games, and then the conversation switched to what activities the group will be doing.

“We can go out and try to do raid battles in Pokémon Go,” said Garcia.

Some members started playing Yu-Gi-Oh while others continued to talk about their favorite games. As the meeting ended, the group was planning on bringing in a few different board games.

“I am transferring to another school in the future and would like to start a group there and

eventually have the two groups compete in some way,” said Garcia.

The group meets every Friday from 1-3 p.m. in Building 8, room 302. Their next meeting is March 16.

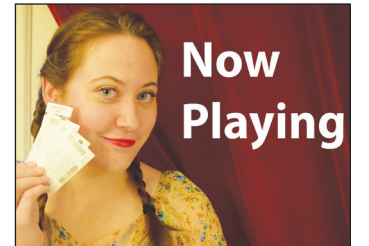
There will be no meetings during the break and the RPG Coven will return April 13.

If you are interested in attending a meeting or getting any information you can contact Erica Garcia at ergarcia930@students.highline.edu or Andrew Moreno andrewmoreno45@students.highline.edu.

Singing, plays and artwork

- Highline’s Chorale is singing two concerts today in Building 7.

The first performance will begin at 12:15 p.m., and the second will begin at 7:30 p.m.



Winter Dorval

They will sing *Dona Nobis Pacem* round, the Renaissance madrigal *El Grillo* by Josquin de Prez, *Siyahamba*, arranged by Donald Moore, and *The Irish Blessing*, arranged by Ruth Eilers Bacak.

Each performance will last 20 to 30 minutes long, and end with a chance to meet the singers.

- Opening this Thursday at Centerstage Theatre is *Return to the Forbidden Planet*.

It will run March 16 to 31.

This play, written by Bob Carlton, is a science fiction musical.

Showtimes are Thursdays at 8 p.m., Fridays at 8 p.m., Saturdays at 2 and 8 p.m., and Sundays at 2 p.m.

Tickets are \$29 for adults, \$25 for seniors (ages 65 and older) and military, \$15 for youths (ages 18 to 25), and \$12 for children (ages 17 and under).

The address for Centerstage Theatre is 3200 S.W. Dash Point Rd., Federal Way.

For more information and to purchase tickets visit centerstage.com/.

- Ever wanted to display your own artwork?

The MaST Center is offering free spaces for artists to display their artwork.

The peices must be related to science, the environment, or marine ecosystems.

The panes are 8 feet by 6 feet.

Artists are given the choice to display thir work on one or multiple panes.

The exhibit is open to the public, and the panes can be reserved in 3 month incriments.

In addition, artists can host a private party to show their work when it first goes on display.

Submit applications by emailing mast@highline.edu, bringing your application to the MaST center, or mailing it to The MaST Center at 2400 S. 240th St., MS 29-3, Des Moines, W.A., 98198-98000.

For more information visit mast.highline.edu/visit-art-gallery/.

Lady T-Birds exit tournament early

By Donnie Moore
Staff Reporter

Highline’s women’s basketball team lost to Walla Walla in the first round of tournament play, this past weekend ending its hopes of being the next NWAC champions.

The Warriors blew out the T-Birds, 78-37.

Walla Walla outworked Highline in every category, from rebounding to assists and shooting percentage. Walla Walla snagged 54 rebounds to Highline’s 21.

While rebounding has been a struggle for the T-Birds much of the year, they had been performing better in the last few games.

Walla Walla shut that down, quickly.

“We struggled because we couldn’t make our shots. We were getting the right looks, [we] just couldn’t finish,” said sophomore guard Aileen Kaye.

Walla Walla shot 48 percent from the field and 31 percent from three-point range, while Highline was not as productive, shooting 24 percent from the field and zero percent from the three.

“I think the main thing was that our shots weren’t



Tracy Swisher photo

Jasmine Martinez plays defense against a Walla Walla opponent.

falling, which was hard for us to get a lead over Walla Walla,” said Freshman of the Year Sharon Ajayi. Kaye led Highline with 15 points, most of which came from her nine free throws. She was the only Highline player to break double digits.

The T-Birds, who all year have depended on three-point shots, did not score a single

three-pointer this game.

“Defensively we should’ve kept them from getting 17 offensive rebounds, and not leaving shooters open on the three,” Kaye said.

Walla Walla was led by Jade Skidmore and Cierra Jo McKown who scored 18 and 17 points, respectively, and together had 11 rebounds and nine assists.



Tracy Swisher photo

Jasmine Martinez puts up a shot against a Walla Walla opponent.

“They haven’t been beaten by a NWAC team all year so it was clear that if we didn’t come ready to play it was going to be a rough game,” Kaye said.

As the season comes to a close, the team is looking at what needs to improve for next season.

Ajayi said she needs “to be stronger and don’t let people get in my head.”

She said she has high hopes for the team next year.

“I’m hoping to be No. 1 in our league and also get further in the NWAC,” Ajayi said. The Lady T-Birds should be in a good spot to regroup for next season.

Returning are strong threats in Ajayi and Peightyn Perrien who both had good freshman starts.

Women’s tennis loses close match to Bellevue

By Donnie Moore
Staff Reporter

Highline’s women’s tennis team lost a close match against Bellevue, falling 5-4 last weekend.

Amila Gogalija got Highline off to a good start, winning the first singles match by sweeping Holly Wright of Bellevue College 6-1, 6-0, giving Highline the first points.

Highline went on to win two more singles matches thanks to Celeste Andreotti and Sammie McElwain. Andreotti defeated Kathleen Nolan, winning the first two sets 6-3 and 6-2.

McElwain won over Karl Truong 7-5 and 6-2 to gain a point for Highline.

Bellevue’s Ha Nguyen defeated Miriam Cabrera, winning the first set 6-4. Cabrera took the second set 3-6 and Nguyen came back to win 10-5.

Bellevue won two more singles, splitting the singles matches with Highline 3-3. Yuri Takagi of the Bulldogs won over Danielle Mendoza 6-2 and 6-2. Fellow Bulldog Haylie Irving won the last singles match. Highline’s Mary Ahmed was defeated in the first set 6-4. She won the second set 7-6, but Ir-

ving won the last set 10-4.

Highline struggled in the doubles matches, winning only one of three. Gogalija and Andreotti had a commanding win over Takagi and Nguyen 8-1. In the final two matches, Bellevue triumphed over Highline to secure the win.

“We let nerves get the best of us. Half of our team are freshmen and this was the first real pressure match of the year,” Head Coach Laura Rosa said. Cabrera and McElwain paired as doubles, but fell to Nolan and Wright of Bellevue, 8-5. In the final match, the Bulldogs and T-Birds tied at 4-4. Irving and Truong defeated Highline’s Ahmed and Mendoza, 8-5.

The T-Birds hope to rebound from this loss, as they travel to the University of Puget Sound this weekend.

“We just shift right back to the grind. Bellevue ran a lineup that we weren’t expecting and that falls square on me. Our doubles teams are just finding a rhythm, I think we will be much stronger and more confident in our next meeting,” said Coach Rosa.

“UPS has a strong top half of the lineup. It will be especially interesting to see how we match

up especially coming off a loss,” Coach Rosa said.

