

Highline food pantry dishes out good eats

By Mitchell Roland
Staff Reporter

The Highline food pantry had a soft opening last week, but it has big aspirations for the future.

Mariela Barriga, who is the Student Success Coordinator, is one of the people who helped the pantry get off of the ground. Over the two days the pantry was open last week, around 130 people came.

The aim for this project is to help a problem that is all too prevalent on campuses.

“Food insecurity is common for college students across our nation,” Barriga said.

This is a problem because it then affects students abilities to accomplish their school work.

“Food and diet impact your ability to learn,” she said.

Highline spent a long time studying how to make the pantry a success.

There was a lot of background that went into this project. Highline conducted a survey to see what students wanted and how they could provide it.

“We really started a lot of the hard work a year ago,” Barriga said.

One of the things that they found was that students wanted healthy options that were easy.

“People wanted grab-and-go, fresh, healthy meals,” Barriga



Mariela Barriga (left) and RISE intern Terri Ramsay attended and participated in the opening of Highline's food pantry.

said.

Another thing that they found is that students and staff live close to campus. According to a study that Highline conducted, 89 percent of students commute less than one hour

each day to campus.

This means that pantry is able to offer perishable items such as milk without them

See Pantry, page 19

Federal Way campus aims to open this fall

A Federal Way campus that would bring together classes from Highline and UW-Tacoma could open as soon as this Fall.

Plans for this campus had been uncertain due to a lack of adequate funding for the complete start-up costs.

Highline interim President Dr. Jeff Wagnitz is expected to tell the Board of Trustees on Monday that money has been found to make the project possible.

“We believe we have found a pathway to offset some of these expenses, reconfirming our commitment to begin offerings onsite this fall,” Dr. Wagnitz said in his letter to the trustees.

The City of Federal Way, along with the University of Washington-Tacoma and Highline, have been working together to create this campus for students to attend classes in

See Fed Way, page 19

Student Government candidates face no rivals

By Peter Brooks
Staff Reporter

Student Government candidates Max Brown and Chalisa Thompson are running unopposed for the upcoming elections.

The deadline to file for office was last Friday.

Originally, two people — Brown and Doniko Stewart — had filed for president, but Stewart then dropped out.

Thompson was the only person to file for vice president.

The two candidates were

introduced at a forum on Wednesday, and answered questions about their goals for the coming year.

Brown will be entering his second year at Highline in the fall. He said that he wanted to be more active on campus, and as a student employee at the Center for Leadership and Service, others there inspired him to run for president.

Thompson said this is her second year at Highline.

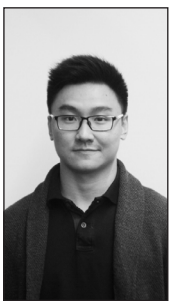
She said that she wanted

See Candidates, page 20

Highline students receive scholarships for academic feats



Valerie Saylor



Phong Ly

By Milo Kabigting
Staff Reporter

Two Highline students were recently cited for outstanding academic achievements.

Phong Ly and Valerie Saylor were both recognized as participating members of the 2018 All-Washington Academic

Team.

The March 22 award ceremony was at South Puget Sound Community College in Lacey.

Both these recipients are also a part of Phi Theta Kappa, the honor society at Highline.

The pair were recognized

not just because of academics, but their involvement within the community and Highline campus, as well.

Ly and Saylor both helped prepare and decorate food bins for the Thanksgiving food drive last fall.

Then they gathered the donations and brought them to

the Women's Programs to help people in need.

Ly and Saylor each said they were surprised when they learned of the award.

“I was actually at the airport,

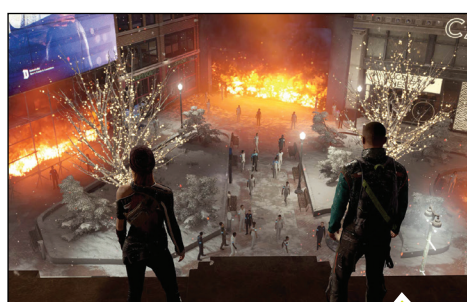
See Academics, page 20

IN THIS ISSUE

Campus life	2-3
Opinion	4
News	5-6
Puzzles	7
Food	8
Arts	9-10
Sports	11-12
News	13-20



Page 6
Speakers discuss *Black Panther* for Unity Week



Page 10
Escape your overlords with Sony's new sci-fi thriller



Page 12
Lady T-Birds sweep Skagit Valley before championship



Job open at Public Safety

By Krista Gaines
Staff Reporter

Highline Public Safety is hiring an office assistant through Highline's Work Study program.

This student must have "excellent customer service and communication skills," according to the job description.

This job will lead into the summer with 19 hours of work a week paying \$11-\$11.54 an hour.

The person "must be able to work with diverse populations and capable to handle stressful situations," the job description reads.

"This position will perform basic clerical tasks as needed such as: issue permits, data entry, filling, answer[ing] phones, and customer service," it said.

According to the application procedure, applicants must "submit [a] resume or letter of interest and resume describing qualifications. Return to Public Safety Office in Building 6, room 104."

This job is only available for Work Study students. Check Financial Aid for Work Study eligibility.

Highline's Public Safety Department also offers job shadows with Public Safety officers.

Contact Hannibal Vaivao at hvaivao@highline.edu or Highline College Public Safety Director David Menke at dmenke@highline.edu with any additional questions.

Explore college opportunities

Explore college opportunities and learn about the campus community by attending Highline's Wayfinders Workshop on May 8.

The event will help new and incoming students by providing information on choosing a major, applying for financial aid, and understanding degree options.

The workshop will be in Building 2, from 6:30 to 7:30 p.m. A question and answer session will be from 7:30 to 8:30 p.m.

Light refreshments and door prizes will be provided.

To sign up for the event, visit www.advising.highline.edu/wayfinders.

Become a student employee

Job applications are now open for students who are interested in working at Highline's Center for Leadership and Service.

Open positions are within the Core Services Leadership Team, which works with other student teams to support and promote programs and activities at Highline.

For more information, visit cls.highline.edu/leadershipjobs.

Award important alumnus

Nominations are due tomorrow for the 2018 Distinguished Alumnus Award, which is given annually by Highline. The award honors former Highline students who have made notable achievements in their career or community.

For nominees to be eligible, they must have attended Highline five or more years ago. Highline is looking for alumni who have made significant contributions through community service, leadership, and/or professional achievement.

Nominations may be submitted by faculty and staff, students, alumni, and friends of Highline.

To nominate an alumnus, visit <https://alumni.highline.edu/recognition/nominate.php> and send the nomination form by email to abhaga@highline.edu by tomorrow, May 4.

Learn about civil engagement

Dana Ralph, mayor of Kent, will be visiting campus on May 8 to discuss the importance of voting in the upcoming elections.

The event is part of Highline's Civic Tuesdays, which will host local leaders to talk about the importance of civil engagement.

The event will be held in Building 7 from 10 to 11 a.m. It is free and open to the campus community.

Learn about UW medical school

Learn how to apply to medical school by attending the University of Washington Medical School Admissions Information Center on May 8.

The event, which will be in Building 8 from 1 to 2 p.m., will host a member of the University of Washington's School of Medicine admissions team.

Attendees will be able to receive information about prerequisites and admissions requirements for the university's medical school.

The event is free and open to the public. Preregistration is not needed to attend.



Attend Building 26 demolition day

The renovation of Building 26 will begin with a demolition day on May 7.

With the renovation, the 42-year-old building will become Highline's Health Sciences building.

The demolition of Building 26 will start at noon. It is free and open to the public, and will be directly outside the building.

Get volunteer experience

Volunteers are needed for the City of Des Moines' Waterland Parade on July 21-22.

The annual parade will be located in Highline's South parking lot. Destination Des Moines, which will present the parade, are looking for volunteers to help assemble the event.

Experience is helpful, but not required.

For more information, visit www.destinationdesmoines.org/waterland-festival.

Raffle tickets on sale for gifts

Raffle tickets are now on sale for Highline's 36th Annual Women's Celebration, which will present the Women in Action Awards.

Tickets can be bought for \$1 for a chance to win a free gift basket. All proceeds will go to Highline's emergency fund for students, which provides assistance to stay in college, such as rent, utilities, and fees.

To purchase raffle tickets, visit Women's Programs in Building 6.

Apply for Highline scholarships

Applications for Highline scholarships ranging from \$500 to \$2,000 are now open for the 2018-2019 academic year.

The scholarships, which will be provided by the Highline Foundation, are available to full-time Highline students, including incoming, transfer, international, and undocumented students.

Running Start students can apply only for scholarships for credits taken during the summer, or for quarters where there is an excess of 15 credits.

Students who wish to apply should have access to unofficial transcripts, financial aid information, and their student identification number. Students should also be prepared to write an essay, which may vary depending on the scholarship.

To apply, visit <http://www.funds4highline.org/scholarships.php>. The deadline is May 20 at 11:59 p.m.

Celebrate heritage

Celebrate Asian American and Pacific Islander Heritage Month by participating in Highline's Big Read event.

The Highline library and Asian American Native American Pacific Islander Serving Institutions are co-sponsoring the event.

Participants will read "The Refugees" by Viet Thanh Nguyen, and have a group discussion of the book on May 30.

The author will also be coming to Seattle for a speaking event at Seattle Arts and Lectures on May 7.

For more information about the event, visit www.aanapisi.highline.edu.

5

NEW BACHELOR DEGREES AT HIGHLINE COLLEGE

Designed to get you
into high demand jobs.

YOUR SUCCESS STARTS HERE

Cybersecurity and Forensics
Global Trade and Logistics
Respiratory Care
Teaching and Early Learning
Youth Development

Are you finding it tough getting a
job or advancing in your current
one without a bachelor's degree?

If you have a two year degree, build on it with education to make you more competitive and valuable in your career. Our degree programs include a combination of evening, online and/or hybrid courses to work around your busy schedule.

Learn more today at highline.edu/bas
or call (206) 592-3662.

Climbing the MESA

Osurè Brown wants to help students reach new heights in STEM

By Andrew Jokela
Staff Reporter

By his own words, Osurè Brown is an accidental role model.

Brown was recently promoted to interim director of MESA at Highline College.

MESA, which stands for Math Engineering Science Achievement, is a program designed to promote academic success in minority and underrepresented populations in STEM (Science, Technology, Engineering and Mathematics) fields.

The previous director, Dr. Sharon Rivera, transferred to Tacoma Community College to head their MESA program in March.

A graduate of Renton High School, Brown is, by-and-large, a product of Washington's education system.

"You can always tell the people who went to Renton High School because they don't pronounce it with the 't,'" he joked.

Brown was born in Tacoma, and raised in Skyway, near Renton.

After high school, he decided to pursue a degree in sports medicine from Washington State University.

Unfortunately, the program was cut as soon as he arrived at WSU. So, he set his sights on a biology degree.

"With biology, you have so many options," said Brown, "I could be a physical therapist, or a do a bunch of other things, but I didn't know what I wanted to do with it."

One option he didn't have,

however, was strong academic advising.

"My dad was in the military when he went to school—they told him what to do, what to learn, where to be, and when to be there. When I went to school that wasn't the case," Brown said. When he asked questions of his advisers, they asked him more back.

"I didn't have the answers," said Brown.

So, he took gross anatomy. Part of the course involves stints at WSU's cadaver lab.

"I threw up on the first day of lab," Brown said, chuckling. "It was bad."

Midway through his junior year at WSU, things got so bad that he considered dropping the program altogether. Then, Brown was called to a meeting where a handful of school administrators were present.

"I had a couple administrators tell me to just finish the biology program," he said. WSU hadn't had a black male graduate with a biology degree in more than ten years. At the time, there were several other students who were also considering dropping the program.

"It wasn't until a couple years later that I realized what it meant for me to finish it, and what it meant for the other black students," Brown explained. "Oh, I'm actually a role model – I didn't really realize it at the time."

One of the most frustrating moments of his education, he said happened during graduation. As students were walking on stage to accept their diplomas, the announcer notified



"The reason I wanted to be in MESA was because I knew all the pitfalls from when I was going for my biology major."

– Osurè Brown,
MESA
interim director

the audience that a student was receiving a degree in microbiology. Brown was astounded.

"We had a microbiology degree? I didn't even know that," he said. "Why didn't my adviser tell me about all of these options?"

It was then that Osurè Brown vowed to use his experience for good, and to never let another student relive his experiences.

Before he was finished at WSU, Brown also completed a few more degrees.

"I wanted to go into education, so I went and got Women's Studies and Ethnic Studies degrees, and I got a minor in psychology because I really want to know more about the student population which I was going to go serve," said Brown.

Then, Brown was accepted into the University of Washington, where he earned a master's degree in education with an emphasis in higher learning.

Afterwards, he set his sights on MESA at Highline.

"The reason I wanted to be in MESA was because I knew all the pitfalls from when I was going for my biology major," Brown explained.

He was hired to be the new advising and retention specialist for Highline's MESA program in 2014.

Since being hired, Brown has worked tirelessly to ensure that every student who approaches him gets the help they need. Right now, he is performing his duties as MESA's advising and retention specialist while work-

ing as the interim director. These efforts have not gone unnoticed by the student population.

"Osurè has a very welcoming aura about him, and he is always willing to help in any way he can. What makes him a better adviser is that he's gone through the experiences, and he really understands what we are all going through in the STEM field," said Nawal Hersi, a Highline student.

"Osurè is literally the greatest thing since sliced bread," said fellow Highline student Jimmy Padua.

"Osurè has the experience, knows his way around, and really likes the students he works with. He's a really down-to-earth guy, very relatable, and very easy to talk to," said Liban Hussein, another Highline student.

Most students taking classes at Highline may qualify for the MESA program. The program serves more than 150 students, but Brown projects that they will reach 200 students by the end of this school year.

All of these students are currently managed by one person: Osurè Brown.

"It's a lot of work," Brown said, motioning toward a column of folders stacked neatly against the wall. "But, we try to make it as easy as possible for each student."

Included in this work are plans to revamp MESA's presence at Highline for the next school year. One of the bigger changes is reshaping how

MESA will reach students.

MESA will be embarking on a revamped social media campaign, where they hope to notify students about upcoming scholarships, internship opportunities, and other important deadlines.

Additionally, Brown hopes to increase attendance to MESA's Academic Excellence Workshops. The workshops allow students from a specific class, such as Math 141 or Chemistry 161, to meet outside of class and work on course material, under the guidance of a MESA facilitator.

In these workshops, students are able to ask questions and work on whatever material they feel needs to be reinforced.

"The research has consistently shown that those students who attend AEW's [Academic Excellence Workshops] do better," Brown said.

Some of the upcoming changes impact the MESA Dinner, an annual networking event.

