

GUNFIRE ERUPTS NEAR CAMPUS. See page 2

Finalists chosen for presidential search

By Izzy Anderson
Staff Reporter

The Board of Trustees will be interviewing the top three finalists to become Highline's new president next week.

Dr. Lisa Avery, Dr. Justin Guillory, and Dr. John Mosby are the three finalists for the position.

In an email sent out to faculty and staff last Wednesday, it was announced that the finalists for Highline president

will be interviewed, and answer questions in open forums next week.

Former Highline President Dr. Jack Birmingham announced his retirement in July 2017, after more than a decade in the job.

Since then, Dr. Jeff Wagnitz has stepped up as the interim president, and will continue in this position until

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Students give thanks for their mothers

By Thunderword Staff

Mother's Day is around the corner and students are celebrating what makes their moms special.

Mother's Day is observed on the second Sunday of May after being made a national holiday in 1914.

Many students are planning to spend time with their family, buying gifts, and sending flowers.

"For Mother's Day I am going to my uncle's house to have brunch with my grandparents, mom, and sister," said student Helen Mattson. "I am lucky to have such a supportive mom."

"My mom works for a school, so I'm going to deliver a bouquet of roses and take them to

class," Matthew Nguyen said. "Then on Mother's Day I'll take her out to dinner."

Pheng Kim, who is an international student, plans on calling his mom.

"I am going to call her and say, 'Happy Mother's Day and I hope you can pass your interview to come here and don't forget to send money,'" he said.

Ceramics professor Rob Droessler also said he plans on calling his mom.

"My mom lives 2,000 miles away," he said. "I'll probably call her and send her a card."

Some students are celebrating the holiday for the first time, as many parts of the world do not celebrate mother's day.

"I didn't know about this, but now I will send her something,"

said Takumi Kami. "Probably some pictures and some work out clothes."

Some of the gift ideas were more nontraditional.

"She sent me this link to a baby Groot thing on Amazon," said Josiah Gallardo. "I'm probably going to get her that."

Student Shaheed Rahman said he wanted to surprise his mother, but couldn't keep his plan a secret.

"I'm personally not going, but, I am sending my mom and my little sister to the Bahamas for like a week," he said. "My mother really needed a vacation. She works a lot."

He said the entire trip will be

See Mother's Day, page 16

No swings taken during demolition

By Colin Phan
Staff Reporter

Building 26 was scheduled to have its demolition day on Monday, but nothing was actually demolished.

Monday marked a building-breaking ceremony to kick off the \$30 million project. Members of the Board of Trustees, and elected officials including State Rep. Kristine Reeves,

D-Federal Way, and State Sen. Karen Keiser, D-Kent, were present for the ceremony.

The Building 26 project will turn the 42-year-old structure into Highline's Health Sciences facility. Building 26 was previously scheduled to undergo renovation last year, but

See Demolition, page 15



Lezlie Wolff/THUNDERWORD

Medical assisting students and members of the Board of Trustees were both present for this building-breaking ceremony.

Student turns life from troubles to triumphs

Highline student and Latinx Club President Erika Juarez-Ramos is on track to graduate this summer and is transferring to the University of Wash-



ington-Tacoma to obtain her bachelor's degree in social welfare.

However, it was not so long ago when her focus was simple survival.

"My biggest struggles have been with domestic violence,



Juarez-Ramos

domestic violence, stemmed from Juarez-Ramos' family.

"My dad would beat my mom relentlessly," Juarez-Ramos said. "Those images in my head of my mom all bloodied up like that is something I can nev-

er forget."

At 13 years old, Juarez-Ramos' brother got involved with gangs and drugs.

"My brother messed with my life a lot," Juarez-Ramos said. "He was 13 when he got addicted to hard drugs and into gangs."

Juarez-Ramos said her brother's addiction to drugs like meth eventually made him violent and irritable.

"His addiction got much worse in high school,"

See 180, page 16

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Join in for an afternoon of fun with the Video Game Club



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Lady T-Birds land in a 3-way tie going into the championship



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Kent Mayor Dana Ralph joins campus for Civic Tuesdays



Shots fired near campus; no injuries

By Krista Gaines and Chloe Wilhelm
Staff Reporters

Gunshots rang out near Highline again on Wednesday afternoon at the Church's Chicken restaurant.

Eyewitnesses said the shots were heard at approximately 4:35 p.m.

The shooting follows a similar incident a nearby gas station earlier this year on Feb. 16, which resulted in a four-hour campus-wide lockdown.

An anonymous eyewitness on Pacific Highway South at the time of the event, said she heard three shots that went in her direction.

She said she saw one man chasing another while shooting. After one fell over a railing, she said they both ran in the direction of the Lowe's parking lot across the street.

"I just heard a gunshot... and a guy [pointed] his gun and [ran]," she said.

After the incident, she said she called 911 from her car.

Highline employee Marie Harrison, who works in Financial Aid, was in the restaurant with her daughter when the incident occurred.

"Me and my daughter were sitting here... next thing I know, a male was shooting," she said. "I heard three shots, and me and my daughter dropped to the ground."

She saw the event through the restaurant's window, and another customer called 911. She said the gunfire was aimed in her direction.

Harrison said that during the incident, the restaurant employees continued to work.

Both the Kent and Des Moines police departments responded to the incident.

At press time there was no official report that has been released from either department.

No injuries were reported.

Eyewitnesses said three shell casings were recovered from the scene, while one appeared to remain lodged in a silver Nissan Sentra parked at the restaurant.

Officer Robert Dean of Highline's Public Safety office, said he heard shots and knew it was from off-campus.

"I heard shots from the East Parking Lot," he said.

Officer Dean said the incident is under investigating and it is important to not assume and rush to conclusions.

"We need to know the details. We need to know the facts," he said.

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.

Learn about civil engagement

Luisa Bangs, Des Moines City Council member, will be visiting campus on May 15 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 3, room 102 from 10 to 11 a.m. It is free and open to the campus community.

Apply for Highline scholarships

Applications for Highline scholarships ranging from \$500 to \$2,000 are 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 they have more than 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 www.fund-s4highline.org/scholarships. The deadline is May 20 at 11:59 p.m.

Nominate important faculty

Nominations are due on May 25 for Highline's Outstanding Faculty Awards, which are given annually by Highline. Two awards worth \$1,500 are provided to one tenured faculty member, and one adjunct faculty member.

Nominations for either award can be made by students, staff members, faculty members, or administrators at Highline.

To nominate a faculty member, two written endorsements are required from the nominator and a second reference that



gives emphasis on the faculty member's contribution to education at Highline.

The nomination letters should include examples of how the nominee is an outstanding teacher, and how they have made an extra contribution in the world of education, community, or industry.

Nomination forms must be submitted to the Office of Instruction, Mailstop 9-2, by 5 p.m. on May 25.

Learn about student loans

Learn more about student loans and financial aid by attending the Student Loans and Financial Aid workshop on May 15.

The event, which is sponsored by Access Services and ACHIEVE, is part of Highline's Financial Literacy Training series for people with disabilities.

The workshop will cover types of loans, different repayment plans, scholarships

and grants, and financing for non-traditional students.

The event will be in Building 22, room 206 from 1:30 to 3 p.m.

For accommodations, contact Access Services at 206-592-3857 or access@highline.edu.

Find a summer job

Meet with employers who are looking to hire by attending Highline's Summer Job Fair on May 16.

The event, which is sponsored by the Career and Student Employment Center, will feature more than 25 employers who are looking to hire for summer jobs.

Attendees should dress professionally, bring multiple copies of their resume, and be ready to talk about their education and experiences.

The event will be in Building 8 from 10 a.m. to 1 p.m. It is free and open to the public.

Learn about marine mammals

Learn about marine mammals and how to help stranded animals by attending Highline's Marine Mammal Stranding Information Session on May 30.

The event, which will be at the Marine Science and Tech-

nology Center from 6 to 7 p.m., will provide information about marine mammals, why they are on local beaches, and how to help stranded animals.

The Marine Science and Technology Center is located at 28203 Redondo Beach Drive S. in Des Moines, and is five minutes south of the Highline campus.

To RSVP to the event, email citizenscience@highline.edu.

Get ready for graduation

Prepare for graduation by attending Highline's Grad Fair on May 22.

Attendees will be able to pick up their cap and gown, sign up for Commencement photos, check in early to avoid the line at the Commencement ceremony, and other graduation-related activities.

The event will be in Building 8 from 9 a.m. to 5 p.m.

Students who are graduating this year should also RSVP to Commencement by June 13 at 5 p.m.

To RSVP, visit www.highline.edu/event/rsvp-for-commencement.

The 2018 Commencement Ceremony will be on June 14 at 5 p.m. at the ShoWare Center in Kent.

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or call (206) 592-3662.

Summit provides resources to Native students

By Mayia Matlashchuk
Staff Reporter

Power, Purpose, Planning and Perseverance will be the goals of the third annual Native Student Success Summit when it unfolds May 16 on the Highline campus.

The summit will provide resources for Native high school and college students to inspire them to continue their education and leadership development.

Around 100 students are expected to attend.

"It's a way to reach out to stu-

dents, to highlight their culture and identity, to inspire them to continue their education since education is accessible," said Dr. Tanya Powers, a founder of the event.

The summit will be next Wednesday, and there is no cost, but it is necessary to register before the event in Building 7. Registration will start at 8:30 and will end at 8:50 a.m. on Wednesday.

There will be sessions discussing the various topics: Power, Purpose, Planning and Perseverance running from 9:55 a.m. to 2 p.m. with breaks in



Dr. Tanya Powers

between.

Each session will be in a different building.

The Power session will be held in Building 8, Mt. Skokom-

ish room. Purpose and Planning will be in Building 7, and Perseverance will be in Building 2.

The summit will have six speakers: Tommy Segundo, an educator and a published author; Damen Bell-Holter, a professional basketball player who has played in Finland, Turkey, Hungary and Italy; Russell Brooks, the executive director of Red Eagle Soaring Native Youth; Roger Fernandes, a Native American artist, storyteller and educator; Calina Lawrence, a singer who has dedicated her voice to the preservation of Suquamish traditions; and Me-

lissa Meyer, a member of the Tsimshian tribe.

This year, to familiarize the students to the campus, a scavenger hunt will take place.

"We're trying something new this year," Powers said. "A scavenger hunt to explore and tour the campus."

There will be a break at 10:55 a.m. for a working lunch.

"During lunch, there will be two panels. Students will split into two groups, attending one of the panels," Powers said.

One of the panels is the Student and Elder Panel and the other is a Career Panel.



Members of the Highline Psychology Club hope to raise funds for Jessica Crane, back center, to help pay for surgery to preserve her eyesight.