They will face off with Puget Sound Saturday at 7 p.m. at the University of Puget Sound in Tacoma.

Highline’s tennis team will also travel to California over Spring Break. First, they play at Cal State Stanislaus in Turlock,

Calif. March 24 at noon. The team will move on to Solano College at Solano in Fairfield, Calif. on March 25, time to be determined.

March 26 at 2 p.m. the team will take on Chabot College in Hayward, Calif. On March 27 at 9 p.m. the team will finish its time in California at Santa Rosa

Junior College in Santa Rosa, Calif.

After a trip back home to start classes for Spring Quarter on April 2, the team will play Pacific University on April 5 at 7 p.m. in Forest Grove, Ore. and Treasure Valley on April 7, time to be determined, in Ontario, Ore.

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Softball hits its stride in weekend play

By Donnie Moore
Staff Reporter

The Lady T-Birds softball team found its footing and had a dominant weekend winning a double header against Walla Walla Friday before splitting four games Saturday and Sunday against individual opponents.

Highline got its weekend off to a strong start, beating the Warriors, 8-1 in the first game of the double header and winning, 7-2 in the second game.

Highline later faced off Saturday with Lower Columbia, winning a close game 4-3. Lower Columbia was leading, 3-2 going into the fifth inning but Highline got two runs making the final score 4-3.

Highline then struggled against Chemeketa in the nightcap, falling 12-4. Highline did manage to get off to a good start having three runs in the first inning but did not score again until the fifth inning.

The T-Birds found redemption beating Centralia, 8-4 on Sunday. Later that day they lost to Wenatchee Valley, 10-1.

Rosie Delrosario had a great game at Centralia where she pitched well, adding a double and triple at the plate.

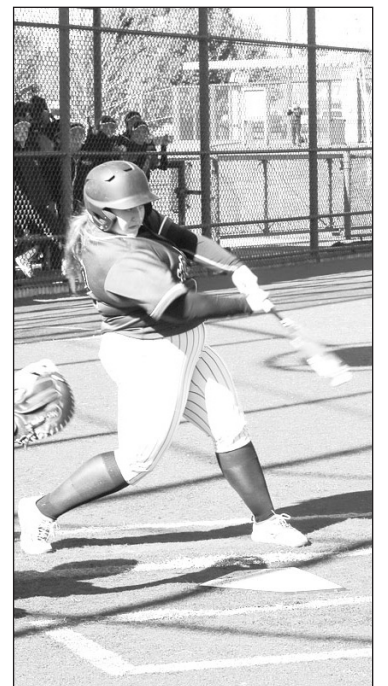
"We played two very strong

teams and two mediocre teams and we beat the strong teams. We performed very well for what we put the girls through with all the traveling," Head Coach Jason Evans said. "Our whole club is very excited to play, we are right where we need to be in terms of play right now," Coach Evans said.

The team headed to University of Puget Sound this past Tuesday, where they had another dominant win, taking it 8-2. The Trojans are 8-4 on the season. Highline, 6-5 is heading into league play with a double-header against Everett, today at 2 and 4 p.m. at home.

"We need to do what we have been doing. Our pitchers have been doing really well. We are doing a lot of little things well right now," Coach Evans said. Highline will take on Shoreline in a double-header March 24 at home at noon and 2 p.m., then head to Olympic March 27 at 1 and 3 p.m. Highline will return home against Edmonds March 30 at 2 and 4 p.m.

The T-Birds will face Bellevue at home March 31, at noon and 2 p.m. Highline will start April with a double-header game against Skagit Valley on April 4 at 2 and 4 p.m.



Highline beat Centralia 8-4 last Sunday.

Jack Harton photos

Chess club looking for members

By Izzy Anderson
Staff Reporter

One Highline student aims to win over club members with a game of chess.

Evan Marsh has been playing chess for a long time, and said that he wishes to share the strategic game with others on campus through a chess club.

"I've been playing it since I was little. It's grown on me as I've grown older," he said.

"A lot of people growing up have played chess, maybe with their grandma, or their dad. ... So I think that we can all relate and [connect] to it in some way," Marsh said.

Marsh has been recruiting chess club members by offering to play chess matches with anyone in his free time in Building 8, and has been welcoming chess players of all skill levels to

play a round.

He had found himself drawn to the game for a few reasons himself.

"It's always fascinated me [how] it's not only about where to make the move, but also when to make it," Marsh said. "I've always loved games, and chess is one of my favorites."

"Most of the people I've played right now who have signed up are beginners, so even if you have just a little knowledge [about chess], I think you'll have an advantage in the club," he said.

Highline has had a chess club in the past, but it had not taken off enough to keep a permanent position.

"There was a chess club earlier this year that I was a part of, with a different club president," he said.

But when the turnout was

not very high, "he got discouraged, and he quit," Marsh said. "I eventually decided that I should just start my own club... I wanted to make a platform for others who like to play too."

The chess club had their first meeting last Wednesday, but meetings will resume weekly during Spring Quarter.

These will take place in Building 8 on the third floor in room 302, every Wednesday from 1:30 to 3 p.m., starting on April 4.

There are also open positions in the club for a vice president, and an adviser.

"If you've got the moves, come and try it out," Marsh said.

Anyone interested in joining or learning more about chess club can contact Evan Marsh at evanmarsh@students.highline.edu or 206-380-2984.

Golf starts season

By Donnie Williams
Staff Reporter

Highline's women's golf team resumes play Saturday, March 24. Coming off the split-season break brings the first competition of the spring and the team's first competition since Monday, Oct. 30 will take place at Canyon Lakes Golf Course in Kennewick.

The young women's golf program is looking to be more competitive in its third season.

"Our big goal for the spring is to be more competitive than in the past," said Head Coach Steve Turcotte. "We should be able to do that with the girls we have now."

The Thunderbirds currently have four golfers who have competed before but there is a new addition to the team.

Freshman Aleyah Bennet, who came to Highline as a basketball player, will make her debut at the CBC Invitational next weekend.

The Thunderbirds need all the help they can get. Scoring only three points in the first round of league play, they currently sit in ninth place of the 12-team league.

The next opportunity for them to move up the ranks will be Sunday, April 1 at 1 p.m. and Monday, April 2 at 8 p.m. during the Highline Invitational at Twin Lakes Golf and Country Club in Federal Way, admission is free for spectators.

Ajayi doubled up in her first season

Highline power forward Sharon Ajayi dominated her competition in her first season. Ajayi is 5'9", and attended high school at Kentwood.

Entering the season, the Lady T-Birds sported a largely freshman lineup, as well as a new face at head coach. Even though Highline faced many challenges, they overcame the odds and secured a playoff spot, finishing fourth in the NWAC West behind Ajayi.

In the last game of the regular season against Centralia with the playoffs on the line, Ajayi went on a tear. Ajayi stuffed the stat sheet with 29 points, 22 rebounds, and 4 blocks.

Ajayi averaged 14 points, along with 10.7 rebounds a game, earning her freshman of the year honors. Ajayi was a presence in the paint, as her 300 total rebounds on the season ranked fifth in the NWAC, as well as her 49 blocks which was good for seventh in the NWAC.