"We want students to be able to come in and get internships," said Brown. "My goal is to have 50 percent of students get an internship before leaving Highline."

"Eventually, I want students to come to Highline because of the MESA program," Brown said. "College should be challenging – it's supposed to challenge the way you think. But, it's not supposed to be difficult, because when it's difficult, nobody wants to do it."

Week of Wellness will cure whatever ails you

By Matthew Thomson
Staff Reporter

The five pillars of psychological, physical and economic health will be showcased during Highline's Week of Wellness, May 7-10.

The Week of Wellness is a four-day series of events running the gamut from yoga to low-cost stress relief and how to stick to an exercise routine. The week will end with the Artsy ParTea!

The goal of the Week of Wellness is to decrease stress levels, improve health and decrease student debt, said coordinator Vince Sanchez.

On May 7 at 12:30 p.m. the Week of Wellness kick offs in Building 2 with speaker Darin Smith discussing psychological strategies to boost motivation by focusing on exercise routines.

Smith will talk about ways to integrate exercise into your daily life, according to the event

webpage.

A beginners' yoga seminar will be led by professor Amy Rider, on May 8 at 1 p.m. in Building 2. With the principles of mindfulness at hand, Rider will take attendees on a journey of relaxation by teaching the core principles of yoga in everyday usage.

Participants will enjoy a light workout.

Tom Humphreys and Nicole Hoyes Wilson will present easy

low-cost ways to reduce stress, on May 9 at noon in the Student Union, Mt. Skokomish meeting room. This will be a tips and tricks session with two experts from the Counseling Center.

An Artsy ParTea! hosted by Gloria Koepping and Thressa Alston, takes place on May 10 at 11 a.m. in the Student Union in Mt. Constance. This event is a "tea party with adult coloring books," Sanchez said.

The intent of the Artsy Par-

Tea! is as a to be introspective and creative, according to the Week of Wellness webpage.

Some of the difficulties of coordinating this event was figuring out the optimum time to offer particular sessions.

Emphasis was placed on balancing when the most students will be on campus and when the students are going to be able to attend while also considering students' work lives, Sanchez said.

Our polarized society must come together

America seems divided, and it does not seem like anyone is willing to compromise. Whether you are scrolling through social media or talking to someone on the street, it seems like everyone has their point of view and they are not willing to look at a different point of view.

Politicians even argue who is causing all of this. Republicans say that Democrats are obstructing work, while Democrats say that President Trump is inept.

Highline professor Dr. Ben Gonzalez thinks that the blame cannot be placed all on Trump. Gonzalez said that America was “divided before him and it’ll be divided after him.”

The political science professor thinks that this problem really began during President Obama’s time in office when Republicans wanted to obstruct him “as much as possible” and cast him as more extreme than



Dr. Ben Gonzalez

Roland Along



Mitchell Roland

he was. While Gonzalez thinks that Obama’s skin played a role, there is a simpler reason for it.

“This was also a product of party politics,” Gonzalez said.

But Gonzalez said there’s a debate over who is polarized, whether it is the voters or simply the parties.

“It isn’t terribly clear if it’s the public or the parties that are polarizing,” he said.

But one benefit of politics during these days are that people are paying closer attention to the news.

Gonzalez also said that he thinks that his classes overall are more knowledgeable on current events, and that his classes are not as polarized as they were at other schools he has taught at. While there were some heated exchanges after Trump was elected, he said that that seems to “have settled down.”

One of the causes of this has been social media. Gonzalez said that there are simply “too many unsubstantiated claims that people take at face value.”



“People are increasingly limiting their social media circles to those with like views, which increases polarization,” Gonzalez said.

Another problem with social media is that it is a lot easier to argue over the internet with people that you don’t know in real life.

“There is a tendency to be more extreme versions of ourselves when we’re not sitting across from someone,” he said.

But one thing that doesn’t seem to influence political views is celebrity endorsements. Kanye West caused an uproar last week when he tweeted a picture of himself wearing a “Make America Great Again” hat, and later released a song talking about why he supports Trump.

Gonzalez said that “I doubt many Trump supporters care about Kanye’s tweets or the fact that an old T.V. show [Rose-

anne] is back on the air.”

People have heard the solutions to these issues a million times: listen to what people have to say and go to more than one news source.

But here’s the thing: Rather than just saying we should do it, people need to actually start doing it. When you have a conversation with someone with an opposing point of view, actually listen. Even if you do not agree with what they are saying, you will have a better understanding of why they think what they think.

“Most people simply don’t have enough information to really understand the issues because we don’t teach them that having this information is important,” Gonzalez said.

When you read something that doesn’t seem to be accurate, do some more research and see if it accurate. If something

seems too good to be true, it usually is.

But Gonzalez said the simplest thing people can do is get educated on American politics.

Do not argue about topics that you do not know that much about. It’s OK to say that you do know enough to have an opinion on something.

“More education will let people navigate the media and political environments with greater ease,” Gonzalez said.

One thing that is for sure is that we need to get to a point in society where everyone feels that they can participate.

Mitchell Roland is the opinion editor of the Thunderword.

Send submissions to the opinions page to thunderword@highline.edu. Letters and guest commentary pieces are welcome. Deadline is Monday of each week.

Let the power flow to help others

Dear editor:

As a disabled citizen, and student, I feel that the added inconvenience of not being able to use my cell phone, or computer is disappointing when power supplies are blocked and or covered. We all know that cell phones need to be charged, and computer use is on the rise, so why can’t we use the outlets?

We spend money several times a week dinning, drinking coffee, or what ever our



cravings might be. They make enough money so what’s the problem? Is it the increase of homeless peoples or just plain discrimination towards the less than well off, you know, the poor people who must use these outlets to survive because they have no home?

Many of which would benefit from the use instead of establishments telling people “I am sorry the owner doesn’t al-

low anyone to charge their cell phones.”

By benefit I mean people would be able to connect with services, and track down job opportunities, etc.

Maybe even be able to call a cop if a victim of domestic violence, or any other crime, needed a safe place. You still get your pensions so why not extend that helping hand. Aren’t their enough people pulling them back in the world?

I travel in an electric wheel chair and believe me, I don’t expect to get stranded after din-

ning in any establishment, after paying for quality customer service.

If one looks around, outlet boxes are locked at Transit stations such as Tukwila, Federal Way and even Kent, this includes Seattle stations as well. Why? Loitering, vagrancy, or just plain old-fashioned discrimination? I am a paying customer what if my chair broke down and I needed to charge my cell phone?

Do you know how it feels to be in that situation? I do, my wheel chair died in Tacoma, I

don’t mean the battery died. I mean the power supply died on one of the many hills in Tacoma near the library I love to study at when I am out.

Do you understand what I am saying here? The use of your outlets could mean the life or death of someone in need, or just getting aid in unfamiliar territory? Instead of looking down lend a hand and try not to be so cheap. It’s called humanity.

— **Belinda Springer,**
Highline student

the Staff

“ It smells like ketchup and hand sanitizer in here. ”

” E-Mail: tword@highline.edu

Editor-in-Chief Izzy Anderson
Assistant Editor Colin Phan
Managing Editor Jo Robinson
News Editors Chloe Wilhelm
Bryon Patten
Arts Editor Winter Dorval
Sports Editor Donnie Moore
Opinion Editor Mitchell Roland

Reporters Joni Aten, Kabrina Edwards, Krista Gaines, Milo Kabigting, Jeff Leung, Mayia Matlashuk, Peter Brooks, Tymofiy Mochylo, Jen Ngoc Nguyen, Nayyab Rai, Andrew Jokela, Lukas Bachmann, Faith Elder, Matthew Thomson, Reuben Gonzalez

Advertising Web editor Matt Brooks
Graphics editors Jonas Martin
Alyson Freeman, Francis Sum, Henry Nguyen

Photo Editor Photographers Hailey Small
Lezlie Wolff,
Stefanie Gomez
Business Manager Jay Bongato
Librarian Advisers Ceciliah Wanjiru
Dr. T.M. Sell
Gene Achziger

Advocate argues for disability rights

By Faith Elder
Staff Reporter

While much has improved for the developmentally delayed, there is still work to be done, an activist said on Wednesday.

Disability rights activist Ivanovna Smith presented The History of True Inclusion and Battles We Still Need to Fight as part of Unity Week.

Smith is a former faculty member and is a member of the developmentally disabled community. Smith now works with the Washington Self Advocacy Movement.

The presentation was focused on the history of the developmentally disabled community from the mid-19th century to the present.

"It's been a long journey but there is still a lot to work on," said Smith.

One ongoing issue is continued support for mental institu-



tions, which have a history of patient neglect and abuse.

"The state said, 'We're going to train these people,' but that never happened," She said. "The institutions became warehouses for people."

Smith also spoke about her time being institutionalized in Latvia, after being abandoned by her mother.

"I spent five years in an institution for orphans with disabilities and it was miserable," she said.

Washington still has four mental institutions, built during the height of Darwinism and eugenics.

"Eugenics is the idea of humans being superior beings and that only the fit should live," said Smith. "Eugenics is also a racist ideology, saying that Caucasians were naturally smarter."

Eugenic ideologies also led to forced sterilizations.

"The idea was that if we don't let these people breed, then disabilities will die out," she said.

"Clearly, it did not work."

Forced sterilization remains an issue in Washington, with parents having the ability to sterilize developmentally disabled minors without the patient's consent. Parents can also petition the courts to order sterilization of non-consenting adults with developmental disabilities.

"There was a case at Seattle Children's where a girl was sterilized without her consent," said Smith. "She will never reach puberty and the chemical used to sterilize her will stunt her growth to the size of a 7-year-old."

The disabled community has been fighting for their rights since the 1960s. Legislative victories include the Americans with Disabilities Act and the Olmstead Act.

More recently, Washington has been taking steps toward equality.

"Last week, Seattle's mayor signed a law against subminimum wage pay for people with disabili-

ties," said Smith. "No one should be paid less because of their disability."

She also hopes to see changes in education and academia, with more inclusive classes and universal design.

"Universal design is accessible for everyone," she said. "It means rethinking how we express knowledge."

Universal design also includes utilizing technology to help students express themselves, incorporating multiple teaching styles into lessons, and accepting different demonstrations of knowledge.

Smith said this strategy would let developmentally disabled students be part of other classes rather than a contained classroom, giving more opportunities to learn.

"People with disabilities have intelligence," she said. "We just need to find the right way to measure it."

Activist explains challenges of being Asian-American

By Byron Patten
Staff Reporter

You need to know your history to be able to take action, an activist said here last week.

"Activism starts with knowledge and a passion," Vanessa Na said as part of Unity Week on Thursday.

Unity Week is an annual celebration and exploration of diversity and contemporary social justice issues. This year's events delve into the diversity of the South King County area.

In the event "#NotYourWedge: Asian American Student Activism and Transformational Resistance," Na, who is director of the Institute of Transformation and Society, discussed the history of Asian-Americans and the unique challenges they face.

"Vincent Jen Chin, an Asian-American, was bludgeoned to death a week before his wedding by two white men," said Na. "The men were given three years probation and a \$3,000 fine. One still lives on free and happy today."

Na paused for a moment to self reflect.

"Apparently Asian-American lives are only worth \$3,000," Na said.

Chin's death served as the basis for Na's activism.

"It is events like this that make our history; we only ever know of one story of our history," said Na. "Stories redefine what we learn in history books and give life to resistance."

Na told the story of her family and the resistance that it sparked in herself.

"My family had no choice but to abandon their lives in Cambodia. In many ways, America was treated as a safe haven, I

don't deny that either," Na said. "But it was trading genocide for cultural genocide."

During the Cambodian civil war from 1967-1975, thousands of civilians were displaced across the world, including Na's family.

"After arriving, my mother, only a child, was discriminated for her culture and race," Na said. "Because of this, I never got to be Cambodian."

Na focused on her first name, Vanessa, given to her by her mother.

"She chose the whitest name she could think of because she was ashamed," Na said. "I don't blame her for this, she was scared into thinking this way."

Besides her name, Na said she didn't connect with any aspects of her Cambodian culture as a child and felt insecure.

"It has only been the past few years that I have begun to respect my history and past," Na said. "I went to Cambodia to learn the language and culture. I think there is a lot of intimacy in knowing your native language."

The session paused as Na asked the audience to stand up and read the walls. On each side, there was a timeline detailing some of the important events in Asian-American history.

"I would like you all to connect with your history and see some of the stories out there," Na said.

Events ranged from as early as 1956 to the present. According to one card from February 2018, "16 Asian-Americans competed in the 2018 Winter Olympics in Pyeongchang, South Korea."

When Na invited the audience back, she was focused on activism.

"Justice can't depend on corporate America to help us, but their social media platforms, like Twitter, provide us a way to connect," Na said. "With

hashtags, we can help folks see the discourse and start a conversation."

Na concluded by discussing the different forms of activ-

ism.

"Activism isn't just being loud. It is passion, thinking critically, building communities and raising awareness," Na said.

Calling all Highline students interested in **MEDICINE**

Come hear from a member of the UW School of Medicine Admissions Team!

Learn about the pre-requisite courses and other requirements you will need for applying to UW Med School. **START PREPARING FOR MED SCHOOL TODAY!**

Tuesday, May 8, 2018 at 1:00 PM (one hour session)

Highline College Student Union, Building 8, 1st floor (Mt. Constance Room)

No need to pre-register to attend.
Questions? Contact Siew at transfer@highline.edu

Speakers explore 'Black Panther's' hidden meaning

By Byron Patten
Staff Reporter

Despite featuring black superheroes, Marvel's *Black Panther* contains hidden agendas to diminish black movements, warned a Highline Unity Week panel on Monday.

Unity Week is an annual series of events designed to bring people together to learn and understand each other. This year's theme "Breaking Patterns: Our Time Is Now," looks at the diversity of the South King County community.

The series was kicked off with "Agents and Agencies: *Black Panther* and King Leopold's Killmonger," Presented by Dr. Jared Ball, Todd Burroughs, and Mark Bolden. The film *Black Panther* was contrasted to its comic book version and related to political real-world scenarios.

Dr. Todd Burroughs, comic enthusiast and author, compared the evolution of the comic and its transition into film.

The Black Panther party that originated in 1966 was the main inspiration, said Dr. Burroughs.

"Our entertainment often takes from the real world. What is in the news sells," said Dr. Burroughs. "The character [Black Panther] comes out at interesting times. How he goes back and forth and evolves depends on who is writing the story."

Dr. Burroughs briefly covered the history of the writers,



Lezlie Wolff/THUNDERWORD

Dr. Jared Ball was one of several speakers at the Unity Week panel last Monday.

from the origins with Stan Lee to the later writers that added to the character.

"We don't see the powerful and mysterious African sovereign of the movie until black writers begin to take over," said Dr. Burroughs.