Student losing sight finds a way to keep hope

By Peter Brooks
Staff Reporter

Jessica Crane, a student at Highline, is losing her eyesight over time and needs surgery, but it isn't fully covered by her insurance.

Friends of hers are planning to have a bake sale and online fundraising campaign using GoFundMe.

"I woke up one day to one of my eyes being extremely swollen, red, and hard," Crane said.

Her condition is called retinal vasculitis. It involves swelling and inflammation of blood vessels in the retina of the eyes.

"It cuts off blood flow and eventually kills the eye,"

Crane said.

Crane was forced to stay home and ended up missing the entire quarter. She's been improving slightly by taking the medication Prednisone, a steroid to help with inflammation, but it's only a temporary solution.

There's no exact diagnosis for the cause of her condition yet, but it's typically chronic and requires long-term treatment.

The surgery required is called a vitrectomy, the surgical operation of removing part or all of the vitreous humor from the eyeball.

The vitreous humor is the liquid between your eye's retina and lens.

The estimated cost for the

surgery isn't yet known so the fundraiser isn't officially set up yet, but it should be known soon.

"I'm very thankful for everyone helping me," Crane said. "I'm worried about the surgery but I'm staying hopeful."

Crane has been attending Highline since 2013, beginning with the High School Completion program.

She's working toward a degree in psychology and hopes to start school at the University of Washington of Seattle or Tacoma in fall.

Her friends organizing the event include Yasutaka Odo, Matthew Thomson, and Kaz Seko.

They are current and for-

mer members of the Psychology Club at Highline and are helping Crane after becoming friends through the club.

"We really want to help our friend any way we can," said Kaz Seko. "Any amount of money earned from donations will be helpful."

Sue Frantz, a psychology professor at Highline, will be the faculty sponsor for the bake sale taking place within the next two weeks.

If you would like to get involved or donate you can email Matthew Thomson at mthomsonr@students.highline.edu.

The group has plans to create a Facebook page shortly, as well to make things go more smoothly.

Festival will take you on a journey

By Ngoc Nguyen
Staff Reporter

Highline's international students aim to take the campus community Around the World in a Day during the annual GlobalFest celebration in the Student Union this Saturday night.

Organized by the International Leadership Student Council, the event will feature cultural booths and ethnic cuisine, as well as cultural performances.

This will be a chance to explore different cultures and traditions from Highline foreign national students, organizers say.

The event will take place on May 12 and runs from 5:30 to around 9 p.m. in the Student Union, Building 8.

Admission is free and everybody is welcome to come attend.

International Student Programs will send out live videos across social medias, including Facebook and Instagram.

The videos will be uploaded on the International Student Programs' Facebook page after the event.

Some elements of the event will be recreated for Kent International Festival on June 3 at the ShoWare Center.

For more information email Eva Engelhard at eengelhard@highline.edu.

Fliers show that hate exists around us

Too often in life people think that the problems that plague other communities are not impacting theirs. They are quick to point out signs of bigotry and hate in other parts of the country, but then think “Oh, this will never happen where I live.”

At Highline, it is easy to think that. A mix of nationalities from all of the world interact and socialize with each other every day on campus. One trip to the Student Union and you will see people from all over the world talking to each other peacefully.

When you see video of white nationalists walking around with tiki torches on a college campus in Virginia, it’s easy to think about how lucky you are to live in a community that isn’t affected by that problem.

But hate still exists.

The recent fliers found on campus promoting a white nationalist group show that we cannot think that Highline is safe from the problem. People can no longer simply ignore the problem and pretend that Highline is an island that is not affected by hate.

White nationalists feel emboldened knowing that the president of the United States is willing to defend them any time there is a problem.

After years of keeping their hateful views to themselves, white supremacists feel like they can now share how they truly fear.

After the white supremacy riot in Charlottesville, Virginia last year where, a peaceful protester was murdered, President Trump said that there were good people on both sides. But he is simply wrong.

If you accept that line of thinking and normalize the fact that neo-Nazis and white supremacists are handing out fliers and feel comfortable enough to march, then it is dangerous.

It can be easy to dismiss the fliers. It is easy to think that they do not point to a larger problem and that it was just a couple of stupid people promoting hate.

Don’t accept that. Don’t accept fliers like these becoming just an annoyance that’s a part of daily life, like not being able to find a parking spot.

Every time people see hate, they must call it out. People must always be on their toes, willing to call out bigotry when ever they see it. People can no longer choose to be ignorant and ignore the issue.

Otherwise it will get worse.

Kent taking a varied approach to gang activity

Western Washington has seen a rise in gang activity, and the city of Kent is no exception.

Rising gang activity in a city that is short on police officers is not a good combination.

This situation has led to tough decisions and has forced out-of-the-box thinking.

Former chief of police Ken Thomas describes gang activity in Kent as “top priority” and said that “we can’t keep doing the same thing and expecting a different result.”

The chief said that department was working on “exciting new things.”

One program that the chief was excited about is called “shots fired,” and involves the King County prosecutor and other local police departments.

The program compiles data from all of the gang activity that happens in the region, and tracks people who are connected to both the victims and the people who commit the crimes. It looks at trends and tries to find people who are connected to multiple people in gang activity.

Thomas calls these people “influencers.”

Social workers then go talk to people who are connected to people with gang activity and try to intervene.

Chief Thomas called the

Roland Along



Mitchell Roland

approach “social networking,” and said that it is a first of its kind programs.

Thomas said that they wanted to “try to attack the problem by looking at the influences.”

Another new thing that the city is taking is looking at the issue as a public health crisis.

At the same time though, Thomas said that the police would still be using “old school tactics” against gangs and said that simply having a presence in troubled communities makes a difference.

“I don’t know of one silver bullet that’s going to fix the problem,” he said.

Thomas said that they “we need to go after [gangs] hard and aggressive,” because one of his biggest fears is an innocent bystander being injured or killed and he wants to prevent tragedies.

The main trouble area in Kent is on the East Hill along Benson Road, the chief said.

But Thomas also said that the problem is cyclical and that “there’s been times where it is way worse than it is now.”

The police department is doing outreach in schools in the area and that “we’re trying to make a difference in our own community.”

Kent police can only do so much with what they have. Kent voters recently turned down a proposition that would have allowed the city to hire 23 additional officers.

Kent is also facing a budget shortfall due to a change in the way Washington taxes items bought online, meaning

that they are about 12 million dollars short in the yearly budget.

The newly elected mayor Dana Ralph said that “Kent has the lowest number of officers” per one thousand residents of any surrounding city. Kent has about half as many as Bellevue, which is not much bigger than Kent.

Mayor Ralph also said that officers are being forced to work mandatory overtime and sometimes have to work 16-hour days back-to-back.

“I’m trying to operate a police department that’s understaffed by about 40 officers,” Ralph said.

On Tuesday after visiting Highline, the mayor announced that Chief Thomas had resigned and that she had appointed Rafael Padilla to lead the department.

At this time, it is unclear how the change in command will impact the departments approach to gang activity.

After the failed vote, Ralph said that there is no plan B for hiring new officers.

“The best I can do is keep it status quo,” Ralph said.

The mayor also said that the department was having to pull officers off a regional gang task force in order for them to do street patrols.

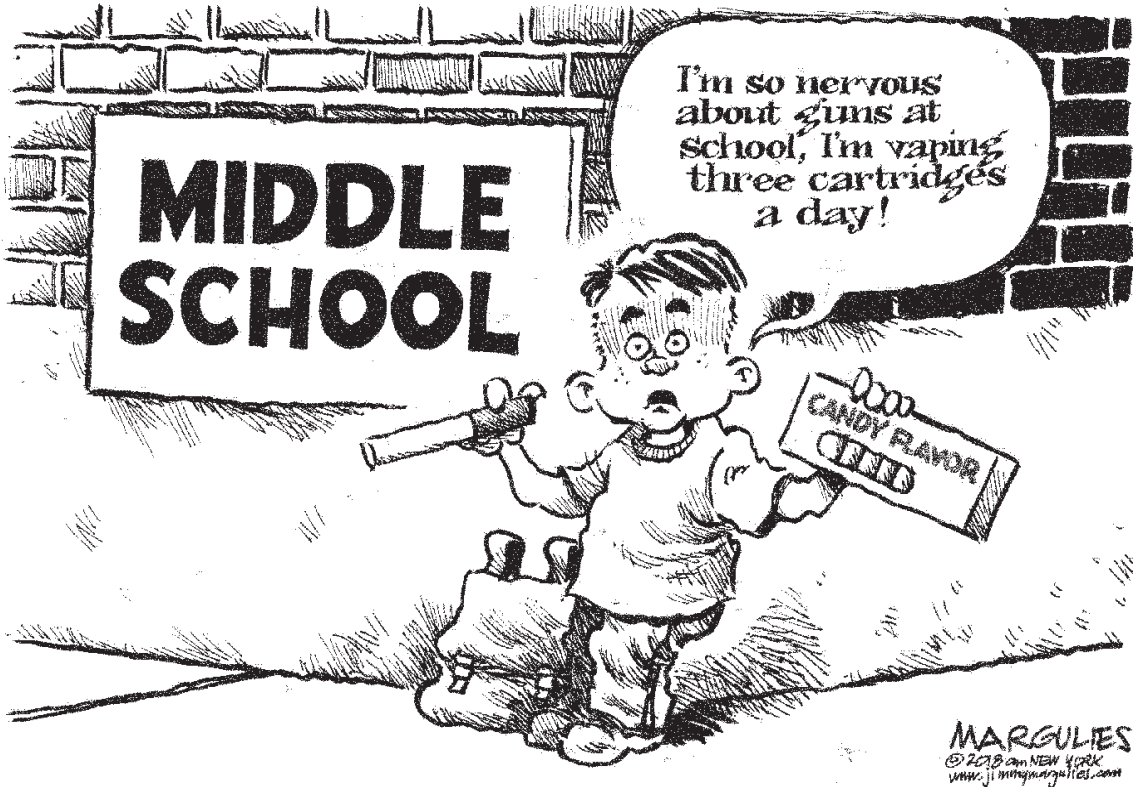
The chief warned after the vote that they are running short handed and that there will be a little bit longer response times but said “We’re going to continue to do the very best we can.”

But one thing is for sure, and it is that something needs to be done. Looking at the issue as a public health crisis is a good step. It’s not that people choose crime, it’s that they don’t think have another option.

People can feel stuck, and think that there is no other way. By showing them another path, people would no longer feel the need to join crime.

Dana Ralph did not reply to an email requesting comment on the resignation.

Mitchell Roland is the opinion editor of the Thunderword.



the Staff

Taylor Swift is a gateway drug.