Sharon Ajayi

Super Phan



Colin Phan

Ajayi was humble about her accolades, saying she was overjoyed to be recognized.

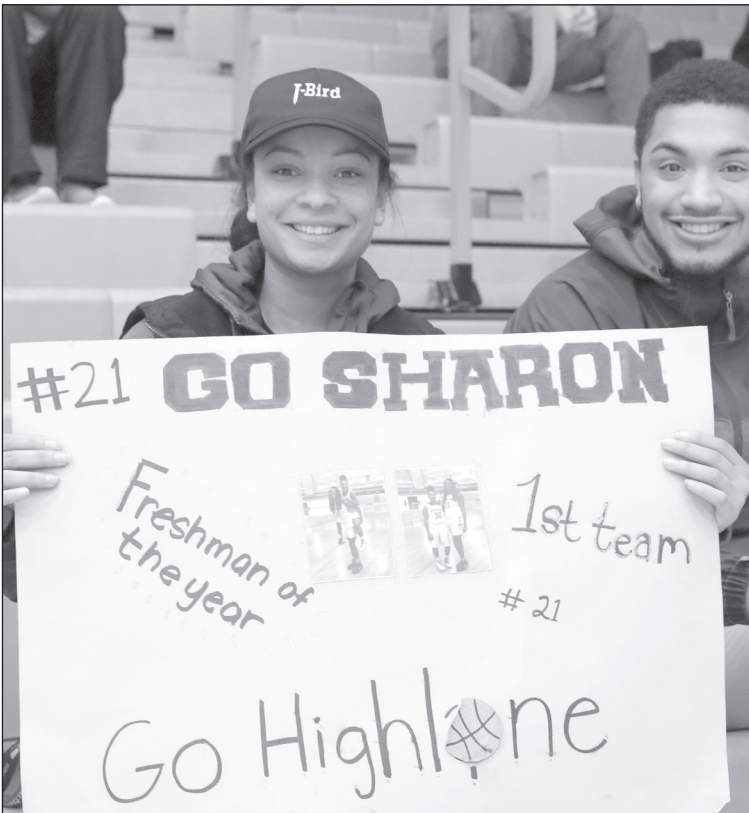
"It's an honor to be freshman of the year," Ajayi said. "I'm so happy that I'm being credited for what I'm doing."

Ajayi racked up double-doubles (points and rebounds) on a nightly basis this season, at one point having a streak of nine straight double-doubles.

Ajayi said that she was happy with her performance this season, noting that scoring was one thing that went well.

"I think I did well scoring [this season]," Ajayi said. "I had so many games hitting the double-double marks."

Ajayi had many dominant games this season. Being active on the glass and scoring from



Tracy Swisher photo

Friends and family showed up to support Sharon Ajayi in the playoffs.

the low post were her specialties.

Ajayi harkened back to a game played against Lower Columbia during the season where she went off for 27 points and 17 rebounds.

"My most memorable game [of the season] was when we beat Lower Columbia."

Lower Columbia at that point was first in the West,

Ajayi's first season went well for her overall, but she has much more in store for next season, she said.

"I think freshman season helped me out so much. This

year [was] just the beginning," Ajayi said. "Next year I'm trying to play [on the next] level."

While chasing titles at Highline and working to become a better player are things Ajayi is currently doing, she says she has her eyes on the future.

"After Highline, I'm hoping to play [at] the next level," Ajayi said. "Maybe at a Division Two school."

After overcoming the adversity of being a young team, the Lady T-Birds have a serious shot at making a run next season behind Ajayi and several other returning freshmen.

3835
4514
Scoreboard

NWAC Women's Softball

North Region		
Team	League	Season
Everett	1-0	8-4
Shoreline	1-0	3-3
Douglas	0-0	8-0
Edmonds	0-0	10-2
Bellevue	0-0	12-1
Skagit Valley	0-0	3-1
Highline	0-0	6-5
Pierce	0-0	2-2
Olympic	0-1	3-7

East Region

Team	League	Season
North Idaho	1-0	10-1
Walla Walla	0-0	11-3
Big Bend	0-0	9-5
Spokane	0-0	6-2
Wenatchee Valley	0-0	4-4
Yakima Valley	0-0	2-6
Columbia Basin	0-0	4-8
Treasure Valley	0-1	0-6
Blue Mountain	0-0	0-8

South Region

Team	League	Season
Lower Columbia	0-0	7-4
Mt. Hood	0-0	7-5
SW Oregon	0-0	10-6
Clackamas	0-0	5-5
Centralia	0-0	6-7
Clark	0-1	2-4
Chemeketa	0-0	1-11
Grays Harbor	0-1	1-11

NWAC Women's Tennis

Team	League	Season
Bellevue	1-0	1-0
Highline	1-1	1-3
Spokane	0-1	0-6
Skagit Valley	0-0	0-0
Treasure Valley	0-0	0-0

Highline student chasing professional boxing dreams

By Sam King
Staff Reporter

Balancing working out with school time can be a challenge, Highline College student and professional boxer said.

Sam Adel a nineteen year old athlete and a computer science student at Highline College. He has been training to become a professional boxer since the age of 14.

"It all started when I was 14 years old, I was training at home by myself," he said.

"Since the age of 14, I wake up every day at 5:00 am to work out and stay in shape," he said.

"I work out twice a day. I like to keep my work out short and intense. One work out section can be as short as 30 minutes or as long as two hours, it all depends on what I'm doing in certain training camp for example if I'm working on endurance the work out will be longer than a strength work out," he said.

"On average I work out two to two and half hours a day," he said.

In addition, Adel studies four to five hours a day and always



Sam Adel photo

Sam Adel works out for two and a half hours each day to stay fit.

tries to stay focused in school.

Adel No.1 advice for college students is to stay on top of the game and always try to get

ahead in the classes.

"Adjust your schedule around the time when you're the most productive," he said.

Adel said he believes the most important thing is to always be disciplined, always stay focused, and never give up on your dreams.

"From doing boxing I learned disciplined and how to always stay focus and that's helped me to stay focus in school and stay on the top when the going got tough," he said.

Also, Adel advises anyone who wants to do boxing to master the basics such as developing the physical conditioning and the basic defense techniques.

Adel said his goal is to graduate from college and do something related to the fitness such as being an athlete or a coach.

Adel said the hardest thing about being an athlete in college is staying focused and finding the right balance between school and gym.

"Training can take your energy and focus away from studying," he said.

"For people who are not an athlete and just exercise to get healthier working out can help to study better," he said.

For everyone whose inter-

ested in getting in shape, Adel recommend a good diet and to always eat the right food to achieve your fitness goals.

"Diet comes first, there's no magic way to get healthier or to build muscles," he said.



Sam Adel

Summit aims to empower native students

By Jillian Gamache
Staff Reporter

Empowering Native American students is the goal of the third annual Native Success Summit coming up in Spring Quarter. Around 100 Native American students from the Highline school district and surrounding districts are expected to participate, including Federal Way, Kent, Renton and Seattle. The summit will take place at Highline in Building 8 on May 16. The summit will also be a



Tanya Powers

way for high school students to get involved at Highline.