Dr. Jared Ball discussed the media's influence on populations.

"The media has military origins in terms of delivery, commercial product and propaganda," said Dr. Ball. "We are the most highly propagandized

population in the world, convincing people that things are better than they actually are."

Despite being written by black writers, both Dr. Ball and Dr. Burroughs warned of disguised motives within the film.

"If you are delivered something to do with black movements by mainstream media, you need to be cautious," said Dr. Ball.

He also discussed the token characters that aid the entertainment industry to manipulate marginalized communities.

"Any group that might be threatening to the institution becomes a new token: Latino, LGBT, black, etc.," said Dr. Ball. "There needs to be a new tokenism for aggrieved communities to keep them ignorant and we're seeing an evolved version of that in Black Panther. You want less black people to see contradictions in society and rebel; put happier black people into film."

Dr. Burroughs noted the hierarchy within the film.

"At the end of the day, this was all produced and approved

by wealthy, powerful white men and major industries like Disney," said Dr. Burroughs. "It's a supposed good cause still produced by people who are after money."

Continuing, Dr. Burroughs described how Disney managed to please the masses and avoid total reparations.

"This movie made loads of money and it is only natural the debate of reparations to the marginalized black community be considered," said Dr. Burroughs. "Within only a few weeks of the film's release, though, STEM centers were put in inner-city areas to create the new generation of black and brown Shuri children."

Shuri is a character in the *Black Panther* film notable for her knowledge of science and engineering.

"They [Disney] knew she would be a fan favorite and they knew we'd [black community] want reparations," said Dr. Burroughs. "They went one step ahead of us, knowing oppressed people, and prevented any forms of protest by gifting us."

In conclusion, Dr. Ball urged students to critique the entertainment industry.

"Music, movies, and news all have an impact on us, especially when we like them," said Dr. Ball. "If you find that you like a movie, be critical of it. Remember that things aren't perfect and there is still work to be done in social movements."

Activist advises students to imagine a better world

By Faith Elder
Staff Reporter

The first step to creating change is imagining the changed world, an activist said here.

Political activist, musician, and teacher Jarell Davis presented the workshop Manifest as part of Unity Week last Friday.

Davis spoke on current and continuing issues of racial injustice, his vision of a world without discrimination, and how that vision could be achieved.

Davis said this vision of a better world can be achieved through education and changing how people see race, providing greater social opportunities for marginalized groups, and promoting expression.

"It starts at the self-level," he said. "More than being the change you want to be, but seeing you have the power to make these things happen."

Davis works with students at Rainier Beach High School, creating programs for students to expand their education during the summer, changing disciplinary policy to use violence intervention, and working to include greater parental involvement.

"We want the school to be contributing to the community and solving problems," he said. "By keeping kids in school, we are killing the root of violence."

Programs also use social media to share any work being done by the students.

"You don't think of Rainier Beach being a good place because the media only shows the violence," said Davis. "We want to show that there are also good things happening."

By changing the community's reputation and working to end violence, Davis said he hopes to see a decrease in police action in the area.

"Black neighborhoods are



disproportionally policed," he said. "It's no wonder more black men get arrested."

Davis listed incarceration as one of the greatest obstacles still facing minorities, damaging the individual and the community. His solution is banning jails and dismissing organized police, making communities responsible for law enforcement.

"No one has ever been sent to jail and then come out a better person," he said. "I'm talking about getting rid of some systems that we are so used to that

we don't see the world without them."

When invited to share their ideas of a police-free world, some students disagreed on the practicality of Davis' vision.

"The fear of police itself keeps people in control," said student Divya Kapour, who proposed disarming and retraining the police.

Carissa Thompson, another group member, agreed with the police-free vision.

Thompson asked, "Do you feel, as human beings, we cannot follow our own laws?"

While some of the issues were debated, participants agreed that community involvement and greater education would improve conditions for minorities, with every group proposing some form of community outreach programs.

"It gives me hope to see all of y'all taking a stand and having opinions," said Davis.

Davis also writes and performs music under the name Rell Be Free, performing four of his songs during the workshop. Davis's music is politically driven, focused on the issues of over policing of abolition of police, racial injustice, and discrimination.

Davis said he isn't trying to become a famous musician but is using his music to inspire change in the community.

"There are enough Kanyes and Cardi Bs in the world," he said. "But artistry has always been a part of revolutions and has always had that power to change."

Weekly SUDOKU

by Linda Thistle

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

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!

© 2018 King Features Synd., Inc.



1. **FOOD & DRINK:** What is a manzanilla?
2. **SCIENCE:** At what temperature are the Celsius and Fahrenheit scales equal?
3. **U.S. CURRENCY:** Which non-president's image is on the \$100 bill?
4. **LANGUAGE:** What word represents the letter Q in the international phonetic alphabet?
5. **MUSIC:** How many strings does a pedal harp have?
6. **LITERATURE:** In which novel does the character Quasimodo appear?
7. **GENERAL KNOWLEDGE:** How many points does a snowflake have?

8. **HISTORY:** Where was Napoleon exiled after his defeat at Waterloo?
9. **BIBLE:** Where did Moses receive the Ten Commandments?
10. **GEOGRAPHY:** What city claims to be the most northernmost in Europe?

1. A type of sherry
2. -40 degrees
3. Benjamin Franklin
4. Quebec
5. 40-47
6. The Hunchback of Notre-Dame
7. Six points
8. Saint Helena, an island off the African coast
9. Mount Sinai
10. Hammerfest, Norway

Puzzle answers on Page 20

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!

	×		+		23
+		÷		×	
	×		-		31
×		+		+	
	×		-		21
18		10		13	

1 2 3 4 6 7 8 8 9

©2018 King Features Syndicate, Inc.

King Crossword

ACROSS

- 1 Chances, for short
- 4 TV watchdog org.
- 7 Obliterate
- 12 Shell game need
- 13 Under the weather
- 14 Started eating
- 15 Take a whack at
- 16 Scrabble or Parcheesi
- 18 "Monty Python" opener
- 19 Wander off
- 20 Hack
- 22 Pilgrimage to Mecca
- 23 Prayer ending
- 27 Rhyming tribute
- 29 Burning
- 31 Magician's cry
- 34 Cow catcher
- 35 Triangular home
- 37 Total
- 38 Constellation component
- 39 Eccentric
- 41 Unctuous
- 45 Twine fiber
- 47 Payable
- 48 Indiana university
- 52 Literary collection
- 53 "Drops of

1	2	3		4	5	6		7	8	9	10	11
12				13				14				
15				16			17					
18				19								
20			21		22				23	24	25	26
			27	28			29	30				
31	32	33						34				
35					36		37					
38					39	40			41	42	43	44
				45				46		47		
48	49	50	51							52		
53						54				55		
56						57				58		

- Jupiter" band
- 54 "Golly!"
- 55 Owns
- 56 Villain in a Christmas tale
- 57 Halves of 25-Down
- 58 Scrap
- 10 — card (cell-phone chip)
- 11 Away from WSW
- 17 Hindu royal
- 21 On top of the world?
- 23 Memorable mission
- 24 More, to Manuel
- 25 Type squares
- 26 Ultramodern-ist
- 28 Weir
- 30 Swine or bird —
- 31 Anatomical duct
- 32 Frequently
- 33 Glass of NPR
- 36 Oklahoma city
- 37 Pistil counterpart
- 40 Grammarian's concern
- 42 Coeur d'Alene's home
- 43 Moon-related
- 44 You'll get a rise out of it
- 45 Fax
- 46 Dregs
- 48 To the — degree
- 49 Raw rock
- 50 Pitch
- 51 "Flying Down to —"

© 2018 King Features Synd., Inc.

ARIES (March 21 to April 19) Taking advice isn't always easy for self-assured Rams and Ewes who think they know what's best. But it wouldn't hurt to listen to what close colleagues have to say.

TAURUS (April 20 to May 20) You know how to balance life's practical aspects with the poetic. This gives you a special edge this week in both your professional endeavors and your personal life.

GEMINI (May 21 to June 20) Focus on keeping a balance between your home-related activities and your workplace responsibilities. Be mindful of both without obsessing over one or the other.

CANCER (June 21 to July 22) A change in plans is likely as you discover more facts about a possible commitment. Continue to ask questions and, if you're not sure about the answers, demand proof.

LEO (July 23 to August 22) Be careful not to let that Leonine pride keep you from seeking wise, experienced counsel before making an



important decision. A family member once again seeks your help.

VIRGO (August 23 to September 22) That surge of Virgo energy drives you to take on more work assignments. Be careful you don't overdo it, or you might find yourself overdone: i.e., burned out.

LIBRA (September 23 to October 22) Your decision to be upfront with colleagues on a touchy matter causes some consternation at first. But in the end, your honesty wins their trust and admiration.

SCORPIO (October 23 to November 21) As in the past, someone again wants to share a secret with you, knowing it will be safe. But do you really want to be this person's confidante? Think about it.

SAGITTARIUS (November 22 to December 21) As one of nature's straight

shooters, you seek to correct misconceptions about a project. Do so, of course, but without giving away too much too soon.

CAPRICORN (December 22 to January 19) Creative pursuits continue to be strong in the gifted Goat's aspect. New friendships can come from sharing these experiences with like-minded art aficionados.

AQUARIUS (January 20 to February 18) Resolve lingering grumblings over your way of doing things by keeping your mind open to suggestions while continuing to show how your plans will work.

PISCES (February 19 to March 20) The perceptive Piscean might find that changing course in midstream isn't as workable as it would seem. Explore this option carefully before making a decision.

BORN THIS WEEK: Your willingness to share your love of life's good things brings joy to many, including, of course, yourself.

(c) 2018 King Features Synd., Inc.

Puerto Rico meets the American South

My choice for the perfect Mother’s Day gift is a copy of *Coconut and Collards*, a beautifully written and photographed new memoir and cookbook by Von Diaz. It has all the elements of my favorite type of cookbook, part heart-warming memoir and part innovative recipe collection.

Coconuts and Collards is a sensory journey into Von Diaz’s world of food. She captures the sights and sounds of her beloved childhood home in Puerto Rico and her life there with her grandmother (called Tata), her mother and her sisters; her soulful roots in the South; and her new life in New York as a writer and radio producer. Diaz has taken the flavors and aromas from each place and created a new type of unique, flavor-infused cuisine that also is satisfying for vegetarians.

Coconuts and Collards celebrates the best ingredients, spice blends and techniques from Puerto Rico and mixed them with the best of the American South. There are several delicious examples of Diaz’s cross-cultural creations in each chapter. My favorites are the recipes that celebrate the African-influences on Puerto Rican cuisine. I also love her use of traditional Puerto Rican spice blends and island ingredients to create new versions of American recipes.

Diaz liberally uses adobo – a mixture of garlic, oregano, olive oil, and lemon juice – as a marinade for her recipe for fried chicken; oven-roasted pork ribs are slathered with a barbeque sauce made with guava; plantain chips are crushed and used as a crust for broiled shrimp; chayote squash is added to a green bean salad; and fresh Brussel sprouts are combined with chorizo



Deposit photos

Along with this recipe’s strong flavors, white fish is rich in vitamins and minerals.

and sofrito, a mixture of peppers, garlic, onion and the herbs culnatro and cilantro.

When asked about her favorite recipe in the book, Diaz replied, “I love collards and, like all other greens, want them to be a bright color and have some texture. My Coconut-Braised Collards is a quick, simple recipe that highlights the strong collard funkiness and tastes deceptively rich for a vegetarian dish.”

Make Mother’s Day extra special and serve these delicious recipes for Pescado en Escabeche (White Fish Escabeche) and Coconut-Braised Collards.

WHITE FISH ESCABECHE (PESCADO EN ESCABECHE)

Marinade
1 cup olive oil
1/2 cup white vinegar

1/4 teaspoon ground black pepper
1/2 teaspoon salt
1 bay leaf
2 large white onions, sliced into thin rounds

Fish
1 1/2 pounds grouper steaks
1/4 cup fresh lemon juice (about 1 large lemon)
2 teaspoons salt, or to taste
1/4 cup all-purpose flour
1 cup olive oil

- 1. Combine the marinade ingredients in a large bowl.
- 2. Line a large plate with paper towels and set it aside.
- 3. Rinse the fish well and pat dry with paper towels. Place the fish in a large bowl and pour the lemon juice over it. Sprinkle

- with the salt and toss well.
- 4. Pour the flour onto a large plate. One by one, dredge each fish steak in flour and transfer them to a separate plate.
- 5. Heat the oil in a large skillet over medium-high heat until just simmering, about 1 minute. Do not overheat the oil, or it will burn and turn bitter. Reduce the heat to medium, add the fish steaks and fry for 10 minutes, turning every 2 minutes or so to make sure they brown evenly.
- 6. Transfer the fish to the prepared plate and let sit for 5 minutes to drain excess oil, then transfer the fish to a large casserole dish with a lid.
- 7. Pour the marinade over the fish, cover and refrigerate overnight. Taste, add more salt if needed, and serve chilled. Serves 4.

COCONUT-BRAISED COLLARDS

1 large bunch collards, rinsed well in several changes of water
1 bunch scallions
1 tablespoon unsalted butter (optional: to make the recipe vegan, omit the butter and double the coconut oil)
1 tablespoon coconut oil
1 1/2 cups coconut milk, fresh or canned
1 tablespoon soy sauce
1/2 teaspoon salt, or to taste
Freshly ground black pepper

- 1. Cut off the bottoms of the collard stalks, then coarsely chop the leaves and stems and set aside.
- 2. Cut off the bottoms of the scallions, then thinly slice the whites and greens.
- 3. Melt the butter with the oil in a large wok or skillet over medium-high heat. Add the scallions and saute for 1 minute.
- 4. Add greens and saute for another minute, stirring well to incorporate, then add the coconut milk and soy sauce and bring to a simmer.
- 5. Lower the heat to medium-low and simmer, uncovered, stirring frequently, until the collards reach your desired doneness, 7 to 10 minutes, or longer if you like your greens more tender. Season with salt and pepper and serve. Serves 4 as a side.



Savory strata at sunrise

Whatever the cause for celebration – Mother’s Day, a graduation, the fact that it’s (finally!) the weekend – this ham and cheddar breakfast strata will start the day off with deliciousness. Serve it with a light salad.