E-Mail: tword@highline.edu

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Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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1. **AD SLOGANS:** Which company's ads advised consumers to "put a tiger in your tank"?
2. **U.S. STATES:** Which state designated the American seagull as its official state bird?
3. **HISTORY:** When was the potato introduced to Europe?
4. **OLYMPICS:** How long is the balance beam used in women's gymnastics?
5. **GEOGRAPHY:** What is the capital of Australia?
6. **PROVERBS:** What is the end to this common proverb: "The early bird ... "?
7. **MEASUREMENTS:** What does a Geiger counter measure?

8. **FAMOUS QUOTES:** Which 18th-century statesman and military leader observed, "Glory is fleeting, but obscurity is forever"?
9. **ASTRONOMY:** Which planet is the closest to Earth?
10. **GENERAL KNOWLEDGE:** What was the name of the first manufactured breakfast cereal?

10. Granula (1863)
9. Venus
8. Napoleon Bonaparte
7. Radiation
6. ... gets the worm"
5. Canberra
4. 16 feet, 5 inches
3. 16th century
2. Utah
1. Esso
- Answers

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!

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1 2 4 5 6 6 7 8 9

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King Crossword

ACROSS

- 1 Swelled head
- 4 Marble chunk
- 8 Taj Mahal city
- 12 "You've got mail" co.
- 13 Carry on
- 14 Hairstyle
- 15 Hollywood trickery, for short
- 16 Basin accessory
- 17 Greek vowel
- 18 Firetruck gear
- 21 "— Impossible"
- 22 Officeholders
- 23 Bocce equipment
- 26 Coquettish
- 27 Coll. transcript no.
- 30 Fairy tale preposition
- 31 Unc's kid
- 32 Witticism
- 33 Kitten's comment
- 34 Wield oars
- 35 Choral composition
- 36 Jewel
- 37 Dine
- 38 Free from responsibility
- 45 PC picture
- 46 Tramcars' contents
- 47 Grand —, N.S.

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- 48 "Vanilla Sky" actress Penelope
- 49 Verifiable
- 50 Slithery swimmer
- 51 Continental coin
- 52 Actress Hatcher
- 53 Filch
- 7 "Symphonie Fantastique" composer
- 8 Low-pH chemicals
- 9 Suitable
- 10 Ceremony
- 11 Somewhere out there
- 19 Potter's need
- 20 Whatever number
- 23 Vagrant
- 24 Mimic
- 25 Depressed
- 26 Intimidate
- 27 Eviscerate
- 28 Chart format
- 29 Likely
- 31 Ease
- 32 Hebrew letter
- 34 Ump
- 35 Oats-nuts-fruit concoction
- 36 Hook-nosed Muppet
- 37 Rid of fleece
- 38 Grown-up nits
- 39 Beige
- 40 Go sightseeing
- 41 Genealogy chart
- 42 Oil cartel
- 43 Sandwich treat
- 44 Iodine source

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ARIES (March 21 to April 19) Although you might prefer moving forward at a steady pace, it might be a good idea to stop and reassess your plans. You could find a good reason to make a change at this time.

TAURUS (April 20 to May 20) Just when you thought you had everything planned to the smallest detail, you get some news that could unsettle things. But a timely explanation helps put it all back on track.

GEMINI (May 21 to June 20) Home and work continue to compete for your attention. But you handle it well by giving each its proper due. Someone you trust offers valuable advice. Listen to it.

CANCER (June 21 to July 22) Unsettling news creates a difficult but not impossible situation. Continue to follow your planned routine, but keep your mind open to a possible change down the line.

LEO (July 23 to August 22) Lick your wounded pride if you like, but it's a better idea to find out why your suggestions were rejected. What you learn could help



you deal with an upcoming situation.

VIRGO (August 23 to September 22) Feeling a bit listless? No wonder. You might be pushing too hard to finish everything on your to-do list. Cutting it down could help get your energy levels up.

LIBRA (September 23 to October 22) Taking time out of your busy schedule might be the best way to handle that sensitive private matter. It will help reassure everyone involved about your priorities.

SCORPIO (October 23 to November 21) Insist on full disclosure by all parties before agreeing to be part of a "great deal." What you learn should help you decide whether to go with it or not.

SAGITTARIUS (November 22 to December 21) Your decision to protect the secret that was entrusted to

you might irk some people. But it also wins you the admiration of those who value trust and loyalty.

CAPRICORN (December 22 to January 19) Creative activities take on a practical approach as you realize you might be able to market your work. Ask for advice from someone experienced in this area.

AQUARIUS (January 20 to February 18) If you're suddenly a bit unsure about your decision, ask trusted colleagues and/or friends or family members for suggestions that could help resolve your doubts.

PISCES (February 19 to March 20) A workplace situation could get stormy. But stay on course until there's a solution that meets with everyone's approval, and things can finally calm down.

BORN THIS WEEK: You keep an open mind on most matters, making you the confidante of choice for people who need your honest counsel.

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Salad brined with a different twist

Salt has been used since ancient times and in many ways, from a condiment and a preservative to a valuable form of currency. Roman soldiers were paid in salt.

The English word for salary is derived from the Latin word “salarium,” which means “payment in salt.” Salt was once so difficult to obtain that it was the catalyst for several wars.

Now everything old is new again, and salt is no exception. Sea salt, which is, well, as old as the sea, has become a fashionable, trendy ingredient.

It’s the reigning queen of the culinary world, and that popularity has increased its price.

Sea salt is imported from around the world and comes in a flavorful assortment of vibrant colors, including French gray, Peruvian pink, Hawaiian red and Indian black.

Combining salt with water and spices to make a brining solution is a delicious way to add flavor to your meal preparation.

Brining meats provides moisture by hydrating the cells of the meat’s muscle tissue. That’s why brining



Deposit photos

Cucumbers and radishes both contain B vitamins and are great for healthy digestion.

turkey and chicken makes the meat so moist.

Brining also is used during the cheese-making process, and as a preservative for a variety of vegetables.

My vegetable bin often contains what I call “sad” vegetables. Perhaps the cucumbers or the celery aren’t as crisp, or there’s one or two unloved radishes or carrots left over.

Brining the vegetables gives them a savory flavor, a vibrant color and preserves them.

My slightly wrinkled mushrooms,

squash or eggplants, the neglected broccoli or cauliflower or that bunch of limp herbs is rejuvenated in this zesty brine.

It also provides me with a new way to present a colorful array of vegetables at the dinner table.

I love the way that brining with salt and spices seasons ordinary meats and vegetables. The combination of salt, black pepper and sugar provides a spicy, sultry burst of flavor that tickles your tongue. If you’re a foodie, salt is sexy.

BRINED CUCUMBER AND RADISH SALAD

- 6 cups water
- 1 teaspoon sugar
- 4 large garlic cloves, crushed
- 1/4 teaspoon black peppercorns
- 3 tablespoons plus 1/2 teaspoon kosher salt
- 1 pound Kirby cucumbers
- 1/2 pound radishes, trimmed and quartered
- 1 cup loosely packed flat-leaf parsley leaves
- 1 tablespoon vegetable oil

1. Boil water, sugar, garlic, peppercorns and 3 tablespoons salt in a 4-quart pot, uncovered, for 10 minutes.
2. While brine is boiling, halve cucumbers lengthwise and cut crosswise into 1/3-inch-thick slices.
3. Remove brine from heat and add cucumbers and radishes. Let stand, uncovered, 10 minutes, then drain in a colander, discarding garlic and peppercorns. Transfer cucumbers and radishes to a bowl of ice and cold water to cool, then drain well in colander.
4. Toss cucumbers and radishes with parsley, oil and remaining 1/2 teaspoon salt in a large bowl and chill, uncovered, about 20 minutes. Makes 4 servings.
5. The salad can be made ahead and refrigerated. Delicious when served with broiled or pan-seared fish.

(c) 2018 King Features Synd., Inc.,



Delish chicken for all gatherings

No outdoor party, barbecue or family cookout would be complete without a platter of classic barbecued chicken on the table. This easy recipe serves 4.

- 1/2 cup tomato paste
- 1/2 cup water
- 2 tablespoons packed brown sugar
- 2 tablespoons molasses
- 2 tablespoons cider vinegar
- 2 teaspoons Worcestershire sauce
- 1 teaspoon soy sauce
- 1 teaspoon Dijon mustard
- 1/4 teaspoon crushed red pepper
- Salt
- Pepper
- 1 cut-up chicken (8 pieces)

1. In 3-quart saucepan, combine tomato paste, water, brown sugar, molasses, cider vinegar, Worcestershire sauce, soy sauce, Dijon mustard, crushed red pepper, and 1/4 teaspoon each salt and pepper; stir until well-combined.
2. Heat to boiling on high, then lower heat to maintain steady simmer. Cook 30 minutes or until thickened, stirring occasionally.
3. Sprinkle 1/2 teaspoon each salt and freshly ground black pepper all over chicken. Place on grill, skin side down. Cover and cook 15 to 20 minutes or until juices run clear when chicken is pierced with tip of knife, turning over once. (Smaller pieces will cook more quickly.)
4. Immediately after chicken is cooked, transfer to a large bowl and toss with sauce until evenly coated.

Good Housekeeping

EASY GRILLED RANCH POTATOES

With just three ingredients, these grilled potatoes from Creme de la Crumb are quick and delicious, and make the perfect side dish for any summertime meal.

- * 2 pounds baby red potatoes
- * 3 tablespoons olive oil (or other oil)
- * 1 packet ranch seasoning

1. Wash, pat dry and quarter potatoes (for larger ones you may need to chop into slightly smaller pieces, about 1 inch).
2. Place chopped potatoes in a large resealable bag. Drizzle olive oil into the bag, seal and toss to coat the potatoes.
3. Open the bag, sprinkle in half of the ranch seasoning, seal, toss to coat, then repeat with remaining seasoning.
4. Thread potatoes on skewers. Grill over low heat for 10-20 minutes (depending on your grill) turning throughout to ensure even cooking. When fork-tender, remove from grill and serve warm with cold ranch dressing, if desired. Serves 4.

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Asparagus casserole

May, National Asparagus Month, announces to the gardener that spring has come. This highly prized vegetable is both succulent and tender, and has been considered a delicacy since ancient times.