The theme this year is Purpose, Perseverance, Power and Plan. There will be four breakout sessions relating to the different parts of the theme. There will also be two keynote speakers. “The summit is a great way for students to acknowledge their culture and help infuse their culture in the community,” Dr. Tanya Powers said. Dr. Powers initiated the summit in 2016 and continued to coordinate it. Dr. Powers is part St. Lawrence Island/ Siberian Yupik and

part Irish. She is the director of Workforce and Baccalaureate Education here at Highline. The inspiration to start the Native Student Success Summit came from witnessing the success of some of the other summits Highline holds, such as Young Educated Ladies Learning Summit and the Black and Brown Male Summit. “I want students to feel inspired when they hear the speakers and through the conversations in the breakout sessions,” Dr. Powers said.

Dr. Powers noted that in the past students had a great time meeting others and talking about their cultures. They were able to connect with the speakers, ask any questions they had, and feel like they were able to gain visibility. “It’s a very powerful thing for Native students to do, to gain this sense of community that is sometimes hard to see,” Dr. Powers said. Students can register online before the event, or the morning of the event if there’s space available.



wikimedia photo

Sometime in the near future, we may see actual plasma lightsabers instead of the plastic ones.

‘Star Wars’ science not far off

By Perris Njenga
Staff Reporter

Real-life blasters and lightsabers may be in our near future. During last week’s Science Seminar, Highline Psychics Professor Chris Boudreaux talked about the science of *Star Wars* and how the movie series inspired him to become an engineer. “I wanted to make this [Star Wars] a reality. Science fiction drives technology because we see it and it’s cool and we figure out a way to make it happen,” Boudreaux said. He said that the science of *Star Wars* is not so far from reality as some might think. One example is plasma. Plasma is energy that comes in different forms and just like

reality, plasma is used to power things. One form of plasma is energy that comes in from the sun. Plasma is used in the films to power light sabers and even Luke Skywalker’s blaster. Boudreaux showed a video of a man who is able to shoot down bottles with a homemade blaster powered by a flame. It is a start to bringing *Star Wars* science to reality, but battery technology has not yet advanced enough to make an efficient blaster as seen in the movie, he said. “We are still in infancy, technology-wise,” Boudreaux said. He said it has been his dream since college to make a lightsaber and that it is certainly not impossible. To make a lightsaber it also has to be powered by plasma, but to shape it into a long sword

like shape you would have to use a helical magnetic field. The reason why lightsabers might not bounce off each other is because, just like magnets, they resist and bounce off of each other. “[*Star Wars* creator George] Lucas chose some good scientific consultants because most of this seems pretty close to reality,” Boudreaux said. Although aliens make many appearances in the *Star Wars* films, there has been no documented evidence any exist, but Boudreaux said that it is extremely egocentric to think we are the only species in the universe. “I’m just saying we are not alone. It’s extremely narcissistic and self-absorbed to think we are the only ones in the universe,” Boudreaux said.

Governor calls for more action to protect endangered orcas in Puget Sound

By Phoung Le
Associated Press

With the number of endangered Puget Sound orcas at a 30-year low, Washington Gov. Jay Inslee is expected Wednesday to issue an executive order calling for more state actions to protect the struggling whales. The fish-eating orcas that spend time in Puget Sound have struggled for years because of lack of food, pollution, noise and disturbances from vessels. There are now just 76, down from 98 in 1995. Inslee intends to announce the executive order at a news conference in Seattle. It will direct state agencies to take immediate steps while identifying long-term solutions to help the whales and setting up a task force with state agencies, tribal leaders and

others to come up with recommendations. The Legislature passed a supplemental budget Friday that includes money for increased marine patrols to see that boats keep their distance from the orcas and to boost hatchery production of fish that the orcas prefer to eat. The governor’s proposed budget also included funds for orca protections. Many people have been sounding the alarm about the orcas’ plight since the September death of a juvenile dropped the population to 76. A baby orca has not been born in the past few years. Half of the calves born during a celebrated baby boom several years ago have died. Female orcas are also having pregnancy problems linked to nutritional stress brought on by a low supply of chinook salmon, the whales’ preferred food, a recent study found.



Associated Press photo

The number of orca whales in the Puget Sound is at a 30-year low.

Legislature passes bills to help schools

By **Chloe Wilhelm**
Staff Reporter

Faculty members at community and technical colleges will now be able to negotiate for higher pay, according to a bill recently passed in the Legislature.

House Bill 1237, which was passed on March 5, is currently awaiting the governor’s signature to become law.

According to the Bill Digest, it will allow “a board of trustees to provide additional compensation to academic employees... that exceeds that provided by the Legislature.”

During committee hearings, legislators testified in support of the bill during public hearings and argued that currently faculty salaries make it difficult for colleges to retain good faculty members.

They said that allowing faculty members to negotiate their salaries will improve transparency and will improve collaboration between administration and faculty members.

A variety of higher education bills relating to tuition pay-



ment, student loans and debt, financial aid, and mental health services were also passed by the legislature. These bills include:

House Bill 1439, passed by the Legislature on March 1, will protect students from harmful business practices of for-profit colleges.

The bill will put more regulation on for-profit institutions by prohibiting them from certain advertising meant to misinform students and will also prohibit certain schools from selling their own student loan

Francis Sum/THUNDERWORD

products.

House Bill 1499 will also create protections for student loans by creating notices and requirements for colleges that use third-party servicers or institutions to give financial aid refunds to students.

The bill was passed on Feb. 27 and is currently awaiting the governor’s signature to become law.

House Bill 2009, passed on March 2, will give higher education support for gold star families.

The bill will provide an annual \$500 textbook stipend to those who are receiving a tuition waver because their parent or spouse passed away, became disabled, or is considered missing in action due to military service.

House Bill 2143 will create the Medical Student Loan Program to increase the physician workforce in rural, underserved areas in Washington.

The bill, passed on March 2, will provide low-interest loans to students in medical programs who declare an intention to work in a rural, underserved area of the state. The bill will also expand the Washington State Opportunity Scholarship to include these students.

Senate Bill 6029, passed on March 2, will establish the Student Loan Bill of Rights to regulate student loan servicers and will provide accurate information so borrowers understand the rights and responsibilities of student loans.

The bill will also designate a student loan advocate to assist students with educational

loans.

Senate Bill 6541 will develop a statewide resource for behavioral health and suicide prevention for colleges in Washington state.

According to the Bill Digest, it will also provide funding for colleges to “create partnerships with health care entities to provide mental health, behavioral health, and suicide prevention to students in their institutions.”

The bill was passed on Feb. 28 and is currently awaiting the governor’s signature to become law.

Senate Bill 6582, passed on March 1, will establish the Washington Fair Chance to Education Act. This will prohibit colleges from using admissions applications that request information regarding criminal history.

However, colleges may use third-party applications that include this information if the college posts a notice stating that it will not automatically or unreasonably deny admission based on criminal history.

New law lets some teenagers pre-register to vote

By **Chloe Wilhelm**
Staff Reporter

Washington 16 and 17-year-olds will be able to preregister to vote under a bill recently passed by the Legislature.

House Bill 1513 is a part of several voting registration bills that were passed during the recently completed legislative session.