- 8 ounces thinly sliced deli ham
 - 3 cups reduced-fat (2 percent) milk
 - 7 large eggs
 - 2 tablespoons Dijon mustard
 - 1 teaspoon chopped fresh thyme leaves
 - Salt
 - Pepper
 - 1 loaf French bread, sliced
 - 8 ounces Cheddar cheese
 - 1 tablespoon snipped fresh chives
1. Spray 2-quart baking dish with cooking spray. Line dish with ham.
 2. In large bowl, whisk together milk, eggs, mustard, thyme, 1/4 tea-

Good Housekeeping

- spoon salt and 1/4 teaspoon freshly ground black pepper until well-blended.
- 3. Arrange half of bread slices, overlapping slightly, on bottom of prepared dish. Pour half of milk mixture over bread. Sprinkle with half of Cheddar. Repeat layering. Cover with plastic wrap and refrigerate at least 1 hour or up to overnight.
- 4. Heat oven to 350 F. Remove plastic wrap and bake strata 50 to 55 minutes or until golden and knife inserted in center comes out clean. Let stand 5 minutes. Garnish with chives. Serves 6.

(c) 2018 Hearst Communications, Inc. All rights reserved

Deli-style macaroni salad great for outings

What better to take on a picnic than a macaroni salad. As simple as this one is, people will think you stopped at the deli.

1/3 cup fat-free ranch dressing
1/3 cup fat-free mayonnaise
2 tablespoons sweet pickle relish
1/2 cup small curd fat-free cottage cheese
2 cups cooked elbow macaroni, rinsed and drained
2 teaspoons dried onion flakes
1 teaspoon dried parsley flakes
1/8 teaspoon black pepper

1. In a medium bowl, combine Ranch dressing, mayonnaise, pickle relish and cottage cheese. Add macaroni, onion flakes, parsley flakes and black pepper. Mix well to combine. Cover and refrigerate for at least 1 hour. Gently stir again just



- before serving. Serves 4.
 - TIP: Usually 1 1/3 cups uncooked elbow macaroni cooks to about 2 cups.
 - * Each serving equals: 173 calories, 1g fat, 7g protein, 34g carbs, 558mg sodium, 32mg calcium, 1g fiber; Diabetic Exchanges: 1 1/2 Starch/Carb, 1/2 Meat; Carb Choices: 2.
- (c) 2018 King Features Synd., Inc.

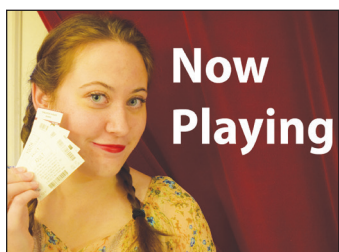
‘Pajama Game’ and Cinderella

• Celebrate the weekend with the Tony Award Winning musical *Pajama Game*.

Centerstage’s next show will run May 18 to June 3.

This musical is based on the book *7 ½ cents* by Richard Bissell.

In the novel, workers in a



Winter Dorval

pajama factory are requesting a raise with little response from their superiors.

Included in this performance will be the songs *Steam Heat*, and *Hernando’s Hideaway*.

The music and lyrics were written by Richard Adler and Jerry Ross.

Show times are Thursday, Friday and Saturday at 8 p.m.

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

The address is 3200 S.W. Dash Point Road, Federal Way.

Tickets are \$29 for adults, \$25 for seniors and active military, \$15 for youth, and \$12 for kids (12 and younger).

For tickets and more information visit www.centerstage-theatre.com/.

• Experience ballet with the Tacoma City Ballet’s performance of *Cinderella* this weekend.

This show will be hosted by the Federal Way Performing Arts & Events Center on May 5 and 6.

Performed with a slight twist, Cinderella’s father remarried a rich tax collector making Cinderella’s life unpleasant until she meets her fairy godmother.

This will be the last weekend the ballet performs Cinderella as part of their 2017-2018 season.

The shows will be on May 5 and 6 at 2 p.m. accompanied by the Tacoma City Ballet Orchestra directed by Maestro Bernard Kwiram.

The Federal Way Performing Arts and Events Center’s address is 31510 Pete von Reichbauer Way S., Federal, WA.

Single tickets are \$18, \$34, \$59, \$79, and \$104 depending on the section chosen at the time of purchase.

Visit www.fwpaec.org to purchase tickets.

For more information visit www.tacomacityballet.com/performance-season/.

Poet’s simple words tell big stories

By Nayyab Rai

Staff Reporter

One of the nations leading poets came to America as a refugee and was not able to speak English at all.

Today, Claudia Castro Luna is Washington states 2018-2020 Poet Laureate.

As part of National Poetry Month, Highline invited Luna to come to campus and speak about her work.

At the age of 14, Luna escaped from El Salvador with her family in the middle of a war. Life then was extremely violent with many deaths every day.

“Learning English was so difficult,” Luna said. But, it was all worth it in the end. Luna is now one of the leading poets in the United States.

As the laureate, Luna goes around to various schools to talk about writing.

She promotes and helps young students in order for them to improve their writing and have a voice in the world.

“Writing is a process, and it just doesn’t come together on the first draft,” Luna said. “I have always been inspired by works in progress,” Luna said.



Claudia Castro Luna talked about her calling as a poet.

“I keep every little piece of writing and go over them, no matter how old those ideas are,” she said. A technique Luna uses in order to remember everything is writing it down.

“If I don’t write them down, I won’t remember,” she said. Luna kept a dream journal in college.

“Dreams are [also] a rich source for me, for my poems,”

Luna said.

“I did not choose to be a poet, it chose me,” Luna said.

When she first started, Luna wrote a poem for her mother on her birthday. Unfortunately, it was not well-received.

“Writing takes strength and courage. That it is why I am no longer afraid of people not understanding me,” Luna said.

“Share your work with people who you can trust, who will build you,” Luna said.

Inspirations can come from all around us. But one huge source of inspiration is other people’s stories, she said.

“[It] is important to me to hear stories from others,” Luna said.

She read excerpts from *Evening Bandit*, *Farmer’s Market*, *This City*, *More Daunting Still*, and from her latest book *Killing Marias*.

In *Killing Marias*, Luna uses vivid descriptions and simplistic language to talk about the femicide that happened to the women in Juarez.

“The stories are physical recreations of the women’s bodies and spirit,” Luna said.

The poems do not represent the horror that transpired, but rather the strength of the woman who went through those horrible times.

In each poem, Luna highlights different Marias and their stories.

“How do we represent female bodies?” Luna said.

“Write in a way that shows the respect that you are looking for,” she said.

Luna was the last of the poets to come to Highline for National Poetry Month.

Dress up as your favorite horror villain for Crypticon convention in Seattle

By Reuben Gonzales

Staff Reporter

The smell of blood, guts and booze is in the air.

Dress up as your favorite horror movie villain or maybe a victim and check out Crypticon.

The event will be on May 4-6; at the Doubletree Hotel, 18740 International Blvd, Seatac.

For those that enjoy the scarier side of life and love watching horror movies, this convention just might be for you.

Crypticon is the largest celebration of the macabre in the Pacific Northwest.

The convention started off as



Crypticon in Seattle May 4-6

a small group of die-hard horror movie fans, and has slowly grown to a large gathering of trufan from all over the genre.

Crypticon attracts fans not just of movies and television but also of games and novels. This convention brings together the community from all areas of the genre.

They hold multiple contests which include a film festival, makeup contest, writing contest and art and costume contests. Each of these have their own awards ceremonies and prizes.

There is also a drag show, body paint artists and on Saturday there will be a Prom of the Dead.

They also hold Biohazard parties that are for the 21 and older group to hang out and have drinks. The schedule for the parties: Thursday friends and family pre-funk, Friday and Saturday noon-6 p.m. Biohazard lounge is open, 8 p.m.-2 a.m. Friday Night Party.

There will also be a number of celebrity guests attending the event for photo ops and panels. Some guests include Richard Brake from *Game of Thrones*; Mick Foley, wrestler and, best-selling author;

and longtime actor Barbara Crampton, a woman who is an icon in the industry. She has starred in a huge list of cult classic starting in the ‘80s with *Re-Animator* and her career has continued through recent films such as *Reborn* and *Death House* She has been credited with helping change the role for women in the horror genre in front of and behind the camera.

She has pushed for better treatment of female characters in horror movies.

So grab your zombie friends or your werewolf clan and head out for a night of fun this weekend.

Tickets are on sale now and can be purchased at crypticon-seattle.com.

They have a variety of different packages. The typical daily tickets cost \$20 for Sunday, \$25 for Friday, \$30 for Saturday.

Want a career in
the Criminal Justice System?
Homeland Security?

Gain a certificate in Business Crisis and
Continuity Management
or
AAS in Homeland Security Emergency
Management

For more info go to <http://justice.highline.edu>
or
Email Dr. Stephen “Steve” Lettic at slettic@highline.edu

You have nothing to fear from your android masters

Detroit: Become Human, published by Sony Interactive. Action-adventure, single player, third-person view. Available on PlayStation 4 \$60 Standard Edition.

Escape your makers and find freedom in Sony's new Sci-Fi thriller *Detroit: Become Human*.

The game is set in the near future of 2038, in Detroit. The city is seeing a new boom in industry thanks to the introduction of android factories.

Players will take control of Kara, a newly created housekeeper; Connor, a police android model who is charged with hunting down androids that have gone rogue; and Markus, a caretaker model who helps free others from bondage.

The player takes turns controlling these three different androids, whose decisions control how the game's "branching narratives" play out, says developer Quantic Dream.

The game shows no game-over screen in the event of a character death; instead it alters the events in the story down the road. The players will be able to rewind to certain points in the event of regret of how a death or an event played out.

Their story doesn't just affect them or androids, but all of Detroit.

The characters all have their own abilities to help the player move forward. Connor can reconstruct events and play them back as if he was there by ob-



You get to be an android, or three, in Detroit: Become Human.



taining clues and analyzing the environment with augmented vision. The other characters can set up patrols and have other hidden abilities.

The game was approached like it was a major production like a movie and has almost a two-thousand-page script.

The cast of actors comes from all over the world but the main cast are some well-known actors and actresses. Connor is played by Bryan Dechart of True Blood; Markus by Jesse Williams of Grey's Anatomy; and Kara the games title role is played by Valorie Curry of Twilight Saga.

The game has a Deluxe Edition as well as pre-order extras. If pre-ordered, players will receive Detroit: Becoming Human Dynamic Theme for their PlayStation 4, and Heavy Rain. Heavy Rain is a 2010 game by the same developer that has the same style of gameplay.

The Deluxe Edition comes with Heavy Rain, the Detroit: Becoming Human Soundtrack, Detroit: Become Human theme, and Detroit: Become Human PSN avatars (skins for the player's character).

Delay Delay Delay: This week's column was originally supposed to be about Warhammer 40K Inquisitor Martyr. The game was set to release May 11, but ran into problems when the game developers were trying to bring it to one of the other platforms.

This means they have pushed the game back to June and will fix the issue.

Also, this week we have seen the trailer for season 4 of Fortnite that shows what that giant meteor that has been flying overhead is about. It also brings a new series challenges, one of which is to collect the Fortnite letters that are spread across the map.

There are 15 spots where they can be found. The "F" can be found in the new mansion location in Lonely Lodge. The "I" can be found in Moisty Mire, right near the new helicopter spot, and the "E" can be found in Greasy Grove in the park area.

'Church & State' takes aim at guns

By Winter Dorval
Staff Reporter

Church and State takes aim at gun control at the Burien Actor's Theater.

This Northwest premiere of *Church and State* is showing through May 20.

The play begins minutes before the campaign speech of Charles Whitmore.

He is running for re-election as a senator with the campaign slogan "Jesus is my running mate," and strong support from voters who live by their faith.

In the wake of a fatal school shooting, which led to the funeral of his son's classmate, Whitmore voices his concerns over the importance of action over prayer during an interview with a blogger.

Whitmore's campaign manager, Alex Klein, and wife, Sara Whitmore, discourage his revised campaign speech, which reflects his new anti-gun position and his doubts about faith.

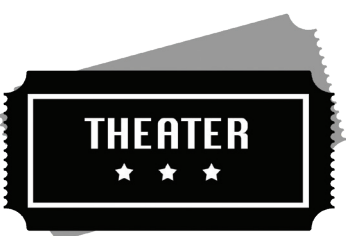
Albie Clementi's simple but detailed set creates the right environment to bring *Church and State* to life.

This play was written by Jason Odell Williams.

Lighting by Zanna King adds to the experience, particularly when the characters are watching television, with well-placed flashes and color changes.

Sound by Erik Dickman works well with the script to create a dynamic and inclusive performance.

The effects are well-timed, and support the character's actions, particularly the crowd noises during speeches.



The cast includes Gianni Truzzi as Charles Whitmore, Caitlin Gilman as Alex Klein, Brynne Garman as Sara Whitmore, and Max Lopuszynski as Tom, Marshall, the reporter, and the security guy.

This production is directed by Rochelle H. Flynn, and Maggie Larrick.

Costume design by Vivian K. Smith brought the characters to life, and Heather Bernadette is the stage manager.

William's script swings from profound to mundane, with powerful and moving lines, mixed with somewhat boring and unimportant dialogue.

Nonetheless, each character brings humor and witty remarks to the stage, and helps to offset the serious topic this production brings to the table.

Williams takes on an important issue, but the journey there isn't always on target.

Overall, this is a good production of an uneven script.

Show times are Fridays and Saturdays at 8 p.m., and matinees on Sunday at 2 p.m.

Tickets are \$20 for general admission, \$17 for seniors and active military, \$12 for a group rate (10 or more), and \$10 for students.

The Burien Actors Theater address is 14501 4th Ave S.W., Burien.

For tickets and more information visit burienactorstheatre.org/.

Cosplay Club hosts contest

Cosplay Club invites you to dress up and earn prizes at a costume contest later this quarter.

The deadline for entry is May 11.

All participants must submit names to Samantha Barlett at SBartlett148@students.highline.edu.

The contest will be held June 1, with pre-judging from noon - 1 p.m. and the contest taking place at 1- 2 p.m. If you are interested and need help with designing and building your costume, the cosplay club meets every Tuesday in Building 10, room 202 from 2 - 4 p.m.

Third place prize will a \$25 Amazon gift card, second place will win a \$50 Amazon gift card, and first place will win a \$100 Amazon gift card.



WASHINGTON TECHNOLOGY UNIVERSITY

Bellevue, WA



Bachelor of Science in Information Security

18-Month Fast-Track Degree Completion

Tuition Total \$18K

Call: (425) 223-5812 • Email: info@washtechu.com • WashTechU.com



Samantha McElwain

DOUBLE TROUBLE

Highline pair are in sync at No. 2 doubles



Miriam Cabrera

By Donnie Moore
Staff Reporter

Miriam Cabrera and her doubles partner, Samantha McElwain, have found a connection that has resulted in a really good year of competition.

“All the conditioning, and running and practices are finally paying off. It felt really good. I was really shocked to be honest,” said Cabrera about being recently recognized as the NWAC Player of the Week.