- 2 cups chopped fresh asparagus
 - 1 cup hot water
 - 3 tablespoons (3/4 ounce) dried fine breadcrumbs
 - 1/2 teaspoon lemon pepper
 - 1 tablespoon plus 1 teaspoon I Can’t Believe It’s Not Butter! Light Margarine
 - 4 (3/4-ounce) slices Kraft 2 Percent Milk Swiss cheese, shredded
1. Heat oven to 400 F. Spray an 8-by-8-inch baking dish with butter-flavored cooking spray.
 2. In a medium saucepan, cook asparagus in water for 5 minutes. Drain. Evenly arrange asparagus in prepared baking dish. Sprinkle breadcrumbs and lemon pepper over asparagus. Dot with margarine. Evenly sprinkle Swiss cheese over top.
 3. Bake for 15 to 18 minutes. Place baking dish on a wire rack and let set for 5 minutes. Divide into 4 servings.
- * Each serving equals: 114 calories, 6g fat, 8g protein, 7g carbs, 310mg sodium, 215mg calcium, 1g fiber; Diabetic Exchanges: 1 Protein, 1 Vegetable; Carb Choices: 1/2.

Comedy returns to The Auburn Ave

• Comedy at the Ave brings laughter to Auburn. The Auburn Avenue Theater will host Mike Stanley, who was given the title of Best Chicago Stand-up Comedian, and Best Detroit Comedian.



Winter Dorval

Stanley is a stand-up comedian, who performs on international tours. This 18 and older show features three comedians. This event will be on May 11 at 7:30 p.m. The address for the Auburn Avenue Theater is 10 Auburn Ave., Auburn. Tickets are \$18 for adults, and \$15 for students and seniors. To purchase tickets and for more information visit app.arts-people.com/index.php?ticketing=coapa.

Enjoy sipping wine while strolling along observing art in Des Moines

By Winter Dorval
Staff Reporter

Travel to different states with wine tastings at this Saturday's Wine and Art Walk in Des Moines. The event will be May 12 from noon to 4 p.m. "There are three Wine and Art Walks throughout the year, one in winter, spring, and fall," said Jill Andrews, a volunteer member with the Destination Des Moines Board of Directors. "Destination Des Moines usually provides samples of mainly Washington wines," Andrews said. "This time we decided to have different wines for the tastings because it's difficult to get Washington wines." The Adriana Senior Apartments will be providing California wines and will host artist Jerry Farmer. Madi's Restaurant will provide a variety of wines, and host photographer Julia Marie. John L Scott Des Moines will have Argentinian wine and host artist Alicia Miranda. Village Frame and Gallery will host Adrian, a local artist. One of two new participants in the Wine and Art Walk is the Via Marina Restaurant, which will provide Italian wines, and will host artist Laurel Mercury.



The second new participant is Oddfellows Hall, which will have Washington wines and artist Linda Logie. "Our focus is to get people in the businesses and driving along Seventh Avenue," she said. "It is hard to get businesses to go out and do a new event because wine tastings have become such a large thing. It's hard to get wineries to donate their product until you prove that you will have a large number of people there," Andrews said. The proceeds from the wine and Arts Walk fund the other events throughout the year such as the Summer Concert series and Fireworks Over Des Moines. "At the last Wine and Art Walk in February, we had about 200 people that came. This time we are hoping for around 500," Andrews said. They have different businesses participating at different times of the year, she said. "People can expect a good time of walking in the community and engagement with their neighbors and businesses," Andrews said. "The drive along Seventh Avenue and Marine View Drive

generates foot traffic which builds pride in the community, and slows cars so people see the artwork and businesses they might have missed," said Andrews. Tickets are \$20 when purchased in advance online, through Brown Paper tickets, or in person at the John L. Scott office. The office's address is 22506 Marine View Dr. S. #301, Des Moines. They will be \$20 on May 12. For tickets and more information visit www.destinationdesmoines.org/waterland-wineandartwalk.

Workers demand a raise in 'The Pajama Game'

By Winter Dorval
Staff Reporter

Music and mischief combine in *The Pajama Game* next Friday. Centerstage's next performance will play through June 3. "This will be the first golden age play, written in the '40s to '50s, to show at Centerstage in over a decade," said Trista Duval, artistic director. In this musical, workers at a pajama factory are fighting for a seven and a half cent raise. "The two main characters in love are on opposite sides of the workplace debate. They don't hate each other and then grow into love-they're attracted to each other right away," said Duval. The play was written as an adaptation of the novel *Seven and a Half Cents* by Richard Bissell. "One of the main things we are trying to do is get people swept up in the joy of musicals. We are embracing everything magical and fun about them," said Duval.

The book that this play was written from was published in 1953. "What we're doing centers on the two main characters struggling with the concept of do you have to sacrifice everything or can you have it all?" she said. This play contains one main plot line and several through lines, she said. "We address the question 'does being on opposite sides of an issue make two people incompatible?' a lot," said Duval. The music and lyrics for this play were written by Jerry Ross and Richard Adler. People can expect "to have fun. It's very colorful and there is lots of dancing," said Duval. "When our grandparents would go see this play they wouldn't think twice about some of the things that were said because it was normal," said Duval. "The challenge is, can we keep the accurate feeling of this is the '50s, but these are real people and they are not horrifying?" said Duval. This is their biggest show besides the annual Pantomime, she said. "People have been calling about tickets since March," said Duval. From May 18 to June 3 showtimes will be Thursdays, Fridays and Saturdays at 8 p.m. Matinees will be on Saturdays and Sundays at 2 p.m. The address for Centerstage Theater is 3200 S.W. Dash Point Rd., Federal Way. Tickets are \$29 for adults, \$25 for seniors (ages 65 and older) and military, \$15 for youth (ages 18-25), and \$12 for kids (17 and younger). For tickets and more information visit www.centerstagetheatre.com/.

ple and they are not horrifying?" said Duval. This is their biggest show besides the annual Pantomime, she said. "People have been calling about tickets since March," said Duval.



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The legend continues

Princess Zelda returns to ‘Hyrule Warriors’

Hyrule Warriors: Definitive Edition, published by Nintendo. Action, hack and slash, single-player, multiplayer, third-person view. Available on Nintendo Switch \$60 Standard Edition.

HEY Listen!
Link is back with his allies to fight off the forces of evil once again in *Hyrule Warriors: Definitive Edition*.
The game takes place outside of the official Zelda Timeline, which goes back all the way to the first Nintendo Entertainment System with *The Legend of Zelda* (1987). The franchise has many titles to pull lore from and use characters from with more



than 21 games spread out over three decades.
It brings many of the characters that players will remember from previous titles to fight alongside Link once again.
Some of the franchise’s most iconic characters, such as Darunia from *Ocarina of Time*,



Zelda fights her foes with a bow and arrow in Hyrule Warriors.



Princess Zelda slaying her way through Hyrule Warriors.

the leader of the Gorons; Midina from *Twilight Princess*; and, of course, Zelda, the leader of Hyrule, just to name a few.
Ganondorf, the main antagonist through most Zelda games will also be in the game, along with the Skull Kid from *Majora’s Mask* and some new villains.
The combat system for the game has changed to mirror the *Dynasty Warrior* feel a bit more with character and weapon leveling. The player’s abilities will change with weapon choices, and defeating enemies will give players weapon bags.
There will also be an in-game bazaar. This will allow players to forge new weapons and spend rupees to raise characters’ levels. The player can also create potions to boost battle stats and change abilities.
The game starts with evil sorceress Cia attacking Hyrule castle. Link is just a soldier in the Hylian army. The castle is taken and the princess can’t be found. General Impa, the leader of the Hylian army, asks Link

for help finding the princess.
They both meet Shiek and Lana, who also agree to help the two stop Cia and find the princess. To restore Hyrule, the player will lead three campaigns run by Link, Impa, and Lana. During this time, Link finds out he possesses the triforce of courage.
The triforce is a sacred golden relic. It was left behind by the golden goddesses when they had finished creating the realm. The triforce is split into three parts same way the master sword is, courage, power and wisdom.
The master sword -Link’s main weapon- can be pulled May 18.
Beauty and Sunshine on Summerset: Bethesda’s Elder Scrolls Online is launching more content for their successful MMORPG (Massive Multiplayer Online Role-Playing Game).
This new addition brings the player for the first time to the home of the High Elves.
This also sees the addition of the Psijic order, along with new costumes and pets. Travel

to Summerset and uncover the dark secret that threatens the world.
The new content releases May 21 for PC and June 5 for PS4 and XBX1.
Costume Competition update: There has been an update to the costume competition. Prejudging will be held in Building 10, room 202. The contest will be held in Building 7 on June 1. The club will provide cookies and other refreshments.
Non-students will be able to compete but are not able to earn the prizes. Contestants will be allowed to wear masks and will be checked by security to make sure no weapons are brought on campus.
If you want more information or would like to participate in the event email Samantha Bartlett at SBartlett148@students.highline.edu.
Submissions are due May 11.
Cosplay Club meets every Tuesday Building 10, room 202 2 – 4 p.m.

Highline Video Game Club plays everything from Wii to board games

By Reuben Gonzales
Staff Reporter

The sound of laughter echoes down the hall, along with screams of agony and defeat.
“I hate you,” screams one person
“We can all be friends here,” says another.
The music of super Mario World for the Wii is playing, with the occasional sound of someone’s death.
This is just another typical meeting for the Highline Game Club.
This club is 3 years old and was started by Peyton Hatlen, Eddy Hauser, and James Pak. They started the club as extra credit for their Video Games as Pop Literature class, taught by a professor who has since retired.
The club is very open and



anyone who attends is accepted right away.
“The goal has been to have fun,” said Peyton Hatlen.
They don’t stick to just one single genre or console, but mix up their game play through every meeting.

“Last Thursday we played Monster Prom, it’s a brand-new dating sim that is a bit much,” said Peyton Hatlen.
“We play board games too,” said Eddy Hauser. “We are very spontaneous.”
The traffic they tend to get is due to the volume of how loud they get playing games.
“We get a lot of traffic during the winter quarter,” said Hauser.
The club will have plenty of games to choose from this coming year with all the new releases that have already been teased and slated for release.
“Duh, of course Smash Bros,” said Peyton Hatlen.
“If Jackbox releases another game on us without telling us, then that,” said James Pak.
The Game Club meets every Tuesday and Thursday 1:30 - 3:30 p.m. Building 8, room 310.

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T-Birds in three-way tie going into finals

By Lukas Bachmann
Staff Reporter

The Highline women’s tennis team is headed to Spokane for the Northwest Athletic Conference championship this weekend.

The team is coming off a loss against tournament host Spokane but are making a strong argument that they are not to be overlooked by anyone.

This year, the Thunderbirds went 6-2 in conference, along with adding a few out-of-conference wins against four-year schools to their list of achievements.

They are in a three-way tie for first in the conference with Bellevue and Spokane, with the edge given to Bellevue due to their better win percentage.

The Thunderbirds program is only two years old but is poised to make another push for the title.

Last year, in their first season, Highline was narrowly edged out by Bellevue for the title.

Four Thunderbirds placed first in that tournament and two are players still on the team this year, team captain Celeste Andreotti and Samantha McElwein, who won the No. 4 and No. 6 singles, respectively.