According to the House Bill Report, the bill “presents an opportunity to increase voter turnout while providing safeguards to ensure that future voters will not be added to the voter database until they are 18 years old.”

State Rep. Steve Bergquist, D-Renton, spoke in support of the bill at a public hearing as the prime sponsor of the bill earlier in the legislative session.

“This is a great opportunity for our students to become more civically engaged at an early age,” Rep. Bergquist said.

He explained that preregistration will increase voter turnout and help students get ready to vote when they turn 18.

Other voting-related bills include:

House Bill 2595, which establishes the Automatic Voter Registration Act, was also passed by the Legislature.

This bill establishes an automatic system so people who are eligible to vote can automatically register when they apply for an enhanced driver’s license, which requires proof of citizen-



State Sen. Sam Hunt, D-Thurston County, speaks in favor of the Voting Rights Act, which he sponsored, earlier this year in Olympia.

ship or resident status.

The bill was passed in the Senate on March 6 and is currently awaiting the governor’s signature to become law.

Same-day voting registration will also be possible with the passing of Senate Bill 6021.

This bill will allow people to register online eight days before an election, while in-person

registration will be possible up to 8 p.m. the day of the election.

Once signed by the governor, the bill will go into effect on June 30, 2019.

The Washington Voting Rights Act, also known as Senate Bill 6002, was also passed by the Legislature.

This bill will make it easier for cities to move from city-wide elec-

tions to district elections to help promote equal voting opportunity.

The goal is to have a better reflection of the demographics of cities and counties.

State Sen. Manka Dhingra, D-Redmond, said the bill will help cities have accurate representation.

“The bill [will] create a mechanism to be represented at local levels and to make changes

as they need for accurate representation,” Sen. Dhingra said.

She said that democracy represents all, and currently the ethnicity of our government is not reflective of the citizenship of Washington.

“The hope is to get more representation,” Sen. Dhingra said.

Reporter Tamara Young contributed to this story.

Bill aims to help student borrowers

By Chloe Wilhelm
Staff Reporter

Student loan borrowers will now be protected with the Student Loan Bill of Rights, which was recently passed by the Legislature.

The Student Loan Bill of Rights, Senate Bill 6029, will regulate student loan servicers and help borrowers understand the rights and responsibilities of loans and will provide accurate information regarding student loans.

The bill will also designate a student loan advocate to assist students with educational loans.

The Student Loan Bill of Rights was passed in the House on March 2, and is currently awaiting the governor's signature to become law.

Sen. Marko Liias, D-Lynnwood, supported the Student Loan Bill of Rights at a public hearing as the prime sponsor of the bill. He said the initiative would help people who are struggling with high student loan debt.

"This is a problem and a challenge

that has grown exponentially," Sen. Liias said.

He explained that Washington's total of \$24 billion in student loan debt is changing the way the economy works and how people live.

Sen. Liias said that people are delaying marriage, starting a family, buying a house, and changing careers due to high student loan debt.

"[This bill is] critical to change this dynamic in the future to give borrowers more tools to refinance their debt... [and] to pick the best repayment option," he said.

Yasmin Trudeau, legislative director for the Attorney General's Office, also spoke at the public hearing in support of the bill.

"This bill is not about debt forgiveness, it's about fairness," she said. "6029 is ensuring that Washingtonians working to pay off their student loans are treated fairly."

"This is why this legislation provides basic parameters for servicers collecting student debt," Trudeau said.

She said that the Student Loan Bill of Rights will ensure consumer protections for student loan borrowers that other borrowers are already entitled to.

"[This] simplifies the process for those who are entering the workforce and want to make plans to reasonably pay off [their] debt and plan for their future," Trudeau said.

Ellen Austin Hall, senior policy analyst for the Attorney General's Office, said that the Student Loan Bill of Rights and the creation of a student loan advocate will help protect borrowers from unfair practices.

She explained that the Attorney General's Office has received hundreds of complaints regarding student loan servicers, with most relating to trouble communicating, inaccurate information, harassing phone calls, and the misapplication of payments.

"This bill protects borrowers by creating servicing standards so all student loan borrowers will be able to expect their servicers to abide by basic minimum conduct requirements," Hall said.

Senator vows to work on juvenile crime bill

By Tamara Young
Staff Reporter

A local legislator said she hopes to push through a bill to treat young offenders as juveniles until they are 25 years old.

Senate Bill 6566, sponsored by State Sen. Manka Dhingra, D-Redmond, passed the state Senate but died in the state House of Representatives before the March 8 end of the Legislature's recent session.

Sen. Dhingra, who visited Highline on Tuesday, brought her experience in the King County Prosecutor's office to the table in Olympia.

"The problem of juveniles in the justice system is that their brains are still developing and would benefit greatly from a program that helps to rehabilitate them rather than to just put them in jail," said Sen. Dhingra.

"We are looking to extend jurisdiction to the age of 25 and not 18 years old, keeping them separated from the adult system," she said.

The plan is to decrease recidivism, which is to decrease the number of people who repeat offenses and return to the justice system, she said.

"There is a cultural shift in recent years, the earlier the intervention the easier it is to rehab them while they are young rather than waiting until they are adults," Sen. Dhingra said.

The senator, who was elected last November, also said that the new King County Youth Detention Center has been misunderstood by many people.

The proposed youth detention center is to replace the old one that is unsafe for inmates, Sen. Dhingra said.

"In order to provide resources [to juvenile inmates], we must have the space to do it," she said.

The hope is to be able to provide multiple services to those who are incarcerated without sending them to multiple locations, she said.

"The new detention center is not to increase the amount of youth that are incarcerated, but to open up spaces for services," Sen. Dhingra said.

On the other hand, it is also to make sure that the youth are safe while incarcerated, she said.

The number of youth in detention centers has decreased over the years, Sen. Dhingra said.

Legislature misfires on anti-gun measure

By Martha Bellisle
Associated Press

SEATTLE — The Washington state Legislature ended its latest session without passing a bill that would allow the State Patrol to destroy firearms confiscated during criminal investigations, instead of trading them with a firearms dealer, who would sell them to the public.

They not only sell handguns and hunting rifles, but also assault weapons.

House Bill 1483 sought to give the agency the option to destroy them instead, but it never received a vote on the House floor.

The agency has feared that one of its sold guns would be used in a new crime, and an Associated Press investigation that has happened more than once.

"It's disappointing the bill failed to pass," said Kyle Moore, spokesman for the agency. "It's a policy that falls in line with other law enforcement agencies across the state."

Jaime Smith, spokeswoman for Gov. Jay Inslee, said the bill's failure "was definitely a disappointment."

In Washington, like most other states, the law allows police to decide whether to sell, trade or destroy guns that are confiscated during criminal investigations. But the law was stricter for the State Patrol. Any forfeited guns that are not needed as evidence or kept for agency use must be auctioned or traded with licensed dealers, who then sell them.