To stay as dominant as the tennis team has this year, they have to stay motivated and ready to play, and they are aware of this.

“I know during our matches we like to keep the energy up and keep each other motivated and that’s what gets us through the match and gets us a win most of the time,” said McElwain. “Off the field, we still talk to each other. We are friends outside of tennis and so that keeps us together and on one mindset during the match.”

Being able to play as a double with multiple people on the team and still perform as well

as the team has this year, takes bonding and knowing how one another plays.

“We’re all a big family. We’re not just players to be there. We are all working together, and we’ll have team bonding. We’ll be together doing random events. Honestly, it’s pretty fun,” said Cabrera.

McElwain and Cabrera are both interested in pursuing careers in STEM fields. McElwain hopes to further her interest in geology and math, while Cabrera is looking to go into electrical engineering.

“Nature fascinates me a lot and I have always been an outdoors person,” said McElwain. “I went camping with my family every year since I was really young and so I always looked at ‘oh what is in the river’, and how earthquakes are formed, how volcanoes are formed. Stuff like that is really interesting to me, so I want to further my interest into that and see where it can go.”

They both are very determined and passionate about their possible careers in science.

“I like electrical engineering



Highline Athletics photo
McElwain (left) serves as Cabrera (right) gets ready for return.

because I took an electrician program and I enjoyed how everything was wired and how everything connected into one piece. I never really thought about all the processes in the wiring in each building, but it just fascinated me to learn something new,” said Cabrera.

The tennis team is in a really good position going into the

last game of the year before the NWAC Championships on May 11-12.

“I feel like our season is going to end off really well, especially since the majority of our team is sophomores. So, I feel like we’re going to go off with a big bang,” said Cabrera.

Last year the tennis team narrowly lost the champion-

ship to Bellevue, 5-4, something McElwain says will not happen this year.

“We have the experience now, we necessarily didn’t last year,” McElwain. “We were all freshman, and we were not necessarily up to that challenge. We didn’t know where we were standing, and now we know exactly what we need to do. Last year, we could not get it done. This year, I think we can get up to the standard and get it done.”

McElwain and Cabrera have a great connection on and off the field, which leads to them making a great duo as Highline’s No. 2 team.

“We have really good communication. So, whenever I know I am not going to get it, she knows to get it,” said Cabrera. “And if she misses I back her up. Ever since the first time we played together we had a connection with each other. We analyze everything together.”

The next time the duo of Cabrera and McElwain will hit the court is against Spokane at home, May 4 at 8 p.m.

Lady T-Birds beats Skagit as championship looms

By Lukas Bachmann
Staff Reporter

The Thunderbirds’ tennis team completed a season sweep of Skagit Valley last Friday night.

Thanks to wins by Samantha McElwain in the No. 3 singles match, Cora Padilla in the No. 4 singles match and a doubles match win by Miriam Cabrera and McElwain, the Thunderbirds were able to take home the win, 7-2.

Due to Skagit Valley’s small team, singles match five and six, as well as doubles match, three were all defaulted points to Highline.

Head Coach Laura Rosa said she used Skagit Valley’s small team to the Thunderbirds’ advantage.

“Because of their small team, we again chose to rest a couple players including our No. 1, Amila Gogalija,” Rosa said.

Last week the Thunderbirds chose to rest many players and had default points cancel each other out which led to a score of 4-3 in High-

line’s favor.

With two lineup changes in two weeks, it is safe to wonder how the team handled so many changes.

Rosa said the team started a little nervous in their new spots, but eventually settled in.

“[The change] forced Miriam Cabrera and Sammie McElwain, who usually play in our No. 2 doubles position, to step up to the No. 1 spot,” Rosa said.

“They played a little nervous at first, but as soon as the set got going, Miriam turned up the heat on her serve and we took control. Sammie is just such a steady player, it’s hard for other teams to rattle her,” Rosa said.

With this win, the Thunderbirds complete their undefeated run in April, going 5-0. They now sit in first place, with a record of 6-1 in conference and 8-6 on the season.

The Thunderbirds next game is against Spokane but it is not Spokane’s only game of the day.

Spokane travels to Skagit

Valley to play Saturday morning, then travels down here to play the Thunderbirds at 8 p.m. that same night.

While this may seem unusual, Rosa said that this can be a common occurrence in the conference.

“With the size of the conference almost every match is a big road trip. It is not unheard of for teams to play twice in a day. We were just lucky to have not had to do that this year,” Rosa said.

Even with Spokane playing twice in one day, Rosa still sees Spokane as a very formidable opponent.

“Spokane is tough, they looked really good when we played them back in February, I expect they are even better now. But, I think we are as well,” Rosa said.

Spokane sits in second place behind the Thunderbirds, but that might change after Spokane’s three games this weekend.

Rosa said that Spokane may benefit from these games being so close together.

“It might actually pay off

for Spokane in the long run. They will get a bunch of really good competitions right before the championship. For us, we have just been steadily getting better every match with the goal of peaking in a couple

weeks at NWACs.

The Thunderbirds’ last match before the NWAC championship is against Spokane on May 4 at the Boeing Employee Tennis Court at 8 p.m.

Want a career in
the Criminal Justice System?
Homeland Security?

Obtain a certificate in *Introduction to Homeland Security* or an AAS degree in *Criminal Justice!*

DEPARTMENT OF
HOMELAND SECURITY
POLICE

For more info go to <http://justice.highline.edu>
or
Email Dr. Stephen “Steve” Lettic at slettic@highline.edu

Got sports news?
thunderword@highline.edu.

T-Birds have playoffs in sights

By Milo Kabigting
Staff Reporter

If the Lady T-Birds fast-pitch team can remain healthy, it just may make the playoffs, the coach said.

Head Coach Jason Evans said the high number of games scheduled in a very short time frame is concerning.

The Thunderbird's will have played 12 games within a 10-day span.

"The health of the team these last two weeks is going to be our main concern," said Evans. "We as a staff have to be fully locked in to their well-being. That's my main job as head coach moving forward into playoff time."

Most recently, Highline beat Olympic on April 24, in the first game 19-10, then won the second game by forfeit.

Highline's Chass Balagso-Baqui and Kiana Kingsley were all over the stat sheet, both having five RBIs, while Jenny Hovland added three hits for the team.

Highline now sits in fifth place in conference play with a record of 8-12, and 14-17 on the season.

They are three games be-



Jack Harton photo

The Lady T-Birds crushed Olympic in a double header at home last week.

hind Bellevue and Everett, who are tied for third at 15-9.

The top three teams in each region make the tournament, with seven more teams added by rating percentage index, a measure of a team's overall performance.

Highline finishes its regular season facing the top three

teams in the North Region, and two games against Pierce.

The Lady T-Birds traveled on May 2 to Bellevue to play the Bulldogs. Results from the game were not available at the time of publication.

Highline travels to first place Edmonds (21-1 league play) this afternoon for a doubleheader at 2 and 4 p.m.

Saturday, the T-Birds host seventh-place Skagit Valley (6-14) at noon and 2 p.m.

Highline next plays Pierce in a pair of home (May 8, 2 and 4 p.m.) and away (May 10, 4 and 6 p.m.) doubleheaders.

Highline will look to add wins against last-place Pierce (4-16).

3835
4514
Scoreboard

NWAC Women's Softball		
North Region		
Team	League	Season
Edmonds	21-1	31-4
Douglas	19-5	27-5
Bellevue	15-9	27-10
Everett	15-9	23-13
Skagit Valley	8-12	14-17
Highline	9-19	12-22
Olympic	6-14	9-15
Shoreline	5-17	8-23
Pierce	4-16	6-18
East Region		
Team	League	Season
North Idaho	24-2	39-3
Wenatchee Valley	21-7	25-11
Walla Walla	19-7	31-11
Treasure Valley	15-11	16-24
Big Bend	12-14	21-19
Spokane	10-16	16-18
Yakima Valley	9-17	12-27
Columbia Basin	7-19	11-27
South Region		
Team	League	Season
Lower Columbia	17-3	25-9
SW Oregon	12-5	24-13
Mt. Hood	14-6	22-12
NWAC Women's Tennis		
Team	League	Season
Highline	6-1	8-6
Spokane	4-1	4-6
Bellevue	5-2	5-3
Treasure Valley	2-6	2-6
Skagit Valley	0-7	0-7

Women's golf hits rough patch at Skagit tournament

By Colin Phan
Staff Reporter

The Lady T-Birds came away with a last place finish in Burlington over the weekend.

Highline played away at the Avalon Golf Links in a tournament hosted by Skagit Valley.

Spokane placed first out of eight with an overall score of 482, finishing 50 shots above par.

Highline finished the match with an overall score of 571. The Lady T-Birds were 139 shots above par.

Head Coach Steve Turcotte said that the Lady T-Birds have an opportunity to get good scores every tournament.

"The girls can see that good scores are out there for them," Turcotte said.

Highline was led by Jenna Muller who finished tied for 27th place. Muller had a score of 183, and finished 18 shots above par.

Turcotte said that Muller should've done much better.

"She left a lot of stuff on the field," Turcotte said. "She even said as much. She was able to

hit the ball well, she just ran into some untimely penalties."

Highline's next best score came from Aleyah Bennett who shot 195, 21 shots above par.

Turcotte said that Bennett also should have come away with a better score.

"Aleyah Bennett shot 103 in the first round which should have been better," Turcotte said. "She just ran into a couple penalty strokes."

Highline next plays in Bandon, Ore. at the Bandon Dunes Golf Course on May 13-14. Including this league match, the Lady T-Birds have two more matches remaining before the NWAC championships.

Turcotte said that the Lady T-Birds are looking forward to their matchup in Oregon.

"We'll be playing at the Bandon Dunes golf course this week which is one of the best golf resorts in the world," Turcotte said.

The NWAC Championships will include all teams, and will take place in Yakima at the Appletree Golf Course on May 20-21.



Highline Athletics photo

Alyssa Metzger hits a shot at Skagit Valley .



\$

NEED MONEY
for college?

FOUNDATION SCHOLARSHIPS
are now available.

It's easier than ever to apply. Visit
funds4highline.org/scholarships
Deadline for application submission is MAY 20.
Apply today!

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

HC

Foundation
HIGHLINE COLLEGE

EKGs can be the key to save a life

By Andrew Jokela
Staff Reporter

An EKG can tell a physician if a person's life is in danger within seconds.

Dr. Judy Emil Dela Cruz, a hospitalist working at Highline Medical Center, presented the first half of a lecture on electrocardiography at Highline College on Friday, April 27, as part of the Science Seminar speaker series.

Electrocardiography is the science of measuring the electrical impulses in the heart. An electrocardiogram (EKG), is a graphed record of heartbeats using electrocardiography.

The heart is a vital organ which controls the flow of blood around the body. Usually, the heart is divided into two separate pathways – the left and right side, said Dr. Emil Dela Cruz.

After the heart beats, deoxygenated blood flows from the inferior vena cava into the right atrium, through the tricuspid valve, and into the right ventricle.

On its return trip, oxygenated blood flows from the pulmonary vein into the left atrium, through the mitral valve, and into the left ventricle. As the heart contracts, blood is forced through the aortic valve into the aorta, where it circulates through the body.

The heart initiates contraction through electrical impulse, where a specialized cell of cardiac muscle known as the sinoatrial node, or SA node, contracts slightly faster than the rest. Since cardiac cells all touch each other, the contraction of the SA node stimulates all the other cells in the heart to contract, Dr. Emil Dela Cruz said.

"The SA node typically contracts anywhere from 60 to 100 times a minute," he said.

When the threshold is met, at 60 mV, electrical impulse travels from the SA node, usually located above the right atrium, to the atrioventricular node.

Then, the impulse continues along the bundle of His, before being divided into the left bundle branch, which controls the left side of the heart, and the right bundle branch, which controls the right side of the heart. The charge is then spread amongst Purkinje fibers, which help create smooth contractions, said Dr. Emil Dela Cruz.

So, here's where electrocardiography comes in.

Dutch physician Willem Einthoven discovered that the electrical activity in a heart could be detected by placing a person's hands, and one of their feet, in buckets containing an electrolytic solution, such as saline, Dr. Emil Dela Cruz said.

Now, medical workers use



what's known as a 12-lead EKG to detect cardiac impulses. Despite the name, only 10 electrodes are placed on the body.

One electrode is placed on each extremity – above each wrist and ankle. Then, six more electrodes are placed around the heart.

"Leads I, II, and III are known as limb leads," said Dr. Emil Dela Cruz. They form an area known as Einthoven's triangle, which is reminiscent of the early EKG system. These electrodes measure impulses between any two limbs, excluding the right leg electrode.

Next, aVR, aVL, and aVF are augmented limb leads. These leads map impulses using all three extremity electrodes. For example, aVF measures electrical activity by turning the lower left electrode into a positive pole, and both the right arm and left arm electrodes into negative poles.

Leads V1-V6 are placed such that they map the heart in a horizontal, or transverse, plane. Each electrode has a specific place in this plane. Assume a person's left arm is 0o, and their sternum, or breastbone, is 90o. V6 is placed at 0o, V5 at 15o, V4 at 30o, V3 at 60o, V2 at 90o, and V1 is placed at 120o.

These placements allow the heart to be sensed from both sides, which is important for electrocardiography.

If an electrical impulse signaling muscle contraction travels toward a positive electrode, it will appear as a positive deviation (up on the y-axis) on the EKG paper. If the impulse is travelling away from the positive electrode, it will appear as a negative deviation.

If a repolarizing impulse travels toward a positive electrode, it will appear as a negative deviation (down on the y-axis) on the EKG paper. If the impulse is travelling away from the positive electrode, it will appear as a positive deviation, said Dr. Emil Dela Cruz.

Mapping these impulses is extremely important, especially when somebody is experiencing cardiac compromise.

Students and the general public are invited to attend the second half of Dr. Emil Dela Cruz's free lecture, How to interpret an EKG, to be presented Friday, May 11 at 1:30 p.m. in Building 3, room 102.

FW chamber tries to help business, community

By Kabrina Edwards
Staff Reporter

The Greater Federal Way Chamber of Commerce doesn't sell anything, doesn't employ a lot of staff (only four) and has only one office.

However, they have a lot to do with how successful businesses are in the Federal Way area.

The chamber is a business association with more than 400 members representing more than 25,000 employees.

They provide a networking arena for business people, promote the city of Federal Way as a place to do business, and lobby on behalf of business to state and local government.

Their vision is to create a prosperous economy in the South Sound region, said Rebecca Martin, president and chief executive officer of Chamber.

Martin said the chamber, its four employees and many members, try to help businesses in the area succeed.

For instance, Martin said that there is a winery in Federal Way and when the owners wanted to open a wine-tasting room, the Chamber connected them with the people they needed to accomplish that.