Both returning players also placed first in No. 1 and No. 3 doubles but did so with partners that have since graduated.

Highline is not the only pro-



Highline Athletics photo

The tennis team after their last regular season game against Spokane.

gram with players returning that have playoff experience, however.

Bellevue has three players returning: Kathleen Nolan who placed in second for No. 4 singles and placed first in No. 2 doubles with fellow returning player Holly Wright. Yuri Takagi is also returning for Bellevue. She placed in first in No. 3 doubles.

Spokane has the least number of players returning with only two.

Ashley Rotchford and Estefany Barragan both placed in fourth in No. 5 and No. 6 singles, respectively.

Although the Thunderbirds have split their series with both Bellevue and Spokane, the tournament is a very different beast.

This tournament is set up so that placing in first, second, or third will give the player’s team points and the team with the most points takes home the trophy.

In theory, a team could place second in all nine matches and still take home the title if they outscored the other teams.

Each match has a different score value as well starting with No. 1 singles and doubles awarding 20 points to first place, 17 to

second, and 15 to third.

These point values drop by two for every match after the No. 1 tournaments, so the No. 2 singles and doubles match would only award 18 points to first place.

Spokane Head Coach Wally Heidenson said that this tournament is ripe for the taking for three teams.

“In the women’s there are three teams that could win it, Bellevue, Highline, and Spokane. If I had to pick one I would pick Highline as the favorite right now,” Heidenson said.

Thunderbirds Head Coach

Laura Rosa also believes this tournament to be between the three schools.

“It is matching up to be quite a tournament. I think we are right in the hunt along with Bellevue and Spokane,” Rosa said.

Rosa also said that this style tournament may be beneficial to some teams over others.

“The format of the NWAC Championship Tournament is different than what we have played all season. There are nine separate flighted draws. This system probably favors Highline and Bellevue over Spokane,” Rosa said.

Despite that possible disadvantage, Spokane has home court advantage, which can make or break a team, Rosa said.

“It’s Spokane’s home courts, so they know the surface and conditions, but there is always more distraction for the host school,” Rosa said.

Rosa said she is confident the team will do well in this tournament.

“Amila Gogalija has to be favored to win both the No.1 singles and No.1 doubles draw with her partner Celeste Andreotti. Any of our other five players can also finish in the top two of their prospective draws,” Rosa said.

The Northwest Athletic Conference championship takes place May 11 - 12 at Spokane Falls Community College.

Highline tennis team drops match to Spokane, 5-4

By Lukas Bachmann
Staff Reporter

The Thunderbirds lost their last regular season match against Spokane last Friday night.

Wins by Amila Gogalija at No. 1 singles, Celeste Andreotti at No. 2 singles, and Samantha McElwain at No. 4 singles along with a win at No. 1 doubles by Gogalija and Andreotti kept the Thunderbirds in the match, but they eventually lost the tilt to Spokane 5-4.

This loss breaks the team’s win streak that started back in March and has spanned five matches.

This loss also had playoff implications for the team. Up until this loss, the Thunderbirds were in first place in the conference with only one loss.

Now having two losses, the team has been bumped to second place despite having the same record as two other teams.

Spokane and Bellevue both have a record of 6-2 in conference, like the Thunderbirds, but the Northwest Athletic Conference is giving the edge to Bellevue because their overall record is the best at 6-3.

The Thunderbirds have more wins on the season than Bellevue with eight, but because they also have more losses —seven— Bellevue has a higher win percentage, which gives them the tie breaker.

Going into the championship the league has no clear favorite because Spokane, Bellevue, and Highline split their season matches with one another, meaning they have both beaten each other and lost to one other which is why the overall win percentage was used as a tie breaker.

With a loss that carried so many implications, one might wonder how confident the team feels in themselves right now.

Thunderbirds Head Coach Laura Rosa said losing was disappointing but is confident the team can win when it counts.

“The loss to Spokane was certainly disappointing, but ultimately, we are confident we can beat them in the tournament,” Rosa said.

For some teams, this loss may get in the head of a team and worry them throughout the upcoming championship, but Rosa said



Highline Athletics photo

Amila Gogalija hits a return.

that is not the case.

“We are not worried. We know who we are, we know what we can do, and we will always play to our

strengths,” Rosa said.

“A win for Spokane this weekend was simply a chance for us to again find what we need to focus

on in our final week of preparation,” Rosa said.

Following this loss, the team spent some extra time on the court; not to train before the tournament, but to teach.

The Thunderbirds served as volunteer coaches for the annual Jensen-Schmidt Tennis Academy for Down Syndrome.

The camp for special needs athletes is held yearly at the Boeing Employee Tennis Center.

Rosa said that this experience was great for the team and for the campers.

“We were honored and humbled to have had the opportunity to be part of such a wonderful event. I think the team got as much out of the experience as the campers,” Rosa said.

“We are headed into the championships this weekend with everything in perfect perspective,” Rosa said.

The Thunderbirds will carry this new perspective with them to the Northwest Athletic Conference tournament May 11 – 12 at Spokane Falls Community College.

T-Birds hope RPI can save season

By Milo Kabigting
Staff Reporter

The Highline Fastpitch team’s hopes for a playoff spot dimmed last week as the T-Birds went 2-4 against league opponents.

The league playoffs are May 18-21 in Spokane, and only the top three teams in each division, plus the next seven in RPI rankings are invited. Highline now sits in fifth place in its division. To land a playoff berth, Highline must rely on RPI rankings.

Most recently, on May 2, the Lady T-Birds traveled to Bellevue, where they split the two games, winning the first 10-8, then losing 19-1 in the nightcap.

In the first game, Highline’s Ellie Quintanar led the Thunderbirds with three hits, while four other players tallied two RBI’s each.

But in the second game, the Bulldogs had their game. Bellevue’s Megan Marino filled up the stat sheet, recording three runs and four RBI’s, while Tatum Dow trailed behind her with four RBI’s as well.

On May 3, the Thunderbirds stayed on the road, travelling to the top-ranked Edmonds College, where the



Rosie Delrosario grabs a low hit.

Lady T-Birds lost both games, 2-19 and 4-25.

Highline’s Jenny Hovland recorded one run in the first game, and distributed two RBI’s.

“They are the best team in

the conference. With teams like that you just hope for the best. Short memory and get right back at it the following day,” said Head Coach Jason Evans.

Highline Athletics photo

On May 5, Skagit Valley traveled to Highline to take on the Thunderbirds, where both teams got a victory against one another.

Highline won the first game 11-12, before Skagit Valley got even, winning the second game, 13-4.

Highline’s victory came from a team effort, where nine players contributed runs. While Highline’s catcher, Hailey Clark, recorded four RBI’s.

The second game was a different story, Highline managed to keep it close the first three innings, but Skagit Valley’s Alyssa Cox exploded, tallying three runs and four RBI’s for the Fighting Cardinals.

On May 8, Pierce traveled to Highline, where the Thunderbirds beat the Raiders, getting both wins of 5-6 and 6-7.

Coach Evans said the team needed those two wins as Highline will only secure a playoff spot through RPI rankings.

“[We] had many chances to blow both games wide open, [we] just couldn’t get that timely hit,” Evans said.

The Thunderbirds play Pierce again today, then finish the season at home against Douglas on May 12.

3835
3745
2744

Scoreboard

NWAC Women’s Softball

North Region		
Team	League	Season
Edmonds	27-3	37-6
Douglas	23-5	31-5
Everett	20-10	28-14
Bellevue	19-11	31-12
Highline	12-16	18-21
Skagit Valley	9-19	12-20
Shoreline	9-21	12-24
Olympic	7-23	10-29
Pierce	4-22	6-24

East Region		
Team	League	Season
North Idaho	28-2	43-3
Walla Walla	23-7	35-11
Wenatchee Valley	23-7	27-11
Treasure Valley	17-13	18-26
Big Bend	13-17	22-22
Spokane	12-18	18-20
Columbia Basin	9-19	13-27
Yakima Valley	8-22	11-32

South Region		
Team	League	Season
Lower Columbia	21-5	34-12
SW Oregon	16-7	28-15
Mt. Hood	16-8	24-14
Clackamas	16-10	22-18
Centralia	15-11	21-18

NWAC Women’s Tennis

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

Soccer teams looks for talent in off season workouts

By Tim Mochylo
Staff Reporter

Coming off last fall’s NWAC championship, Highline’s women’s soccer team has proved itself a great place for students who are interested to play at a high level, the team’s coach says.

Highline coaches recruit their players from all over the country.

“We go to three major events each year. One is a player showcase in [Las] Vegas, we go to Surf Cup on November nights down in San Diego, and then we go to a College ID Camp in Hawaii, part of the Hawaii Surf soccer club over there,” said Highline Women’s Soccer Coach Tom Moore.

“Everything else is pretty much we go and watch local games but we have a lot of four-year coaches that contact us about kids that couldn’t get into their programs and then they send them our way and would like to place them here for a year or two before they go back to that school. That’s the main part of recruiting,” he said.

Last season the team went 13-0-1 in the league and won the championship. So, many players are interested in playing for the school, he said.

“And I think just because our program has a lot of success, we have a lot of random kids con-



The soccer team celebrating their win in the NWAC championship.

tact us because they want to play at a high level or they think this is the pathway for them to get into a four-year school,” Moore said.

Coach Moore has developed connections over the years with other colleges and bigger schools that has led to great opportunities for his athletes.

One of the ways Highline tries to help its athletes is to produce highlight videos of its players.

“We put together highlight videos for every kid, and send it out to every coach in the nation, at every level. Every year they get that right after the playoffs and they’re able to access and watch the highlights, and they’ll contact us back if they

like a kid,” Coach Moore said.

Many students have opportunities to go play at different schools and at different levels after they’re done with their time at Highline.

“Each year, we’ve had every sophomore have multiple opportunities to go and play. Sometimes they choose not to play because they’re done, and a lot of times they get to choose between what kind of schools and where they’re at,” Coach Moore said.

Some players have many choices to make regarding what school they are going to play for after they’re done at Highline.

“One of our forwards, Bianca Acuario, had a chance to go to a few Division I schools. She

visited the University of Iowa, the University of Cincinnati, and SMU so she visited a bunch of different places and got to decide what she wanted to do,” said Coach Moore.

Acurio chose the University of Iowa.

Other players who have gone on to higher levels include Jasmine Brillante, who chose Evergreen State, Neo Vande Loo, who chose Grambling State, Bella Keane, who chose the University of Indianapolis, Jocelyn Hanrath, who chose

Lamar University, Sara Olanda who chose the University of Nevada-Reno, Jenna Jensen, who chose Eastern Oregon University, and Tori Morton, who chose Seattle University.