Having the option to destroy the crime guns would "reduce



AP photo

Sales clerk Tom Wallitner holds up a Mossberg 715T .22-caliber semi-automatic rifle during an auction at Johnny's Auction House last fall. The state Legislature failed to pass a bill allowing police to destroy confiscated guns this year.

the risk of these firearms being used for criminal purposes in the future and tied back to the department," the agency said in its request for the bill, which was sponsored by Rep. Tana Senn, D-Bellevue. It's co-sponsored by nine other Democrats and two Republicans.

The bill had moved to the House floor after being moved out of committee last year, but it stalled there and never got a vote, Senn said.

"I'm still in a little bit of shock that we didn't pass the bill," she said. "It certainly wasn't for a lack of trying."

Some lawmakers argued that if the agency destroys the guns, people will just buy them from the gun manufacturer and that will add to their profit, Senn said.

"But we argued that it's more expensive to buy it new," she said, and by destroying the guns "we wouldn't have the liability issues involved." Some fear the State Patrol and the state would be held liable if a gun sold by

the agency were used in a murder or mass shooting.

An AP investigation found more than a dozen of the almost 6,000 firearms sold by Washington state law enforcement agencies since 2010 ended up in new criminal investigations, including three sold by the State Patrol.

The AP compared a list of almost 6,000 firearms that were used in crimes and then sold by Washington law enforcement agencies since 2010 with databases of guns used in crimes. More than a dozen of those sold guns were evidence in new police investigations that ranged from murder investigations to felons in possession of a gun.

The AP probe discovered that happened in at least three cases.

The State Patrol traded a batch of crime guns with a firearms dealer in June 2010, including a Lorcin semi-automatic pistol. In April 2015, a gang member shot at a car carrying a couple and their year-old

daughter. One of the bullets hit the child in the head and killed her. While searching a home frequented by the suspected shooter and other gang members, the Kent Police Department found a Lorcin pistol — the gun sold by the State Patrol.

In June 2010, the agency traded a different Lorcin pistol with a firearms dealer. In May 2015, the Kent Police Department was investigating a 911 call and encountered four people outside the house. One of the men was prohibited from having a gun, but they found he was carrying the pistol sold by the State Patrol. The gun had been reported stolen, and he was arrested.

The Washington State Patrol traded a batch of guns to a firearms vendor in June 2010 that included a Smith and Wesson .9mm handgun. In September 2014, the Yakima Police Department responded to a report of a suicidal man with a gun. They arrived to find 24-year-old Kyle Juhl with a gunshot wound to the head. He used a Smith and Wesson .9mm handgun, the one sold by the State Patrol. Juhl nearly took two lives when he killed himself.

In the bathroom next door, Adriana Dehonor, a mother of two boys, ages 1 and 2, was leaning over when she heard something whiz over her head and felt plaster hit her arm. She looked up and saw one hole in the tile and another on the opposite side of the room. She climbed up on the edge of the bathtub, peeked through the hole and saw Juhl lying in a pool of blood.

Journey turns immigrant into legislator

By Tamara Young
Staff Reporter

State Sen. Manka Dhingra's immigrant journey has led her to become a prosecuting attorney and a state legislator.

"The basis of my immigration story is that my grandparents came to the United States for school and settled here," said Sen. Dhingra, D-Redmond.

"When my father got married he settled in India for awhile before returning to the United States when I was 13 years old," she said. "My father passed away and my mother became a school teacher."

"I attended the University of California at Berkley before finishing school at the University of Washington school of law," said Sen. Dhingra, who spoke at Highline on Tuesday.

"I was a prosecuting attorney for the King County Prosecuting Attorney's office when I ran for office," Dhingra said.

Dhingra became a clerk with a federal judge, which is a difficult position to get into due to the competitive nature of the coveted position.

Dhingra said, "If you want something, do not be afraid to ask for it. This was how I got that position with the federal judge."

She also had an internship for the attorney general dealing with violent sex crimes.

"I ran last year for the first time for the senator position," Sen. Dhingra said. "I am now one of two women of color in the legislature."

Diversity in government is important as more diversity



Washington state Legislature photo

Sen. Manka Dhingra says she wants to continue to work on safety issues in the Legislature.

represents citizens, Dhingra said.

"Democracy represents every citizen in our state. The ethnicity of our government is not truly reflective of our society," she said.

Recently, a bill was passed to help local governments to redraw their districts to help facilitate diversity in those who are elected, Sen. Dhingra said. This will help to elect officials of varying ethnicities.

Since, Sen. Dhingra was elected in a special election this past year, she will have to run again for her position later this year in order to serve in the next term.

One issue she has been working on is to reduce recidivism, or the likelihood that an individual will return to the judicial system due to criminal behavior, she said.

"We can help people to not return to jail by providing resources or alternative support through therapeutic court," Sen. Dhingra said. "This means that instead of going through criminal proceedings, we use the therapeutic court to get help with mental health through a supervised court system."

"The outcome will be to assess the risk of a client, decide what services would be needed, and to create a plan to help that person," Dhingra said.

"The court will evaluate the person's crime, the level of the crime, and the sentence that the person may receive for the crime committed, along with other risk factors," she said.

Washington is a sanctuary state, which means that the state has a do not ask policy for legal status of the citizens.

"If a person is arrested for a

gross misdemeanor the normal sentence would be 365 days in jail with a \$5,000 fine," Sen. Dhingra said.

This means that if a person is arrested and they are an immigrant they may be flagged for deportation if they are sentenced," Sen. Dhingra said.

Former Gov. Christine Gregoire signed into law that a gross misdemeanor will receive a 364 day sentence, which keeps an individual sentenced with this crime under the radar of Immigration and customs enforcement (ICE).

"As a prosecuting attorney this is important to me since it protects the individual from deportation if they commit a crime," Sen. Dhingra said.

For law enforcement officers, they do not have an obligation to report anything to ICE. Their sole purpose is to keep order in society, Sen. Dh-

ingra said.

"Every agency has their own purpose. For a prosecuting attorney, our purpose is justice," she said.

"The sanctuary status of our state helps me to maintain our purpose of justice for everyone," Sen. Dhingra said.

"We must make sure that our citizens feel safe, particularly if they are a victim or a witness," Sen. Dhingra said. "This way a person can come forward to help police when a crime is committed."

"The 'don't ask' policy helps to assure this sentiment of safety and protection among our citizens," she said.

A state legislator is considered a citizen type job. Which means that it is a part time job, and for an individual who has a family to support it may not work for them, Sen. Dhingra said.

Most people who work in our government are business people, retired, or have significant others who support them, she said.

"My husband supports us, and I'm still a prosecuting attorney," Sen. Dhingra said.

"There are not a lot of lawyers who serve in the state Legislature," she said.

"I have worked on 14 bills, in which nine of those bills have become new laws," Sen. Dhingra said.

"Most of the work on the bills starts with committees which are made up of citizens as well," she said.

"This is the point in which a citizen can vocalize their input and help to shape the bills to fit the needs of our communities," Sen. Dhingra said.

S&A budget has enough funding

By Mitchell Roland
Staff Reporter

The Students and Activities Budget Committee already knows it has enough money for next year. The devil is in the details in deciding who gets what.

A portion of each student's tuition goes into the S&A budget and the pot for next year totals about \$3.2 million. The money goes to cover activities ranging from sports to student government to even this newspaper.