"So, while many chambers say 'shop local', the Federal Way



Martin

Chamber of Commerce says 'shop Chamber,'" Martin said.

"We are well connected, more so than many people think that Federal Way is," Martin said.

Highline also plays a significant role in the success of business in Federal Way, Martin said.

Martin said the chamber likes being connected to the college. For example, Highline Vice President of Institutional Advancement Dr. Lisa Skari currently serves on the chamber board of directors.

"We may have the newest business ideas sitting in Highline right now and we want to be here for that network," Martin said.

The Chamber also has a thriving internship program, with many of the interns coming from Highline.

The biggest problems they had when the internship began

was that students were more advanced in their technology than some local businesses. The students were able to help the chamber grow and become up-to-date in their businesses.

Asako Fujikiura is the chamber member relations specialist, who started out as an intern. As a Highline student, Fujikiura interned at the chamber because she said she wanted to know the business-side of the American culture.

"At the Chamber I learned it's not about the textbook like we studied at Highline. I am so lucky for making these connections and learning what the chamber was really about," she said.

Fujikiura said she found out about the internship by going to a business event that Chamber officials had attended.

From speaking to their representatives, she applied to be an intern.

As an intern, she entered data for Chamber members, helped to prepare for events and greeted people at the events.

Martin encourages students to apply for internships directly with the Chamber.

The Chamber office is at 31919 First Ave. S.

For more information, visit the Chamber website at <http://federalwaychamber.com/welcome/>.

Highline alumnus shares story

By Krista Gaines
Staff Reporter

Viktoria Pakhnyuk started college as a self described introvert, but the chemistry major eventually found the formula to break out of her shell.

Pakhnyuk, a Highline College alumnus, shared her experience of the various tasks she completed to advance to the prestigious studies she is currently doing chemical engineering at the University of Washington working toward her Ph.D.

"I wanted to focus on my time at Highline and to try to maximize my time while here," Pakhnyuk said. "I want you to see what I've overcome and show that you can do it too."

Pakhnyuk, from Federal Way, started at Highline in the Running Start program.

"I just knew I really enjoyed math," she said. "Nobody knows exactly what they are doing in life."

Before her first day of classes, she met with an engineering adviser, hoping to figure out what

she wanted to do in life and what educational path to take.

She advised students to meet with their advisers and instructors.

"The more you see them, the more you have an opportunity of a letter of recommendation," she said.

She advised students to tour facilities to find out what jobs students are interested will entail. She also invited students to visit schools to meet with advisers in fields they are interested in and students in the same program.

"Look for people who are doing what you want to do," Pakhnyuk said. "Ask about the good and bad."

Pakhnyuk was a lab assistant at Highline and participated in a summer research experiment for undergraduates.

"A degree will only take you so far," she said.

She explained the importance of gaining experience through job shadowing, work, and volunteering.

"Your involvement doesn't need to be high intensity. You

just need to get your foot in the door and see what it's about," she said.

Pakhnyuk explained how self-discipline was an essential factor in her success in school.

"You have to be willing to do what you don't want to do," She said. "Build habits now. It starts now."

Pakhnyuk explained she used to be an introvert but had to force herself to talk to people. She knew she wouldn't get anywhere without talking.

"Communication is key. Talk to people," she said.

She reminisced about her time at Highline and how beneficial her interactions with staff and faculty was for her education.

"Highline was a highlight of my education," she said. "The faculty believed in me before I believed in myself and gave me really personal advice."

She left the students with positive advice leading out.

"You are not in your place by accident. If you weren't good enough, you wouldn't be in your situation in the first place."

Protein research didn't pan out

By Andrew Jokela
Staff Reporter

Sometimes, despite your hard work, research doesn't lead to groundbreaking revelations.

Dr. Aaron Moehlig, a Highline instructor, presented his research on alpha-synuclein, a protein linked to Parkinson's disease as part of last week's Science Seminar.

Parkinson's disease is a neurodegenerative disease which affects the substantia nigra, an area of the brain which controls smooth muscle movement. Due to this illness, these neurons lose the ability to produce dopamine over time.

"Humans have known about this disease for thousands of years," said Dr. Moehlig.

There are records of diseases with symptoms similar to Parkinson's ranging back to 1000 B.C., where individuals would present tremors and rigid posturing.

A Roman physician described a shaking palsy in 175 A.D. which had symptoms associated with the modern definition of Parkinson's disease.

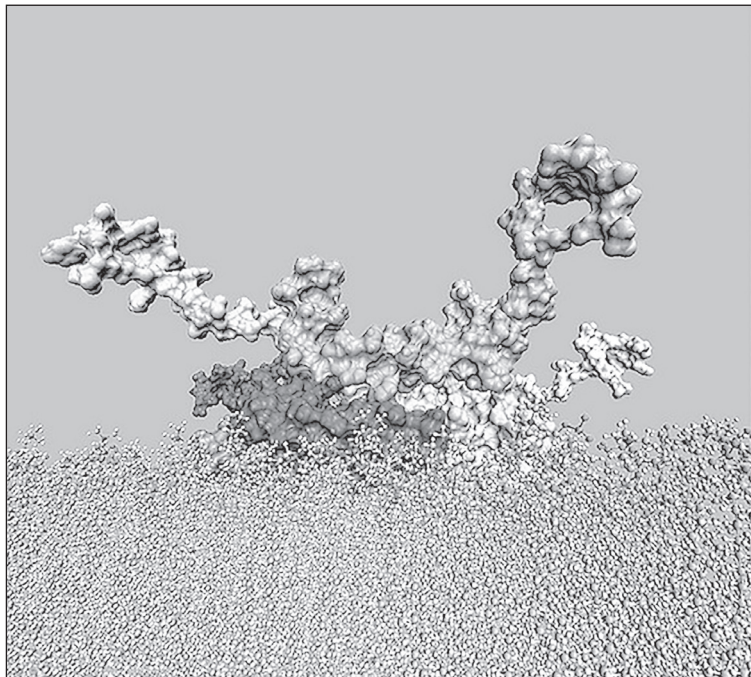
The disease was ultimately named after Dr. James Parkinson, who published a paper in 1817 describing the symptoms of the disease, and is the first clear medical document which outlined the populations at risk for the disease, Dr. Moehlig said.

"This paper was based on six case studies, three of which were observed on the streets of London," continued Dr. Moehlig. "This was not an in-depth study."

Jean-Martin Charcot, a French neurologist and professor, also studied the disease in 1870. Charcot analyzed the tremors associated with Parkinson's and identified distinct phases of muscle rigidity that alter body posture in later stages of the disease.

"I would argue that Charcot probably deserves more credit for the early investigation," said Dr. Moehlig. "It was a more scientifically sound study, not just observation."

Since that time, there have been numerous attempts at finding a drug-based or medi-



Argonne National Laboratory photo

Alpha synuclein ring-like oligomer interacting with the amyloid-beta peptide.

cal cure.

"One quote I keep pulling from Parkinson's paper, published over 200 years ago, is that he hoped for a treatment by which the progress of the disease had been stopped," said Dr. Moehlig. "We aren't there, and we aren't even close."

Most of the treatments in the 1800s and 1900s were poison – they would kill you if it lasted too long, said Dr. Moehlig. There was bloodletting, people had blisters induced, all so that pressure in the brain was relieved.

"Essentially, they were taking blood away from the brain, which isn't the best treatment for anything," Dr. Moehlig said.

"When you look back through the history of medicine, and you see things like belladonna or hemlock, these are poisons which were tried to treat a number of diseases," said Dr. Moehlig. "But, it's not that different than what we're doing today. Chemotherapy is attempting to kill a part of you, just not all of you."

Now, scientists have since been able to identify what the disease looks like, and where it happens in the body.

"Dopamine is a neurotransmitter produced by the brain that rewards motivated behavior," said Dr. Moehlig. "When you have an adrenaline high, that is dopamine."

Parkinson's disease happens because the brain stops producing dopamine, and these neurons stop spreading it, said Dr. Moehlig.

"People who smoke don't get Parkinson's disease because their brain is constantly being flooded by dopamine," said Dr. Moehlig.

Dopamine also controls smooth muscle movement and allows muscle to move continuously instead of in segments.

"We start seeing symptoms of this disease when 60-80 percent of neurons have stopped producing dopamine," Dr. Moehlig said.

Modern treatments include medicating patients with levodopa, a drug designed to increase dopamine production in the brain. However, treatments like this do not halt the progress of the disease.

"In 2000, a group of students from MIT identified a cause-and-effect relationship between alpha-synuclein and Parkinson's," said Dr. Moehlig. "They saw abnormal alpha-synuclein in the brains of patients with Parkinson's."

Alpha-synuclein is a protein which is found at synaptic terminals in the brain, where neurotransmitters are emitted.

"We don't know exactly what it does," Dr. Moehlig said.

The protein itself is 140 amino acids long and weighs in at

nearly 1,400 grams per mol. Unlike most proteins, it's amorphous.

"It's intrinsically disordered," said Dr. Moehlig. "It doesn't have a defined shape – it's floppy, flexible, and moving."

The protein forms into aggregates, called lewy bodies or fibrils.

"These fibrils clump together around these dopamine-producing neurons, and it stops them from producing signals," Dr. Moehlig said.

There was a consensus among the medical community that alpha-synuclein is related to Parkinson's disease, but that it probably wasn't the fibrils themselves which cause the disease. There are many moving parts to Parkinson's, and alpha-synuclein is just one tiny aspect. All animals have alpha-synuclein, but not all animals suffer from Parkinson's, said Dr. Moehlig.

So, researchers theorize that the key to Parkinson's lies somewhere before these proteins aggregate.

"They are trying to design a vaccine which traps these oligomers, before they become fibrils, and removes them from the body," Dr. Moehlig said.

Dr. Moehlig spent years researching the chemical composition of these fibrils, in the hope that research would highlight a potential cure. However, before he was able to finish his work, funding ran out and he was awarded his PhD.

"Unfortunately, the research hasn't really gone anywhere. It didn't get much interest from the National Institutes of Health when we applied for grants to try to finish it," said Dr. Moehlig.

Despite this, Dr. Moehlig said he learned a lot from the experience, and said he would continue the research in a heartbeat.

This week, Dr. Chunhao Fu, an engineer from Olympus Respiratory America will present a seminar the mechanics of endoscopy. Students and the general public are invited to attend this free lecture in Building 3, room 102, Friday April 27 at 1:30 p.m.

Help a vet and give them a ride somewhere

Unless you're a veterans service officer with one of the veterans groups, you probably can't help a fellow veteran push through the paperwork required to file a claim.



by Freddy Groves

But there's more than just that one step to seeking medical care: Sometimes what stands between a veteran and his medical treatment is a ride to the medical center.

Many veterans, especially those in ill health or who are elderly, just don't drive anymore and don't have access to transportation, often due to low income.

That's where you can help.

Volunteer once or more a week to drive a veteran to medical appointments. On the way back, ask if you should make a pit stop at the grocery store or anywhere else, if your rider feels well enough. Think about it: If you don't have a car, even just bringing home groceries can be a chore. Or maybe a fast-food burger would be welcomed by a veteran who's basically been homebound due to lack of transportation. Call the Voluntary Services office at the closest Department of Veterans Affairs Medical Center to offer your help.

The Disabled American Veterans (DAV) also has a nationwide transportation network that takes sick and disabled veterans to all of the medical facilities in the country.

If you're a veteran who needs transportation to a medical facility, the DAV has a directory that can connect you with a ride. Go to www.dav.org, click on Veterans, and scroll down the drop-down list to "Need a Ride?" Click the link to the DAV Hospital Service Coordinator Directory and look for the coordinator nearest you.

Want to offer rides or volunteer locally? Go to www.dav.org and click on Help DAV to learn more about ways you can give back to veterans.

(c) 2018 King Features Synd., Inc.

Chemical smog making the air dirtier

By Seth Borenstein
Associated Press

DENVER — For decades America's air was getting cleaner as levels of a key smog ingredient steadily dropped. That changed about seven years ago when pollution reductions leveled off, a new study found.

This means when tighter federal air quality standards go into effect later this year, many

more cities may find themselves on the dirty air list.

There are several reasons for the flattening of nitrogen oxide levels including hard-to-reduce industrial and truck pollution, said study co-author Helen Worden, a scientist at the National Center for Atmospheric Research in Boulder, Colorado.

The study, in Monday's Proceedings of the National Academy of Sciences, used satellite

and ground measurements to track nitrogen oxides, a major ingredient in smog. Levels fell 7 percent from 2005 to 2009, but only dropped 1.7 percent from 2011 to 2015.

"We can't say anymore it's going down," Worden said.

The results also show the U.S. Environmental Protection Agency's computer models overestimate how clean the air really is, said University of

North Carolina's Jason West, who wasn't part of the study.

Smog is created when nitrogen oxides and volatile organic compounds cook in sunlight. Those chemicals come from cars, trucks, power and industrial plants.

In 2015, the EPA proposed new air quality standards limiting smog levels to 70 parts per billion, down from the current 75 parts per billion.



Lezlie Wolff/THUNDERWORD

This playground on the corner of South 240th Street and 20th Avenue South will be a new grade school in fall 2019.

Little feet set to make traffic woes for Highline students

By Faith Elder
Staff Reporter

Highline is getting a new neighbor.

Highline Public Schools is planning to build a new school on the corner of 16th Avenue South and South 240th Street, on what is currently Zenith Park, just west of campus.

Recently named Des Moines Elementary, the school will be replacing the old Des Moines Elementary, which is over 90 years old and is in poor condition.

"It is operating with out-dated heating, ventilation, and plumbing systems. Plus, the electrical infrastructure cannot support the technology we expect in today's schools," said Highline Public Schools Chief Communications Officer Catherine Carbone Rogers. "Because it was built in and for an earlier era, it is not up to current fire or earthquake codes."

Rogers explained that the new school would lower Highline Public School costs in the long run, as the old building required greater maintenance. But even with more funds allocated to fixing the building, the school's condition resulted in students being sent to other schools.

"There are multiple issues that could force sudden closure of the building," she said. "In that event, we would be forced to bus students to another facility."

Beyond providing a safe and stable learning environment, the new Des Moines Elementary School will address enrollment growth, lower the average class size, and give students

more stability.

"The Zenith site is 17 acres, ample space for an elementary school with room for growing enrollment, playfields, adequate parking, and separate bus and parent drop-off areas for safety," said Rogers.

Since approval of a bond in January 2017, Highline Public Schools has hosted community input meetings. Most recently, the community has been giving feedback on the proposed boundaries for the new school, trying to decide how to re-divide the district to more evenly distribute students in the schools.

In the proposed boundaries, the majority of the students attending the new school would be students who are currently set to attend Des Moines Elementary, along with small sections that are currently served by Parkside Elementary, North Hill Elementary, and Marvista Elementary.