All of them had at least five schools to choose from.

“The last couple of years we’ve done a very good job at getting our kids off to four-year programs and getting scholarships. I would say that there are only about three programs in the entire conference that actually are able to do that,” Moore said.

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Email Dr. Stephen “Steve” Lettic at slettic@highline.edu

Overcome the obstacles of weight loss

By Kabrina Edwards
Staff Reporter

The top New Year's resolution, made on Jan. 1 and often times dumped on Jan. 2, is to lose weight and get fit. But 50 percent of all people who start fitness programs quit within the first six months, said a Highline physical education instructor last Monday.

Darin Smith has a solution and unveiled it at this week's Week of Wellness series in a presentation titled Sticking With It: Using exercise psychology strategies to boost motivation and increase exercise adherence.

The presentation covered nine obstacles to losing weight and keeping fit.

Obstacle No. 1: Lack of time.

The ways you can overcome this obstacle would be to prioritize exercise, set it in your schedule, and do it in short bouts.

"You don't have to do the whole recommended 30 minutes of aerobics at once -- you can split them up to 10-minute walks in the morning, 10-minute walks after lunch and a 10-minute walk at night," Smith said.



Darin Smith

You should also incorporate physical activity into your daily life. That doesn't just mean exercising. It means taking the stairs instead of the elevator or using the groceries as a bench press, Smith said.

Obstacle No. 2: Lack of knowledge.

Check the internet, read a book, get some help and learn a little bit at a time. Don't try to become an expert overnight, Smith said.

Obstacle No. 3: Lack of energy.

A good starting point is to examine your lifestyle and determine why you are feeling so tired. Look at your sleep, diet, the time of day and stress. Keep in mind that exercise will help reduce fatigue and improve stamina, Smith said.

Obstacle No. 4: Mental setbacks.

Social physique and anxiety/embarrassments can define ourselves as a fit person. Work out away from mirrors or at home.

Smith said he didn't define himself as a jock and thought that fitness wasn't for him until one day while in class he was stretching and touched his toes. People started to take notice that he was flexible. From that day on he began to gain an interest in fitness.

You should find a gym or program where you are comfortable and realize that most people in the gym are not judging you, he said.

Obstacle No. 5: Lack of motivation.

Focus on intrinsic versus extrinsic motivation.

Intrinsic is your internal goals and motivations for feeling better, having less stress and so on.

Extrinsic motivation focuses on getting money and rewards.

Intrinsic motivation works better for the long term, Smith said.

Employ habit anchoring, micro commitments (having a work-out partner so that there is

more of a commitment towards working out), goal setting, cues/reminders, rewards/reinforcements and always have a goal completion event to shoot for, to make the task easier, he said.

Obstacle No. 6: Discomfort, pain and/or injury.

Exercisers need to understand the difference between pain and soreness and to work around an injury, Smith said.

Obstacles No. 7: Lack of enjoyment.

Do something fun. Do meaningful and purposeful activities such as cross training. It doesn't have to be exercise. Look for social interaction and support, Smith said.

Obstacle No. 8: Lack of result.

Be realistic. Be patient. Take a look at your other habits. Focus on the process (not the outcome) and appreciate what you've gained, he said.

Obstacle No. 9: Getting to the gym.

If the gym is too far away, the facilities are inadequate, there is a lack of equipment and/or no transportation, search for a good nearby gym, Smith said.

Use Google or Yelp to look at their reviews and websites.

Call ahead to inquire about

facilities, service and equipment.

If you can't find a gym you like or you don't have transportation to easily get there, consider working out at home, Smith said. Also, consider some low-cost exercise programs that are available through nearby community centers.

Try to select a gym or exercise class that is well-lit, colorful and has upbeat music, instructors and clientele.

If you work out at home, then reward yourself with a nice long bath afterwards, Smith said.

If you do workout in the cold and rain, wear the right gear and wear layers.

Beware of "the devil on your shoulder," Smith said.

"Just get to the gym parking lot, ask yourself 'how will I feel if I skip this workout,' he said.

To learn more about fitness and motivation, Smith recommends reading the following books:

Exercise everyday: 32 Tactics for Building the Exercise Habit (even if you hate working-out) by S.J. Scott; and

No Sweat: How the Simple Science of Motivation can bring you a Lifetime of Fitness by Dr. Michelle Segar.

Endoscopy gives doctors a look inside of patients

By Andrew Jokela
Staff Reporter

An endoscope has a small camera which gives healthcare providers a big look at what's going on inside you.

Dr. Chenhao Fu, a mechanical engineer, spoke about endoscopy at a science seminar on May 4. Endoscopy is the process of inserting a camera attached to a snake-like probe through a body orifice to view the digestive tract.

Dr. Fu works for Olympic Respiratory America, where he designs medical instruments.

"Why do we do this?" Dr. Fu asked. "Endoscopy allows us to see things we normally aren't able to."

For example, if a person has a stomach lesion, traditional imaging techniques like MRI or X-Ray may not give a clear picture of the damage where gastric juice leaks out of a hole in the stomach wall. Using an oral endoscope will allow a physician to see the full extent of damage to the stomach lining and surrounding tissue.

These devices typically have a camera, a light, an ultrasound transponder, and a tube-like channel at the head.

"With endoscopy, we get a really good picture of what is happening," said Dr. Fu.

Each time a cell divides to replace a cell which has been sloughed off, there is a chance that a DNA mutation results in un-

controlled cell growth, known as cancer.

Some endoscopes allow a physician to equip a needle attached to a cable running through the channel. The physician will maneuver the endoscope head into place by viewing the camera, and once positioned, will take a sample of tissue with the needle, said Dr. Fu.

The tissue sample can be looked at under a microscope to check for cancer.

Sometimes, an endoscope can be modified to excise or neutralize cancer, Dr. Fu said.

Using the ultrasonic transponder, physicians can see how deep cancerous tissue extends past the surface.

Then, the endoscope can be fit-

ted with a laser or sample of radioactive material and used to kill the cancerous cells, said Dr. Fu.

This process can eliminate a large portion of the cancerous cells, Dr. Fu said.

We have to think about how the physician will hold the controls in their hand, what materials to use, and where to put the buttons, Dr. Fu said.

If the endoscope uses electricity to excise cancer, the handle must not be electrically conductive, or the operator might get shocking results.

Students and the general public are invited to attend part two of Dr. Emil Dela Cruz's free lecture on electrocardiography, being held Friday, May 11 at 1:30 p.m. in Building 3, room 102.

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Help out and tend to your local cemetery

Twice a year in national cemeteries across the country, veterans are honored with ceremonies and visits. Memorial Day has long been the day to honor those who died in service to our country.

VETERANS POST
by Freddy Groves

Now, with the generous donations of Worcester Wreath and the non-profit Wreaths Across America, tens of thousands of veterans' graves also are decorated at Christmas ... as they should be.

But I have a challenge for you.

We all live near a cemetery or two. Small cemeteries dot communities across the country, and many of them don't get the attention they deserve. Some are not tended well nor visited often.

My challenge to you is this: Investigate a local cemetery and identify the graves of a half-dozen veterans. The older the grave, the better, as there will not likely be family that visits. Note the names and dates of birth of those half-dozen veterans (as well as the locations, should the cemetery be large).

Take the graves of those veterans into your care. Visit each grave at least twice a year, and not on the days that others will — Memorial Day and during the Christmas season. Pick another day, as well as the veteran's birthday.

This project needn't cost much. Check your local big-box or craft stores for small flags, perhaps 4 by 6 inches, on sticks. Or look online for sites such as www.united-states-flag.com (877-734-2458). Its flags are made in the U.S.A. The 4-by-6-inch flags on 10-inch wooden sticks cost as low as 15 cents each.

Take along a pair of clippers and trim around the headstone. Take the kids or grandkids along, if you wish, and teach them about honoring veterans.

Then, issue the same challenge to others. It's the right thing to do.

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Student government has new faces

By Peter Brooks
Staff Reporter

Max Brown said he is excited to be the new president of the Highline student body, even if the campaign wasn't very exciting.

Brown and vice presidential candidate Chalisa Thompson both ran unopposed in the balloting this week.

"I'm very excited to be student president," Brown said. "My goal as president is to emphasize voices on campus and getting people involved in the community."

Brown said he plans to increase involvement from students though the promotion of clubs and organizations,



Max Brown

and creating equity for all students by offering more resources to succeed.

Brown also suggested during the candidate forum that an app would be useful for students to send suggestions and increase involvement in the student community.

This is Brown's third quarter at Highline. He's working toward a general associate's degree without an emphasis.

Brown said he wants to transfer to Loyola Marymount University in Los Angeles due to their communications and entrepreneurship programs relating to business.

For Thompson, she ex-



Chalisa Thompson

pects her term to be educational.

"I ran for vice-president for the learning and growth experience," said Thompson. "And to step out of my comfort zone and represent women in politics."

Thompson said she plans to focus on equity for all students, particularly the less-privileged, and to promote inclusion more than diversity on its own.

Thompson said they should continue focusing on events and promoting currently available resources for students.

Thompson has been at Highline for two years and is

working toward her associate's degree with an emphasis on globalism, the study of cultures and their impact and influence.

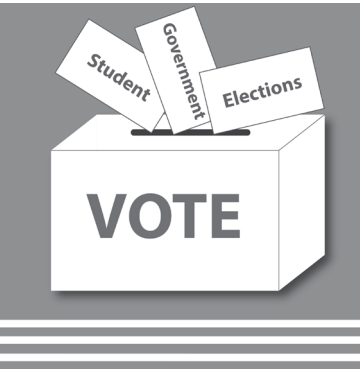
Thompson also works as a volunteer youth mentor, using music, arts, and dance to express social justice and building leaders in the community.

Thompson plans to get a bachelor's degree in psychology and a master's relating to social work at Spelman College in Atlanta. Thompson is also interested in Spelman due to it being an all-woman institution and historically black college.

Thompson is also considering Howard University in Washington, D.C., or the University of Washington if she stays local.

"I want to have a career helping youth and social justice, like therapy or behavioral counseling," Thompson said. "I'm looking forward to building a relationship with the new Highline president to advocate for students."

She plans to graduate next spring.



Paralegal group looks Beyond Highline

By Nayyab Rai
Staff Reporter

The Highline College Paralegal Association will host its yearly Beyond Highline event on May 11 from 9 a.m.-12:45 p.m. Lunch will be at noon.

The event will be in the Mt. Constance/Mt. Olympus room in Building 8.

"The event is for the gradu-

ating professional and technical students," said the faculty sponsor of the Paralegal Association, Jessica Neilson.

"Attendees will get a binder of information teaching them to use LinkedIn, how to do interviews, resumes, and how to apply for jobs," she said.