The fiscal year runs from July 1 to June 30 every year and each committee and activity submits a request with how much money they want. It is the committees job to determine how much each committee or activity needs.

But the Services and Activ-

ities Budget Committee chair Chloe Zabrek is not concerned with there not being enough money this year.

"It's not too much of a worry that we'll have enough funding," Zabrek said.

Most colleges around the state operate on projected revenue. This means that they do their budgets for the year based on the amount of money that they expect to collect.

But Highline is one of a few colleges that operates on money that it has already collected. This means the committee knows exactly how much money it has to hand out when it makes the budget.

Portions of next year's budget will go to helping fund three new programs for next year. The

three new programs are going to help Veterans, the Transfer Center, and will fund a public speaking tutor. These tutors will work just like those in the math and

writing centers.

These programs can begin to operate on July 1, when the new budget takes effect.

The preliminary budget will

be presented to the Student Government on April 24, and to the Board of Trustees at a meeting in May. After that the budget will go to final approval in June.

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Center for Leadership & Service has job openings

By Byron Patten
Staff Reporter

The Center for Leadership and Services has job openings for student leaders.

The center, located in the Student Union on the 3rd floor, encompasses Student Government, clubs, graphic design and the Inter-Cultural Center.

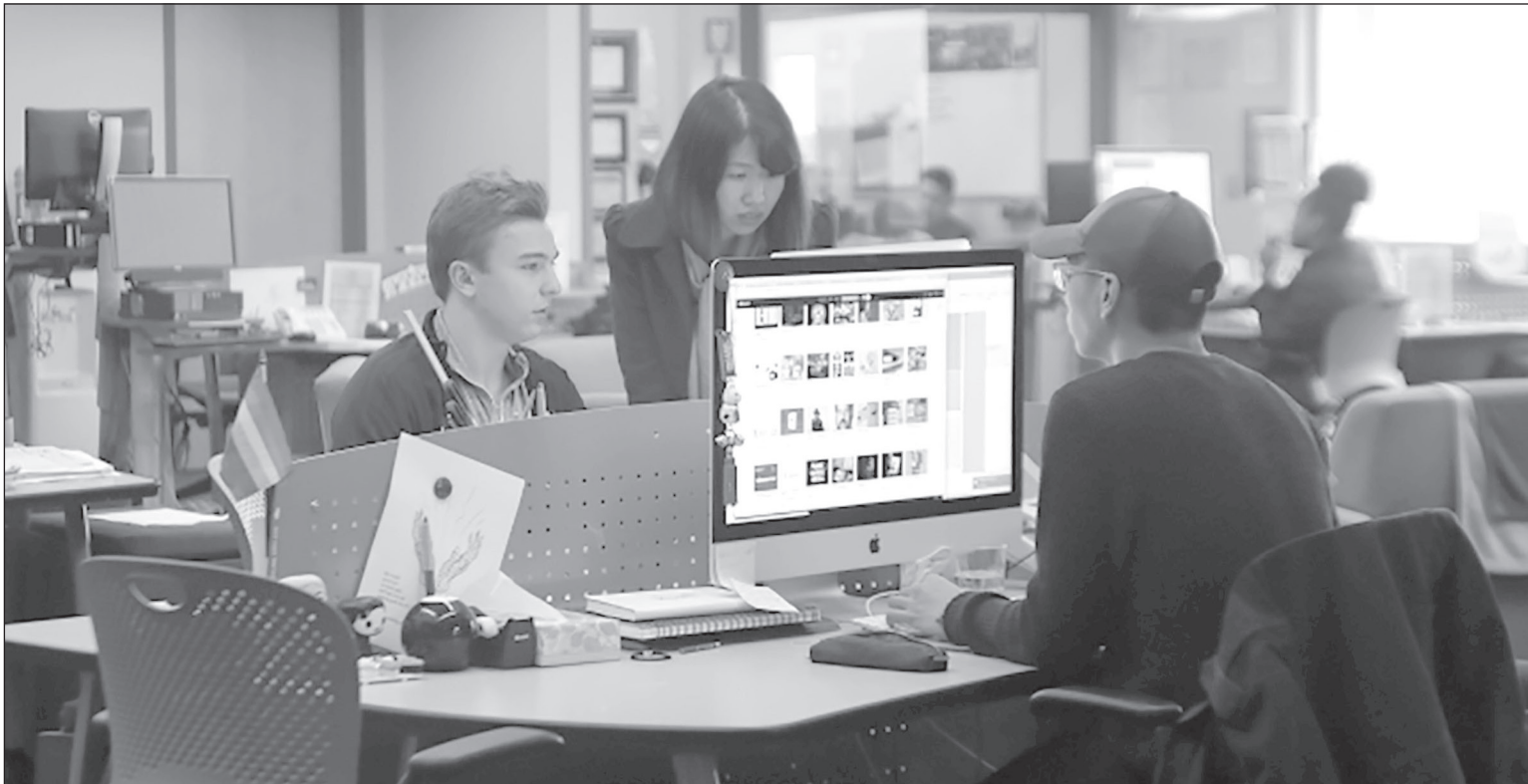
The center funds and organizes all student activities and provides several leadership seminars and opportunities for students to get involved.

Every year the office offers 30 staff positions, considering new students for the roles. “Students with a passion for leadership, growth and community are common participants within the staff,” said Inter-Cultural Center Leadership Adviser Dominique Austin. “We are looking for competitive applicants, people with passion and background.”

All students are invited to apply, no matter their experience. After a review of applications and several interview processes, including a group interview, employees will be selected.

During the course of the academic year, staff will be challenged to serve as leaders on campus and represent their campus within their job titles, Austin said.

“A job through the center, or Highline in general, can be an incredibly beneficial and



Hailey Small/THUNDERWORD

Students work at the Center for Leadership and Service, where they are currently looking for students to work next year.

rewarding experience,” Austin said. “The students come first, always. We work with your schedule to make sure nothing interferes with classes or home life.”

Besides flexible schedules and steady work hours, a job on campus offers major room for growth and learning, Austin said.

“Our staff receive prime leadership training and get to attend loads of events,” Austin said. “Throughout the academic year, we have retreats and bring in amazing speakers from around the country.”

The positions are divided into five categories: Graphic Design team, Student Government, Multicultural Affairs, Community Leadership Consultants, and Community Resource Consultants

Hired graphic designers will work in advertising and art design, helping to promote events, clubs and information through social media, posters and flyers.

Student Government, with a mix of elected and hired staff, will attend to legislative matters, clubs, budgets and Board of Trustees. They will also par-

take in the Commencement Committee.

Community Resource Consultants operate the front desk at the center, organize office forms, provide tours and keep record of meetings/attendance.

Community Leadership Consultants are club advisers, aiding students in leadership training and beginning their own clubs.

Multicultural Affairs staff will operate in the Inter-Cultural center, running the office and hosting numerous diversity related events throughout the

year.

These positions are further described on the application, which can be picked up at the center.

All applications are due May 2, and can be turned in at the center.

Also, interested students can learn more about the listed positions and others around campus at a Highline job fair next quarter where faculty and staff can answer any inquiries.

The event, still in the planning, will be held on April 24.