Rogers said the feedback from these changes is not all good.

"As with any boundary change, there are those who are happy with the proposal and those who are not," she said.

The new school was planned to be open by the beginning of the 2019-20 school year, but the project is already behind schedule.

The school's designs were submitted to the City of Des Moines for review on Jan. 31 and were slated to be approved by the end of March, but the project is still waiting for a permit.

According to the company that is managing the project, Vanir Construction Management, the school's design problems may be the reason for the

hold up.

In a statement submitted to school district officials, the company's senior plans reviewer Aldo Lujan listed 126 changes that would be needed for the construction plans to be accepted.

Lujan also noted that the project needed to wait until the design was fixed.

"Although the submittal seems well developed, there are a significant number of items that should be reviewed by the design team before the documents are released for bid," he said.

While these issues are being addressed by the Highline Public Schools Board, the roads surrounding the new school are not.

Roads in Des Moines are notoriously old, with the city not putting funding toward infrastructure improvement. But with increased traffic around the new Des Moines Elementary, community members are concerned about possible delays.

Rogers said the district is trying to work with Des Moines to address the problem without asking the city to repave the road.

"We will work with the City of Des Moines to do any traffic mitigation that is necessary around 240th and 16th," she said.

But no matter how late, a safer school is on its way, promising a more reliable education for Highline Public School Students.

"We recognize that changes are difficult for students and families, and we will work hard to make the transition as smooth as possible," said Rogers.

Colleges come to Highline on recruiting trip

By Chloe Wilhelm
Staff Reporter

Students will be able to meet with representatives from more than 30 four-year colleges and universities at the upcoming College Transfer Fair on Tuesday, May 8.

Part of the fair will be an in-depth session with representatives from six local private colleges.

The event will feature a combination of in-state and out-of-state colleges, including University of Washington, Washington State University, and Arizona State University.

Attendees will be able to talk to college representatives and ask questions about admissions requirements, programs and majors, financial aid, scholarships, and housing.

The event is sponsored by Highline's Transfer Center, and will help students make transfer decisions, said Siew Lai Lilley, director of the Transfer Center.

Lilley said that students should attend the College Transfer Fair to explore their options and become well-prepared to transfer to the university of their choice.

"Students should plan ahead so they know when they need to apply... as well as what the admissions requirements are," she said. "If they are unaware of these deadlines, they might miss out on scholarships or even applying for general admission."

Lilley explained that students will be able to network with admissions representatives and become more aware of the admissions process.

She said that the transfer fair is also a good opportunity for students to explore their options and discover what schools they are interested in.

"The fair is also a great place for students who want to transfer in the future, but are not familiar with what colleges exist," Lilley said. "By attending the fair, students are able to explore their options."

Lilley recommends that students research the schools

they are interested in to ask questions.

"I recommend that students look at the list and if they are interested in a specific school, to review the college's website and jot down the questions they might have," she said.

The College Transfer Fair will be in Building 8 from 9:30 a.m. to 12:30 p.m. For a complete list of the colleges and universities that will be participating, students can visit www.transfercenter.highline.edu/transferfaircalendar.

Lilley said that the Transfer Center's information session "Private Colleges and How to Pay For School" will also be beneficial for students who are interested in learning more about private schools.

"Students should consider applying to private colleges, if they want," Lilley said. "Many private colleges are smaller in size than public universities and provide a learning environment that might be attractive to transfer students."

However, she said that a large barrier that can impact a student's decision to attend a private university is the high tuition cost. Despite this, she said that scholarships may be able to help.

"I think students should always inquire about scholarship opportunities by contacting the admissions office of the private college and finding out how and when they should apply," Lilley said.

The information session will be in the Mt. Constance room in Building 8, from 10 to 11 a.m. College representatives will make short presentations on the scholarships and programs they offer.

Participating colleges include Seattle Pacific University, Northwest University, Seattle University, Saint Martin's University, Pacific Lutheran University, and the Fashion Institute of Design and Merchandising of Los Angeles.

For more information, students can visit www.transfercenter.highline.edu.



Legislator says bills will help students

By Chloe Wilhelm
Staff Reporter

Students will have more protections from predatory lenders under a package of bills passed by the Legislature, a local legislator said on Tuesday.

State Rep. Tina Orwall, D-Des Moines, visited campus on May 1 as part of Highline's Civic Tuesdays, which features local leaders who discuss the importance of civic engagement.

Rep. Orwall discussed a variety of issues on Tuesday, including higher education, mental health, sexual assault, and homelessness.

She said that several bills were passed during this year's legislative session to help students, particularly with student loans.

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

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

The Student Opportunity, Assistance, and Relief Act was also passed by the Legislature,



which will address student loan debt and prohibit the suspension of professional licenses due to student loan default.

Rep. Orwall said that due to the passing of the supplemental budget, an additional \$116 million will be provided to help properly fund the State Need Grant, which provides need-based financial aid for low-income students.

In addition to providing financial support for students, Rep. Orwall said that the Legislature is also working on providing mental health services in higher education.

Senate Bill 6514, which was passed in March, will help de-

"We need to reach out and support people who are struggling. We need to do more."

– State Rep. Tina Orwall, D-Des Moines

velop training programs for suicide prevention in higher education.

Rep. Orwall stressed the importance of the bill, and said that it is an issue that needs to be focused on.

"Sadly, we save one of the highest teenage suicide rates in the country," she said. "We need to shine a light on [this], and get people the resources so they know what to do."

Rep. Orwall said that she is currently working on a bill that would provide the same services in K-12.

Rep. Orwall said that she is also currently focusing on sexual assault issues, including the

testing of sexual assault kits.

Sexual assault kits are used for gathering and preserving physical evidence of a sexual assault. The evidence can help the investigation and prosecution of a suspect.

Rep. Orwall explained that in Washington state, there is currently a backlog of untested kits, which are now being tested.

She said that she hopes this will help sexual assault victims and identify and prosecute suspects.

"We need to investigate and prosecute sexual assault," she said.

Rep. Orwall also discussed the issue of homelessness in Washington state.

"It's a huge crisis... the need is so great," she said.

She said that Washington has a Housing Trust Fund that helps provide funding for affordable housing projects.

Rep. Orwall said that they have also partnered with cities and organizations to support affordable housing issues.

Despite this, she said that there is more work to be done.

"We need to reach out and support people who are struggling," she said. "We need to do more."

The topic of gun violence was also brought up at the event, which Rep. Orwall said is "a crisis in our country."

She explained that several gun-related bills were passed during the legislative session, including a ban on bumpstocks, which are accessories that simulate the ability of a fully automatic firearm.

Senate Bill 6298 was also passed, and will add domestic violence harassment to the list of offenses that will prohibit someone from owning a firearm.

However, she said that a discussion on the topic of gun control is still needed.

"I think there are some underlying issues in our country that we need to talk about," she said. "We need to have the right dialogue."

At the end of the event, Rep. Orwall encouraged students to take action and get involved in issues they care about.

She said that students can get involved in organizations and groups that focus on specific issues, and encouraged people to get involved in politics.

"What really helps is when people share their stories," she said.

Highline events to celebrate Pacific Islander heritage

By Joni Aten
Staff Reporter

The fourth annual Samoan Arts and Academic Competition will raise funds to provide scholarships to graduating Pacific Islander students.

The competition will be held in the Tacoma Dome this Saturday, May 5, from noon to 5 p.m.

Along with the Samoan Arts and Academic Competition, Highline's Asian American Native American Pacific Islander Serving Institution program (AANAPISI) has more upcoming events that will be highlighting the Asian Pacific Islander community.

AANAPISI will present "Getting LAO'D" on May 11 to 12, both noon to 2 p.m., in Building 7 with film director Dr. Steve Arounsack. This event will feature a private screening as Dr. Arounsack shares his personal journey through art and education.

AANAPISI will also hold a student panel on May 15 from noon to 1 p.m. in Mt. Skykomish in Building 8.

The panel will be based on the Samoan proverb: "E fofu le alamea le alamea: The starfish is its own medicine" which suggests that Pacific Islander students should be independent in their own support as well as giving support to others. It

emphasizes that the Pacific Islander community have student mentorship as well as leadership and support.

On May 25, Back to Our Roots will take place in Mt. Townsend. This event will showcase the Pacific Islands. Back to Our Roots will take you on a journey through the different islands and the various cultures that connect the Pacific Islander social values, religion, beliefs and traditions. Time of the event is to be announced.

Going into depth on life as an Asian refugee, Pulitzer Prize-winner Viet Thanh Nguyen will talk about one of his books, The Refugees, on May 30. His discussion will take place in Mt. Skykomish from 1 to 2:30 p.m. This event will also be an open space for students to share their stories on their journey to live in the United States.

Lastly, on June 8 from noon to 1 p.m., AANAPISI will share a traditional Lao ceremonial ritual, Baci Sukwan. The Baci ceremonies highlight important major events such as births, marriages, or a New Year.

This ceremonial ritual is prepared by a community shaman who wishes good luck and prosperity on a person whilst tying a string around their wrists.

The location of this event is to be announced.



Saint Martin's
UNIVERSITY



Northwest
UNIVERSITY



PACIFIC
LUTHERAN
UNIVERSITY



Seattle Pacific
UNIVERSITY

Engaging the culture, changing the world.



HIGHLINE TRANSFER STUDENTS!

Want to apply to a PRIVATE four-year college, but worry about the high tuition costs?

Come to an information session and learn about scholarship opportunities ! highline is hosting six private four-year colleges on campus for your benefit !

The following schools will be featured :

- ***Fashion Institute of Design and Merchandising (FIDM)***
- ***Northwest University***
- ***Pacific Lutheran University***
- ***Saint Martin's University***
- ***Seattle University***
- ***Seattle Pacific University***

Tuesday, May 8, 2018
10:00 AM -11:00 AM

Highline Student Union, Building 8, 1st floor (Mt. Constance Room)

No need to sign up. Just show up and learn about scholarship \$\$ & academic majors!

History Seminar

Mistresses ain't what they used to be

By **Matthew Thomson**
Staff Reporter

The role of royal mistress has changed significantly.

Today it is a maligned title, but during the Enlightenment the mistress was an official court position, complete with a salary.

History professor Rachel Bledsaw spoke at last week's History Seminar about the changing role of royal companions.

Primarily focusing on three mistresses -- one who helped her country, one who was destroyed by her office, and one who forced her king's abdication -- Bledsaw illustrated her point.

Marriages in royal courts were not affairs of love, rather they were political and business arrangements meant to secure royal legitimacy, i.e. siring of a son to continue the lineage.

Another purpose for royal marriages was for making alliances or ending wars, Bledsaw said.

The courts of Europe in the 16th to 19th centuries were comparable to the plastics of "Mean Girls" and the nine families of "Game of Thrones," Bledsaw said.

The job of the queen was to be chaste, loyal to her husband, and to either maintain and or establish a dynasty. The job of the mistress, on the other hand, was to keep the king happy. The mistress would arrange diversions for the king, using money from her salary or from gifts given by the king.

The mistress would also provide a quiet place for the king to escape, as well as shore up support with nobles or the populace; this was done by using her stipend to build ships for the navy or by supporting the arts, Bledsaw said.

Due to the business nature of royal marriages, spouses often found they had little or nothing in common, except, of course, the need to produce an heir. A queen was often much happier spending her time with ladies-in-waiting or with her children rather than trying to discourage an already distant husband from seeing his mistress, Bledsaw said.

A woman became a mistress mostly because the king took an interest. Of course, that meant she had to first gain access to the royal court.

"The short answer is that favors could be called in or money could be donated to get invited to court. This was the case for Madame de Pompadour [mistress to Louis XV of France], whose husband's uncle got her an invitation to Versailles. For [Ma-



Lola Montez

dame Athenais] de Montespan [mistress to Louis the XIV], she was titled through her marriage and a lady [to] the queen. Lola [Montez] did not suffer this issue since [King] Ludwig I's [of Bavaria] court was not as strict as Versailles," Bledsaw said.

There are a number of reasons why a woman would become a mistress. First, this was not only about sex, it was about power. In fact, one mistress, the Marquis de Pompadour, was unable to have sex with Louis XV during the majority of her tenure as his mistress. To compensate, Pompadour became adept at reading Louis' body language indicating when he was bored or hungry. Pompadour knew immediately and sought a remedy.

Secondly, there were also great rewards for being a mistress to the king: land if you wanted it; titles; some women entered the court as peasants and left as nobility. It was a way out of the rigid social structure of Europe during the Enlightenment.

The most dangerous of all these rewards was too much political power. A little was OK, but if the king's ministers thought a woman was controlling the king, more often than not the woman might find herself in chains.

This happened to de Montespan.

Her beauty was renowned at a time when smallpox ravaged Europe. To ensure her place at Versailles, it was alleged that de Montespan went to see a famous witch and fortune teller named Voisin. Voisin sold de Montespan potions to keep her position.

The potions were allegedly made from a mixture of blood, bones, intestines of sacrificed children as well as parts of bats and toads. When the Paris police found the bones of 2,500 children in Voisin's garden Lou-

is lost interest in de Montespan. Lola Montez was a mistress to King Ludwig I of Bavaria. She was probably born in Ireland, but claimed Spanish



Madame de Montespan

nationality, despite speaking very little Spanish and speaking it with an Irish accent. Montez made her way to Bavaria to the court of Ludwig where her fiery temper impressed the king, however questions about her nationality and the amount of her political influence made Munich nervous, Bledsaw said.

Montez would attack people who insulted her. She once attacked a delivery boy because her dog bit him and the delivery boy defended himself.

The king of Bavaria was too obsessed with Montez to notice her flaws. But his ministers were not.

The one thing Montez didn't realize is that she was living in post-Napoleonic Europe, and



Madame de Pompadour

the power of the kings had diminished greatly. Even divine-right monarchs had to answer to the populace and her king had to answer to his ministers, Bledsaw said.

A group called the Alemania eventually became unofficial bodyguards for Montez. In time, however, even with this support her king would abdicate and they both would move to the United States. There Montez found religion. Later she would die of pneumonia in 1861, Bledsaw said.

The end of acceptance of the mistress position began in the 19th century. The Industrial Revolution brought many changes to society including increased support for the middle-class lifestyle.

Support for excessive lifestyles favored in previous centuries by the European royals, diminished amongst most of the European population, Bledsaw said.

The next change in the role of the mistress didn't come until the Charles-Diana-Camilla affair in the late 1980s and early 90s.

Prince Charles of the United Kingdom was married to Diana Spencer. They had what was believed by the world to be a fairytale marriage. However, Charles had met Camilla Parker-Bowles at a horse race a number of years prior to his wedding to Diana.