There will be six speakers coming to talk about how become good paralegals and lawyers.

The speakers are: Jennifer Ortega, LLLT 9-9:30 a.m.; MaryEllen Bollden, paralegal case manager 9:30-10 a.m.; Kelly Garten, legal recruiter, 10-10:30 a.m.; Chamene Woods, paralegal student, 10:30-11 a.m.; Avylynn Riedli, paralegal 11-11:30 a.m.; Dara Trembly, Paralegal, 11:30 a.m.-noon.

"This event it is to help future paralegals to know how to assist

their attorneys," Neilson said.

The event has been going on for 10 years.

Previously, students had to pay \$8-\$12, but there was some funding available from the state and the event is free this year.

Free lunch will be included; options are: veggie, turkey, beef, or caprese sandwiches.

RSVP to sarahrobbins242@outlook.com.

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MaST needs counselors for summer camp

By Andrew Jokela
Staff Reporter

MaST is looking for camp counselors for their upcoming day camp, held July 9-13.

Each year, Highline's Marine Science and Technology (MaST) Center holds a summer science camp for kids entering fourth through sixth grade.

MaST wants anybody with an interest in science, a passion for learning, and the ability to mentor to apply to be a camp counselor. It helps to have prior experience teaching or tutoring, but none is necessary.

If this sounds appealing, email Katy Kachmarik at kkachmarik@highline.edu. Applications for counselors are due May 25.

The camp teaches kids about the Puget Sound, its inhabitants, and the impact humans have on the environment.

For example, counselors lead campers on a walk along the beach at low tide, and spend time talking about each habitat type, how local animals utilize them, threats the environments might face, and how we can help.

Summer camp will be held daily from 9 a.m. to 1:30 p.m. during this week. Counselors are expected to arrive an hour prior, and leave 30 mins after, each day.

Typical activities for campers include intertidal exploration, animal identification, and creative writing.

Rus Higley, the director of MaST, said that they've been running these camps for more than 10 years.

To apply, students aged 8-11 must detail why they want to attend the summer camp in a one-page essay. Then, they must have a teacher give them a letter of recommendation. Finally, the students must submit a sample of their work.

"The application process is hard for kids," said Higley. "The kids have to invest in the application with their own time and energy, so the kids we get are rock-stars—and that's because they want to be here, to learn."

Sometimes, more kids apply than the camp has room for.

"It's hard turning away a kid that has put effort in, so we try to make those accommodations as best we can," Higley said.

Even then, Higley said that he tries to make the application review process as fair as possible.

"We grade third graders against third graders, fourth graders against fourth grad-



MaST photo

The MaST center's summer camp draws young scientists from all over.

ers, and so on, because the writing ability is significantly different," said Higley.

This year, the theme of the camp is Science Beyond the Surface, where campers will focus on the methods researchers use to explore the natural environment.

"The reason Puget Sound is so murky is because it's full of life," said Higley. "We have the biggest sea stars in the world. We have the biggest octopus in the world."

One of the challenges scientists face is observing these creatures without disturbing their environment or succumbing to underwater pressure.

This year, kids will build remote-operated vehicles (ROVs), which are essentially underwater drones, to explore the underwater area around Redondo Beach. Some teams may even compete to retrieve a geological sample from the sea floor.

"When you want to explore the deep ocean, that's the kind of equipment you use," Higley said. "The logistics of life support at 20,000 feet is really hard."

This technology is currently used by NOAA, the National Oceanic and Atmospheric Administration. Teams of scientists gather to view live feeds of the bottom of the ocean from these drones.

In the past month, NOAA researchers successfully used this technology to discover a new species of squid, which has not yet been named.

Katy Kachmarik, the education and outreach coordinator for MaST, said that her favorite part of the summer camp is showing kids how to look at plankton under a mi-

croscope.

Plankton is a broad term to describe microscopic organisms which usually photosynthesize and drift on the tide. These creatures comprise the bottom of the food chain in Puget Sound.

"Generally these animals are small and hard to see, but we give students the opportunity to use a microscope to see what they look like close

up," said Kachmarik. "At any given time, there can be ten shouts of 'So cool!' and 'What is this?'"

Many kids use a microscope for their first time at MaST's summer camp.

"Most students understand that giant whales eat small animals," Kachmarik said. "It's not until they use the microscope that they make the connection between the

predator/prey interaction."

Campers will also have the opportunity to perform a necropsy on a marine mammal. A necropsy is an animal autopsy, used to determine how the animal died.

"Campers seem to really enjoy learning about the anatomy and behavior of local marine mammals through a hands-on discovery," said Kachmarik.

"This is also a cool opportunity because parents of campers are invited to attend so students get the chance to learn from counselors and involve their parents in this lifelong learning opportunity," Kachmarik said.

"We've always been about getting the public involved with the MaST center. It's always been one of our core beliefs," said Rus Higley.

MaST also functions as one of the three public aquariums in the Puget Sound area. Most visitors spend one to two hours visiting on a Saturday, and can see more than 250 species of aquatic life. Unlike most aquariums, MaST is completely free to the public.

To learn more about MaST, or their summer camp, please visit mast.highline.edu or drop by in-person at 28203 Redondo Beach Dr, in Des Moines.



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Pulitzer Prize author headlines Big Read event

By Joni Aten
Staff Reporter

Pulitzer-prize winning author Viet Thanh Nguyen will come to Highline's campus for an in-depth discussion of one of his books, *The Refugees*, as part of this month's Big Read Event.

Highline's Asian American, Native American and Pacific Islander Serving Institute and Highline's Library will co-sponsor the

Big Read event as part of Asian American and Pacific Islander Heritage Month.

Nguyen is a Vietnamese author who won the 2016 Pulitzer Prize for Fiction with his novel *The Sympathizer*, which was also a New York Times best-seller. He is also a professor at the University of Southern California teaching English, Comparative Literature, and American Studies and Ethnicities, and also the university's Aerol Arnold



Viet Thanh Nguyen

Chair of English.

The event will take place

at the end of the month, on May 30, from 1 to 2:30 p.m. in the Mt. Skykomish room in Building 8.

This is an opportunity for anyone on campus to read along with each other at the same time, and hold a discussion with the author.

As for the remainder of API Heritage Month, there will be one more event following the Big Read event. That is the Lao ceremonial ritual, Baci Sukwan, which will be held on June 8.

Baci ceremonies highlight important major events such as births, marriages, or a new year. It is prepared by a community shaman who will wish good luck and prosperity on a person while tying a string around their wrists.

This event will be free, however an exact time is still to be determined.

You can get more information about the Baci event from the AANAPISI office in Building 9.

Highline honors students who portray leadership

By Thunderword Staff

Sixty-nine Highline students were honored last night at the annual Student Legacy Awards.

Family, friends, faculty, staff and award recipients filled the Student Union to recognize students who "have demonstrated a high caliber of academic and leadership achievement, persistence and contributed to the legacy of their peers and Highline College," said Jade Chan, Programming and Promotions Leadership adviser and Center for Leadership and Service Marketing Outreach Design team supervisor.

Formerly called Student Awards Ceremony, the theme this year was Together We Soar.

The 2018 Legacy Scholar Award winners are:

- **Accounting:** Michael Rude
- **ACHIEVE:** Masooma Sarwari
- **BSTEC Department:** Dega Farah and Deanna Powers

Business Department:

John Zapareski and Shavone Holloway

• **Engineering:** Angela Tibbetts and Liban Hussein

• **Highline Model United Nations Team:** Duc Huu Minh Nguyen

• **Hospitality & Tourism Management:** Chol Lim

• **Journalism:** Mitchell Roland and Isabella Anderson

• **Mathematics:** Phong Ly

• **MESA:** Liban Hussein

• **Respiratory Care:** Jeremy Cummins

The 2018 Legacy Leader Awards went to:

• **AANAPISI:** Fuifui Ah Kuoi and Kaitlen Taoipu

• **ACHIEVE:** Jullianne Plummer, Tristan Curfman, Helen Nash and Ayron Enriquez

• **Anime Club:** Nicklaus Garces

• **Arabic Club:** Raghdah Alanae and Khalid

Almustafa

• **Associated Students of Highline College:** Astrid Dueñas Diaz and Julie Bradbury

• **Career and Student Employment Center:** Jordan Julaton

• **Chess Club:** Evan Marsh

• **Christian Brotherhood International Club:** Ron Howell

• **CLS & MCA Leader of Excellence:** Mahlet Tiruneh

• **Code 2040 Club:** Karla Bustamante-Zamora

• **Community Budget Coordinator:** Chloe Zabrek

• **Community Leadership Consultants:** Jalyssa Atualevao and George (Zehao) Chen

• **Community Resource Consultant:** Chalisa Thompson

• **Cooking Club:** Temani Joyner and Hideki Goto

• **Highline Model United**

Nations Team: Ko Tanaka

• **Horror Life Club:** Jonathan Patrick Williams

• **Hospitality & Tourism Management:** Yu-Ling Shen

• **ICC Peer Facilitator:** Savannah Sacchini

• **Knitting Club:** Jocelyn Andrews

• **LatinX Student Association:** Rosa Garcia-Rodriguez and Erica Juarez-Ramos

• **Leadership Initiative Team:** Divya Kapoor

• **Marketing Outreach Design Team:** Jesus Jeremy Morales VII and Chandler Simon

• **Math Resource Center:** Liban Hussein

• **National Poetry Committee:** Tamar Manuel

• **Outreach Student Ambassador:** Risha Sharma

• **Pacific Islander Club:** Kaitlen Taoipu and Jahnna-

Marie Kehaulani Kahele-Madali

• **Placement and Testing Center:** Prem Subedi

• **Placement and Testing Center:** Ros Damm

• **Psychology Club:** Yasutaka Odo

• **Respiratory Care:** Seth Williams

• **Space Jam:** Tiana Ross

• **Student Employee of the Year:** Chloe Zabrek

• **Student Navigator:** Maria 'Rui' Auxilia

• **Thunderword:** Jovien Robinson and Colin Phan

• **TRiO:** Honglin Chen and Merry Ruat

• **Umoja Black Scholars Program:** Haley Cummins and Shanique S. Dickens

• **Unified Sports:** Sahil Vora and Tristan Curfman

• **Women in Science and Engineering:** Mary-Louise Hathorn and Edythe Neilson

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Kent wrestles with budget shortfall

By **Chloe Wilhelm**
Staff Reporter

Mayor Dana Ralph is on a mission to improve the city of Kent. Ralph visited campus on May 8 as part of Highline’s Civic Tuesdays, which features local leaders who discuss the importance of civic engagement. She was elected as mayor last November after serving six years on the Kent City Council. She said that after being elected in 2017, her main goal is to make sure that people recognize Kent. “I really want to elevate the image of our city,” Ralph said. She said she is working on a variety of issues, including reducing homelessness, improving public safety, and bringing new businesses to Kent.