Employers seeks students

By Perris Njenga
Staff Reporter

Plenty of full-time jobs were being offered by employers at yesterday’s Spring Job Fair, but many students were instead looking for temporary jobs.

Highline student Eric Mendoza said that although he would like to work full-time, he has to split his time between work and school.

“I do want to work full-time, but juggling college classes and a full-time job is almost impossible for me right now. But then again, I still need to make enough money for when I transfer to a university,” Mendoza said.

Mendoza’s situation seemed to reflect reality for many students, but many of the employers are looking for students to fill permanent positions.

Companies such as Uwajimaya, Full Life, Valley Medical Center, Washington State Convention Center, and ResCare Residential Services all said that they are looking for people needing permanent positions.

Despite the divergence of goals between students and the employers, some companies

had already hired students.

Gigi St. John of the Washington State Convention Center said that about 250 students from Highline have been employed by the center.

Students here under the Deferred Action for Childhood Arrival program face job uncertainty, since the deadline for dealing with their immigration status was March 5.

Although these students could face deportation, such action has been delayed by a stay of the course.

That does not appear to be fazing employers. Les Park from the ResCare Residential Services said they are not at all reluctant to hire DACA students.

“We are open to hire anyone who is legally authorized to work in the United States,” Park said.

This was not the first job fair for many of the 60-plus employers who attended and many of them keep coming back because of what Highline has to offer.

Mary Johnson of Valley Medical Center said they have hired quite a few nurses.

The Summer Job Fair will be Wednesday, May 16, from 10 a.m. to 2 p.m. in Building 8.



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Students join gun violence protest



Photos by Vicky Montgomery
Highline students protested gun violence on Wednesday, March 14, with a walkout. Many brought signs to further express their stance and concerns on the topic. This was part of a national walkout, which schools from all over the country participated in.

Highline hosts events over spring break

By Ryan Junt
Staff Reporter

Students will be off campus over the spring break, but Highline will still be as busy as ever.

Multiple events will take place on campus over the break.

Expanding Your Horizons will happen on Friday, March 23. This will go from 9 a.m. to 3 p.m.

Expanding Your Horizons is being hosted by the Highline College Women's Programs, as well as the Association of University Women.

This event focuses in on Science, Technology, Engineering and Math opportunities for seventh and eighth grade girls.

This year's program will host approximately 40 workshops.

These workshops will host 300 to 400 middle school girls in classrooms all over campus.

Also taking place over the Spring Break is the Pacific Rim Collegiate Cyber-Defense Competition.

Highline will host this year's competition, beginning Friday, March 23 and into the weekend.

Various teams will compete, including Highline's very own cyber-defense team.

From March 26 to 30, it will be International Student Orientation Week.

The event will focus on introducing international students to the Highline College community.

Another event is Senior Signing Day. The event will take place on Thursday, March 29 and is being hosted by Highline's Outreach Department.

Senior Signing Day will focus on high school seniors trying to decide on their educational futures.

"All undecided seniors and seniors who have no educational plans beyond high school are invited to attend," said Highline Outreach officials.

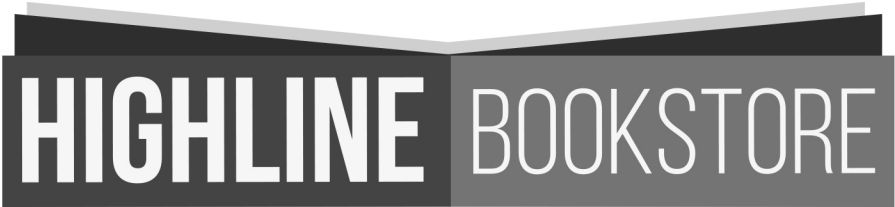
On Saturday, March 31, the National Women's Caucus of Washington will host elected women and political figures from around the state in a private event.

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Need Grant

continued from page 1

The budget will provide \$18.5 million this year, with the remaining \$97.5 million to be provided during the next three years.

Throughout the next year, an additional 4,600 eligible students will have access to the State Need Grant, with more being phased in during the next three years.

The goal is to cover all students who are eligible by 2022.

Vanessa Primer, Student Government president at Highline, said that the increase in funding is a step in the right direction.

“The State Need Grant gives students who would have otherwise struggled the opportunity to pursue their dreams of higher education,” said Primer, who is among a group of students who has advocated to fully fund the State Need Grant.

Primer explained that while the increase in funding will help more students receive the State Need Grant, the program is still not fully funded.

She encouraged students to get involved to support the issue.

“Our voices are vital, and the more of us who lift our voices together, the stronger we will be,” Primer said.

The budget will also provide \$4.3 million for the Washington State Opportunity Scholarship, which gives assistance to low- and middle-income Washington state residents who are earning bachelor’s degrees in the fields of science, technology, engineering, math and health care.

The supplemental budget also provides \$776 million in funding for public schools, including raises for teachers and other school employees.

Another \$27 million will be provided for special education students.

The budget also contains \$3 million in funding for an expansion of the computer science program at the University of Washington, which will increase the school’s capacity to more than 600 degrees per year.

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Religion

continued from page 1

Ali said.

“Islam determines the way I act and live my life,” Faduma Omar said. “My religion as a Muslim affects everything I do, even the food that I eat.”

Some students have founded their morals in their religion as well.

“My faith does influence how I live. There are morals that I live by that are written in the Bible to follow and what our church believes for all their members,” Filimonov said.

Highline student Allison Phan said she thinks her beliefs have pushed her to be more of a balanced person.

“I have my own spiritual beliefs that are special to me and that have made me a balanced person. I don’t believe in organized religion but at the same time I do believe that there is something for everyone and if your beliefs help you be a better version of yourself, then that’s great,” Phan said.

Staff reporters Perris Njenga, Sam King, Donnie Williams, and Izzy Anderson contributed to this story.

Weekly SUDOKU

Answer

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

Answers

Solution time: 25 mins.

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Go Figure!

answers

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UW

continued from page 1

engineering and math (STEM).

“I cannot at present say whether or how the project will go forward (given that according to officials from both University of Washington-Tacoma and Highline College the project is not feasible below \$600,000), where additional funds might come from, etc.,” Weidenfeld said.

State Rep. Mike Pellicciotti, D-Federal Way, pushed for the money for the project.

“I am happy we were able to

successfully include \$500,000 in funding for Highline College to implement the Federal Way Higher Education Initiative,” he said this week.

The partners “will receive \$500,000 in funding this summer and will partner with the City of Federal Way and UW Tacoma to start the process of bringing higher educational opportunities for students in Federal Way,” Rep Pellicciotti said.


“This funding is designed to create more educational opportunities for students to study in Federal Way,” Rep. Pellicciotti said. “I anticipate that this initiative will provide a range of technological

education to equip South King County residents with the skills necessary to compete for employment opportunities in our region.

“I am committed to seeing this UW-Tacoma/Highline collaboration continuing in Federal Way,” he said.

The nature of the budget bill puts some pressure on the partners to find a way to use the funds, or risk losing them.


“The money will only be allocated by the State if the City of Federal Way and educational partners agree that funding meets their needs for the Federal Way initiative,” Rep. Pellicciotti said.




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