Charles began to secretly see Camilla and this relationship led to Charles' divorce from Diana.

After Diana died in an auto accident, Charles and Camilla would eventually wed. She is now Duchess of Cornwall and next-in-line to be queen.

Since that point, royal marriages have focused more on personal feelings and commitment between partners rather than on continuing the dynasty, Bledsaw said.

Next week's History Seminar will be "Make it look prosperous so we put cement all over it," by professor Yarinid Velez-Hernandez.

COLLEGE TRANSFER FAIR

START YOUR TRANSFER PLANNING TODAY !

- The Transfer Fair is YOUR opportunity to meet with Admissions representatives from 30 four-year colleges and universities.
- Learn about application deadlines, majors, scholarships and more ! Pick up transfer materials & have your questions answered! This is a GREAT place to explore your college options!
- For a list of schools in attendance: transfercenter.highline.edu



Highline Student Union, Building 8, first floor

Tuesday, May 8

9:30 A.M - 12:30 P.M

Highline women celebrate their successes

By Joni Aten
Staff Reporter

Highline's extraordinary women are going to be celebrated at the Spring Women in Action Celebration on Wednesday, May 9.

The Women's Programs department will hold its annual celebration from 10 a.m. to 2:30 p.m. in the Mt. Constance room in Building 8. This celebration is a cornerstone event for Women's Programs.

"I have 15 people that are nominated," said Women's Programs coordinator Jean Munro. "A lot of them are students, but some are staff as well."

The event will not just highlight people, but other student programs. One of these programs is the Puente project, which assists latinx students' success in higher level education. Stephanie Espinoza of the Puente program will be this year's keynote speaker.

"She is going to be telling her own story," said Munro. "Her triumph in getting her degree, her struggles in getting her education, and probably, her experience with sexual harassment."

During the award ceremony, each nominee will be introduced with a speech featuring the reason why she should receive an award.

All are invited to attend the event, which will include live music, dancing, and free refreshments.

Women's Programs will also be selling raffle tickets at the event for \$1 per ticket.

"Tickets can be bought anytime the Women's Programs office is open," said Munro. "The prizes would be great Mother's Day gifts."

The money from the raffle tickets will go to the department's Emergency Funds Scholarship which is open to all students of Highline, no matter their gender, who are in need of financial help.

The Women's Programs are open to more than just women despite the name of the department. It provides WorkFirst to students whom are under Temporary Assistance for Needy Families.

"We work double duty," said Munro. "We help everyone we can."

Global Fest unfolds next weekend

By Ngoc Nguyen
Staff Reporter

Highline's annual celebration of different cultures may not actually be going global with presentations in foreign countries, but this year it is definitely expanding locally.

Three weeks after Global Fest unfolds on May 12, selected participants will journey to Kent's access ShoWare Center to participate in the annual Kent International Festival.

Global Fest, one of the biggest events held on campus each year. This event is organized by the International Leadership Student Council team under the advisership of Eva Engelhard, International Leadership Student Council manager. The four main members of this team are Aya Tanaka, An Vo, Celine Li and Paul Sam.

Global Fest is not only an event for international students but also an opportunity for American students to share diverse cultures around the globe and celebrate diversity.

"This event is cool. I used to participate in this event last year. Now, I have more friends after that," said Riko Umeda, a Japanese student who is in the pre-nursing program.

Global Fest features cultural booths representing the homelands of various international students. Each nationality contacts its members to discuss how to decorate their booth. Last year, Global Fest had four booths representing Vietnam, Japan, Korea and China.

Randa Alane, one of the participants in Global Fest meeting last year, said that "Last year, [Global Fest] was held on Friday at about 5 p.m. and many students wanted to go home after long-day at school."

That reduced the number of students who participated.

This year, ILSC's team is moving Global Fest back to its traditional Saturday night slot. The event will be at 5 p.m. on May 12 in Building 8.

The event at ShoWare will be separate but involve many of the same Global Fest volunteers. "This is a separate event. The purpose of this meeting is to exchange cultures with local people," Tanaka said.

ILSC will provide \$50 for each booth so that participants can buy clothing that befit specific cultures. However, instead of giving the money directly to booth organizers, event planners will help them buy what they want.

This event requires a considerable number of volunteers who help prepare the booths. Volunteers are also categorized



File photo

Students perform at last year's Global Fest.

into two groups: the support group for booths, and a group that participates by singing and dancing in the cultural performances.

"The Chinese students formed a group and exchanged ideas via emails. We also met in

the Student Union after classes and gathered ideas," said Jason Wu, a Chinese international student.

WASHINGTON STATE
UNIVERSITY
VANCOUVER

EXPLORE. VISIT. APPLY.

PREVIEW DAY

5:30 P.M.
THURS., MAY 17

LEARN ABOUT

- Academic programs
- Application process
- Campus life
- Paying for college

Find agenda, directions and RSVP today! vancouver.wsu.edu/preview
Questions? Call **360-546-9779** or email van.admissions@wsu.edu

Judge: US can't immediately revoke man's DACA status

By Gene Johnson
Associated Press

SEATTLE — A federal judge said Tuesday the government cannot immediately revoke a Mexican man's enrollment in a program designed to protect those brought to the United States illegally as children, saying he wants more information from lawyers before he issues a preliminary ruling.

Des Moines resident Daniel Ramirez Medina, 25, drew international attention last year when the government revoked his status in the Deferred Action for Childhood Arrivals program and placed him in deportation proceedings, even though he has no criminal record.

His arrest signaled an erosion of the program's protections under President Donald Trump, and courts have since blocked the administration's efforts to end it. In response to one of those rulings, U.S. Citizen-

ship and Immigration Services last month restored Ramirez's DACA status — only to immediately notify him that the agency planned to revoke it again, citing allegations of gang ties which an immigration judge has already found to be false.

Against that backdrop, U.S. District Judge Ricardo S. Martinez held a hearing in his Seattle courtroom Tuesday.

Ramirez's lawyers asked the judge to bar the government from further rescinding their client's protections, which allow some immigrants brought to the U.S. illegally as children to remain and study or work, or from continuing to allege that he has been involved in gangs.

The government's attorneys, however, insisted that such actions by the court would be premature or unwarranted.

Ramirez's lawyers urged the judge not to lose sight of the difficult situation their client faces. He was taken into cus-

tody at his Des Moines home when agents went to arrest his father. Agents insisted he had a gang tattoo — in reality, it merely had the name of his hometown in Mexico — and that he admitted having gang ties, which he denies.

Ramirez three times passed background checks to participate in DACA; the government has offered no corroborating evidence of his purported gang involvement.

An immigration judge found that Ramirez did not have gang ties, but ordered him deported because he is in the country illegally, a decision Ramirez is appealing.

Ramirez said he has been working as a field hand in California vineyards since regaining his DACA status and work authorization.

If he loses it again, his lawyers said, he will be unable to provide for his 4-year-old son, who is a U.S. citizen.

Pantry continued from page 1

The pantry offers things such as wraps, bagels, and pastries from place like Costco and Starbucks, so people are familiar with it.

"The food is recognizable," Barriga said.

But Barriga wants to stress that the food bank is open for everyone on campus with a Highline I.D., not just students.

"We don't want faculty and staff to feel like they are taking away from students," she said.

The food pantry is handing out exit surveys to people and will be analyzing the data over the summer, but the plan is to remain "flexible."

"The food pantry in May 2019 will look a lot different then it does is May 2018," Barriga said.

Long term the plan is for the pantry to offer things such as clothing and hygiene products. Barriga said that the food pantry will be "adjusting one

quarter at a time."

The food bank will also be offering cooking classes. According to the survey they conducted, 57 percent of students would be interested in taking a cooking class, and 45 percent want recipes with their food.

Barriga said that they are trying to be out on the forefront of this issue and are taking cues from other parts of the country. New York, for example, requires that every college has a food pantry on campus.

The pantry does not need donations of food but will be doing targeted drives for things such as hygiene products and spices.

"We'll be having targeted drives to keep people involved," Barriga said.

The hours of operation for the pantry were set for people on campus who "don't have options."

The pantry is open this quarter on Thursdays from 1-5 p.m. and on Fridays from 1-4 p.m. in Building 16, room 180.

Fed Way continued from page 1

the Federal Way area.

Federal Way legislators had asked for \$800,000 to pay for the project. The Legislature eventually allocated \$500,000; city policy adviser Yarden Weidenfeld had earlier said the project

probably couldn't be pulled off for less than \$600,000.

So far, there's been no word on where the extra \$100,000 has been found, or if cost projections have been revised. Officials from UW-Tacoma and the City of Federal Way did not respond to requests for comment.

Also, no one from either school has said what classes will

be offered at the new campus. City officials have been trying for several years to attract a college to the area as a means of spurring economic development.

Dr. Wagnitz had earlier said that the campus could also provide a closer school for Running Start students, or any other students who may not have easy access to either Highline or the

university in Tacoma.

Highline once had a Federal Way campus, but it was closed in the mid-2000s following years of low enrollment. The University of Phoenix also closed its Federal Way campus several years ago.

Nearly two-thirds of those who live in the city and who are older than 25 years have earned

a high school diploma, but no baccalaureate degree, according to one study.

MGT of America Consulting did a higher education needs assessment for the Federal Way area.

The study also said that Federal Way is projected to grow 17 percent in the next 25 years, further increasing the need for local higher education classes.



GET A WASHINGTON STATE UNIVERSITY ENGINEERING DEGREE IN BREMERTON
Washington State University, in cooperation with Olympic College, now offers BS degrees in **Mechanical Engineering** and **Electrical Engineering**.

Enroll today!

Financial aid and scholarships are available.

vcea.wsu.edu/oc/ | engineering.brem@wsu.edu | 360-473-2822

Candidates

continued from page 1

ed to improve her leadership skills, and also to help “represent black politicians by being one myself” in running for vice president.

“We need equity on campus,” said Brown.

He said everyone, including the less privileged, needs access to more resources to succeed.

Brown also said they need more promotion of clubs and organizations to increase involvement.

Thompson concurred and said they need more involvement from students, but that inclusion is more important than simply having a diverse student body.

“We need more involvement from students in on-campus activities,” Brown said.

“We can always do better,” he said.

Thompson said that the key to building leaders is to “be an ultimate servant.”

She then added that they should continue focusing on events, and also to share stories, as storytelling helps students to relate better with each

other.

“Work with CLS to build leadership skills and get on-campus work,” Brown said, in response to a question of what activity they would want others to experience.

Thompson said that the Winter Leadership Retreat is a great way for students to get involved and grow.

The candidates were asked to say one interesting thing about them that students should remember when they vote.

Brown said that he values student voices being heard the most. Thompson said that equity is most important to her.

The candidates were asked how they would react to conflict of belief and tense disagreement.

Brown said he’s open to new ideas and is always willing to listen, and would not necessarily contradict another’s beliefs.

Thompson said that everyone’s opinions are valid, and that she may learn something new by listening.

Brown said being visible on campus is important and that he plans to talk to students and listen to them.

Thompson added that cre-

ating space to share opinions openly is important, with deeper relationships being needed to make students feel better about being represented.

The candidates were also asked how they plan to build relationships, with both saying a lot of time, effort, and energy are needed.

Additionally, Thompson says introducing yourself to students on campus is useful to raise awareness of student government.

For the eighth question, the candidates were asked how they could bridge the social gap between international students and others.

Brown suggested events and programs like socials would be useful.

Thompson follows up saying that working with the Inter-Cultural Center would be useful, and creating socials and talking about everyone’s culture is important to create a united understanding.

Another question was asked to have the candidates explain their leadership values.

“Honesty is important to build real relationships,” said

Brown.

He said service to others is a valuable quality as a leader.

Thompson said selflessness and authenticity are most important to her as a leadership value.

She said building the next generation of leaders to carry on the legacy is important.

For another question, they were asked to imagine themselves after a year of having their role in student government, and to say what they hope people would say of their contributions.

“I hope they’d say or know I was highly involved and inclusive,” Brown said.

Thompson said of her hypothetical reputation: “That I put the ‘we’ in ‘We the People’ back in the people.”

Two questions later, the current vice-president asked Thompson to explain what she meant by her previous statement. Thompson said that “we” meant “white wealthy men traditionally.”

She added that they need more inclusion from non-whites.

When asked to think of one new program that could help student voices being heard, Brown said that creating an app to connect students to their stu-

dent government would be very useful since “everyone’s on their phone anyway.”

He added that that way they could hear more suggestions from students than they currently do.

Thompson said that promoting current resources would be sufficient since it appears the problem is that students simply are unaware of their existence.

For the final question, the candidates were asked about their experience with legislative issues.

Brown admitted that he has no experience with it, but that he’s looking forward to growing and learning more from others about many subjects.

Thompson said that she was a speaker at a legislative breakfast and felt enlightened to the process and empowered in voicing her opinions.

“I’m looking forward to building a relationship with the new Highline president to advocate for students,” Brown said.

Thompson said that she wants to provide cultural knowledge to faculty and staff to increase their awareness, and therefore allow students to feel more understood and appreciated.

Academics

continued from page 1

waiting to get on my plane to Vietnam,” Ly said.

Saylor said “I was in disbelief.”

Ly, 20, who has a 4.0 GPA, is an international student from Vietnam.

He said he chose Highline because of affordability and diversity.

Ly is currently studying computer engineering.

Saylor, 37, comes from Des Moines and has acquired an accumulative GPA of 3.82 over her time here.

Saylor said she chose to come to Highline because of how local it is.

For both recipients, the journey has not been easy.

Saylor said she struggled with ADHD in high school, but was not diagnosed until she became an adult.

For Ly, coming to the United States resulted in culture shock.

“The hardest thing for me was the language barrier and learning the different cultures,” Ly said.

During the ceremony, Ly was one of the top six stu-

dents to receive a \$1,000 scholarship.

This was provided by the Washington State Employees Credit Union.

Ly and Saylor both plan on transferring over to the University of Washington once they have graduated from Highline.

— King Crossword —

Answers

Solution time: 27 mins.

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

— Weekly SUDOKU —

Answer

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

Advertise

in the

Thunderword!

Thunderword

@highline.edu

— Go Figure! —

answers

2	×	8	+	7	23
+		÷		×	
4	×	8	−	1	31
×		+		+	
3	×	9	−	6	21
18		10		13	

5 REASONS EWU IS ON YOUR SIDE

10 YEARS

MAJORS

• BA In Business Management

- General Business Option

- Human Resource Option

• BA in Interdisciplinary Studies

• BA in Psychology

• BA in Children's Studies

ON YOUR TURF ON YOUR TIME

EASTERN WASHINGTON UNIVERSITY

start something big

OUTREACH.EWU.EDU

425.564.5100

CLAMS