However, she said that this may prove to be a challenge due to Kent’s current financial situation. She explained that the city’s current operating budget is \$98 million, which funds many programs and departments, including public safety, parks and recreation, and other services. Part of the operating budget was funded through the city’s sales tax revenue, which mostly came from warehouses and manufacturing in Kent. This changed in 2008 when Washington state moved to a destination-based sales tax system, which causes sales tax to be collected at the location where merchandise is received. Because of this, the city of



Stefanie Gomez /THUNDERWORD
Kent Mayor Dana Ralph spoke at Highline on Tuesday.

Kent’s sales tax revenue has been reduced by \$12 to \$14 million per year. Ralph said that the state of Washington was giving Kent \$5 million per year in mitigation due to the loss in sales tax revenue, but this was taken away last year. She said that this has led to a budget crisis for Kent, which will force the city to make cuts to many programs and departments. “This will probably be our biggest challenge,” Ralph said. She said she is holding conversations with residents to de-

cide what programs to cut. “I want to do what’s best for my city... but I can’t do it by myself,” she said. Ralph said that the city’s police department is one area that the budget crisis is already impacting. She said that the Kent Police Department is understaffed by around 40 people, which has led to current police officers working overtime. “Sixteen-hour shifts every few days is not uncommon,” Ralph said. However, she said she is

working hard to improve this, and is also focused on reducing crime and gun violence with the Guns and Gang Task Force. The task force is the result of a combined effort from cities in the South King County area, including Kent, Des Moines, Federal Way, Auburn, and Tukwila. “[We want to] develop programs to help reduce the number of people stepping into gang activity,” Ralph said. She said that another issue that Kent is currently working on is homelessness and affordable housing. Ralph said that there are some police officers in Kent who focus solely on homelessness, and work to locate camps and help provide services. “It’s a massive issue,” she said. “We are working on trying to solve it... [and] prevent people from falling into homelessness.” Ralph said that in addition, Kent’s Rental Housing Inspection program is working to improve and increase affordable housing. The program will require that apartment owners have their units inspected every three years to ensure basic maintenance and health. “We want to maintain the affordable housing we have,” she said. Despite these efforts, Ralph said that there are some issues that Kent will not be able to focus on, such as rent control.

She said that there is currently no rent control in Washington state, and since it is a state issue, there is not much Kent can do. “We don’t have an answer in Kent... it’s a statewide issue,” Ralph said. “I wish I had a better solution.” However, she said that Kent is focusing on other issues, such as bringing new businesses and manufacturing into the city. Ralph said that by focusing on redevelopment, Sound Transit will be coming to Kent, with a new elevated Light Rail station across the street from Highline in 2024. “We’re excited about the opportunities here for redevelopment,” she said. Ralph explained that Kent’s Economic Development Board is also working on encouraging businesses to come to the city by focusing on infrastructure and employment opportunities. “We’re trying to meet those needs, one business at a time,” she said. She said that she has hope that new businesses will find their way to Kent, such as the new Dick’s Drive-In restaurant that is expected to open its Kent location in October. Ralph said that despite the challenges, her biggest goal is to make sure people recognize the city of Kent and its potential. “My job is to take care of my city and the people in it,” she said. “We have a lot to offer.”

Demolition continued from page 1

the capital budget wasn’t passed by the Legislature until January 2018. The capital budget was held up due to a dispute between Democrats and Republicans, but after gaining majority in the Senate, Democrats passed a budget in the last legislative session, freeing up funds for the project. Actual construction by Pease Construction commences Monday with a tentative completion date of September 2019. The architect is McGranahan Architects. Once the building is complete, the new structure will feature 46,068 square feet of classroom, lab, office, and study space. It is the college’s first significant capital project in more than a decade and will be LEED-Silver certified, meaning the building will be healthy, highly efficient and cost-saving to operate. It will be the first such building on campus. Completion of the Building 26 renovation will allow the college to consolidate all of its health and wellness-related programs into one building. Highline Capital and Facili-

ties Project Manager Christina Neville-Neil said that everything went smoothly on Monday. “Everything went as planned,” Neville-Neil said. “Interim President Jeff Wagnitz welcomed everyone and rec-

ognized the Board of Trustees members and elected officials. They all donned hard hats and held sledgehammers and shovels for a photo in front of the building with some students from the Health Sciences program.”

With the building breaking ceremony in the books, the Building 26 project will be advancing to the next phase. Neville-Neil said that there will be a few things done to the interior of the building next.

“The contractor is preparing to install a construction fence around the building,” Neville-Neil said. “The first phase of demolition will be the asbestos abatement and demolition of the interior walls.”

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Juarez-Ramos said. “He was getting scarier and scarier to be around.”

Eventually, threats of suicide and overdosing followed, requiring Juarez-Ramos to leave school behind.

“I had to skip school to take care of him, to make sure he didn’t die,” she said.

At this time, Juarez-Ramos’ brother was also in and out of trouble with the law for his gang and drug involvement.

“My parents didn’t speak great English. So, in middle school I was the translator for when my brother got in trouble with the law,” said Juarez-Ramos. “I got to know the criminal justice system at a very young age.”

Ultimately, the absence from school and a dysfunctional home life took its toll on Juarez-Ramos.

“I became very depressed and tried to commit suicide

three times,” Juarez-Ramos said. “When I was 16, I finally decided it was too much and left home.”

For the next two years, Juarez-Ramos lived in her car, moving around from various park and rides.

“I didn’t even have a blanket, so I would use my spare clothes. I stacked them over me in a pile,” Juarez-Ramos said. “I would see all kinds of things in those park and rides. I saw drug deals, prostitution, and robberies. I was only, what, 16 at the time.”

During this period, despite limited resources, Juarez-Ramos continued to pursue her education.

“I was going to regular high school, taking online courses to make up credits, and attending PSSC [Puget Sound Skills Center],” Juarez-Ramos said.

“I realized the cycle at my house was so toxic and I wanted to break that cycle. I felt education was the only way to break that,” Juarez-Ramos said.

Puget Sound Skills Center is an alternative specialization school, where students can take

courses specific to their career interest while in high school.

“I did the criminal justice program at PSSC,” Juarez-Ramos said. “I felt I was really good with criminal justice since I had dealt with the law at an early age. It was the one class I felt I knew everything.”

Juarez-Ramos said her dream was once to be a police officer, but that her participation through skills center helped her see an alternate career.

“Because of the program, I realized I wanted to help the victims instead of going after the criminals,” said Juarez-Ramos. “That is where my spark began.”

“I want to be a victim’s advocate and work with at-risk youth,” Juarez-Ramos said. “I know I want to work with youth because that is when I went through my hardest time in life. I feel I can relate to them and offer them more than adults.”

After graduating high school with a 2.1 GPA and being declined admittance to the University of Washington-Tacoma, her dream school, Juarez-Ramos enrolled at

Highline.

“At the time, I wasn’t accepted because of my grades,” Juarez-Ramos said. “Now, two years later, I have a 3.8 GPA and will be attending UWT this fall.”

For many years, Juarez-Ramos said she kept her struggles to herself, ashamed of what people would think if they knew.

Without opportunities to find a good community, she had only prolonged her suffering.

“Silence is a powerful thing, but it is also very deadly,” Juarez-Ramos said. “The mindset that being silent is better needs to be broken.”

Looking back, Juarez-Ramos attributes her current success at Highline and motivations to her ability to be open.

“I realized that by speaking up about your story and opening up to others, you find other people who have suffered, people that you can relate to,” Juarez-Ramos said.

As an involved student at Highline and in the community, Juarez-Ramos has strived to

help herself and others grow.

“I am now president of Lat-inX. I am one of five students selected by Highline to attend the National Conference on Race and Ethnicity in New Orleans. I have held a Know Your Rights event for the community and those that are undocumented. I have held fundraisers for those that are in need, like the earthquake victims in Mexico,” Juarez-Ramos said. “I am proud of how far I have come.”

Juarez-Ramos offers advice to any students who may be struggling.

“My biggest advice would be to not be ashamed of your story,” Juarez-Ramos said. “Your story defines who you are and where you are today, regardless if you want the experience or not.”

Juarez-Ramos urges students to not give up, despite past errors in life.

“The future is ultimately determined on the actions you take now,” Juarez-Ramos said.

“You can either remain in the cycle or break it and be different,” she said.

Mother’s Day
continued from page 1

about six days.

“Because of that, there was really no way I could surprise her,” he said. “I really want to tell my mother that I’ll always be there for her, and I want to invest in her as she’s invested in me.”

Mother’s Day is also an opportunity to thank mothers for all their hard work, love and support.

“I appreciate how my mother has always been my shoulder to lean on and my biggest support system throughout my life,” said student Logan Arntzen. “She is always there when we needed her most and never fails to provide my family with unconditional love and compassion.”

open-hearted and accepting of me, who I am, the people I hang out with,” said student Kiel Walker. “She just inspires me to be better.”

Alisa Bodenner is excited for this year’s Mother’s Day, as she will be celebrating many special ladies in her life.

“My daughter’s birthday is coming up too, so we are going to be with family and we plan on celebrating it all at the same time,” Bodenner said. “Also I am honestly really excited to celebrate both my mother here on Earth, and my heavenly mother this year.”

strong she is after having fought off cancer and taking care of both my father and I.”

“I appreciate how strong my mom is and everything that she does for our family,” said student Courtney Hughes. “My plans are to make her breakfast, but otherwise, I don’t know yet.”

For one student, this is an opportunity to share a celebra-

tion with his mom.

“I’m buying her flowers because she’s epic,” he said. “I’m going to tell her that I’m graduating.”

Mother’s Day is Sunday, May 13.

Reporters Faith Elder, Izzy Anderson, Jo Robinson, and Krista Gaines contributed to this story.



“She’s a sweet, kind lady,” student Brandon Rosario said of his mother. “She’s helped me a lot and I’m very appreciative.”

“I would thank her for everything she taught me, since I definitely wouldn’t be as responsible without her,” said student Alexis Jensen.

“I just love how she’s so

For some, Mother’s Day is for celebrating mom’s strength.

“She’s been an important anchor in my life, holding me close to all the things I’ve held dear,” said Highline employee John Thesis. “I appreciate how

Weekly SUDOKU

Answer

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

Go Figure!
answers

1	+	4	×	5	25
×		+		×	
9	−	6	×	7	21
+		×		−	
6	÷	2	+	8	11
15		20		27	

King Crossword
Answers
Solution time: 24 mins.

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