

THUNDERWORD

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Highline has difficulty providing more food options for students

By Nayyab Rai
Staff Reporter

Food is important to everybody, which is why Highline emphasizes providing students with quality meals throughout the year, says college officials.

Highline contracts Lancer Catering company and has been working with it for the past few years.

"Our last food service was Chartwell. We had them for about seven years, until they pulled out of their contract," said Conference and Events Manager Rachel Collins.

"They decided that Highline simply did not provide enough revenue and pulled out," Collins said.

"Highline only offers food for breakfast and lunch, five times a week. We do not need to have food served so much, so many companies believe that Highline cannot give them the profits that they want," she said.

After Chartwell pulled out, bids to find a new food service company were solicited, Collins said.

"The way the process works is; first, we send out a bid to the different catering companies; then, the food companies



Jolly Rubin/THUNDERWORD

Students line up during a busy lunch rush in Building 9.

respond back with a proposal and a committee is formed to make the final decision on who will be the new food service provider," Collins said.

"I am the coordinator for this, so its my job to send out the bid, and I also inform the companies on who is awarded the contract," Dianna Thiele, the purchasing manager said.

"We want to make sure that the students are able to get the best that we can provide," Thiele said.

"I work with the representatives to make sure that they are

following all of the state rules and regulations," she said.

"During the last search, three companies sent us a proposal," she said.

When deciding on the food service, there are many different factors included, Collins said.

"Do they have the financial support needed to provide enough food? Can they provide staff?," Collins said.

"When we signed with Lancer Catering, we went with a three-year contract. That contract ended last year, and

we renewed it for another three years," she said. "Contracts can also go up to 10 years."

Lancer Catering has almost complete control on what it sells, Collins said.

"The college does not really have a say in what happens with the food. The only thing that we really do is approve the pricing," Collins said. "That has to be mutually agreed upon."

"All of their money comes

See Food, page 11

Students reflect, offer advice as graduation nears

By Thunderword staff

As the school year winds down, this is the time of year where students say final good-byes and offer advice.

Highline's commencement will take place at the Accesso Showare Center in Kent on Thursday, June 13 at 5 p.m. With graduation right around the corner, many students are reflecting on their time at Highline and giving advice to new students.

"I would say being open-minded in your classes ,because you get a lot of different ethnicities and cultures and you learn a lot from each other, it gives you a new perspective on what it really means to be human," student Edith Garcia said.

"Don't be afraid to ask for help," Genesis Diaz said. "As a running start student, college was a drastic change."

Diaz said their problems were due to issues with communicating with professors.

"Professors don't know you are struggling unless you speak up," they said.

Another student said that "procrastination will be your biggest downfall if you make it a habit."

Students said that Highline has so many things around campus inside and outside the classroom that impact them.

"Compared to high school, I felt more respected in the classroom by my teacher and classmates," student Ben Rohleder said.

"Highline made me more prepared for the university I wanted to go to," former student Emily Garfield said.

See Graduation, page 12



Stephen Glover/THUNDERWORD

Student Ant Austin learns about some of the resources offered by the Support Center at a recent open house in Building 1.

Students find help at Support Center

By Izzy Anderson
Staff Reporter

While the Highline Support Center offers financial assistance, career coaching, and resources, not everyone knows about them.

The Support Center is an umbrella term used for several programs Highline has available for students, said Amber Conley, a Benefits Hub repre-

sentative.

"Benefits Hub is just one piece of it, we've had other community partners come in," Conley said.

Highline Support Center includes programs such as Workforce Education Services, United Way Benefits Hub, the Community Pantry,

See Resources, page 12



Hit and run investigation

By Alejandro Chavez
Staff Reporter

A hit and run occurred on the morning of April 10 around 7 a.m., according to Public Safety.

A student was walking in the east parking lot when a driver hit the student. The driver took a glance at the student and proceeded to leave.

An ambulance arrived to the scene and took the victim to the hospital.

Witnesses were able to identify the suspect and have handed information to the Des Moines Police Department.

The suspect is now in the process of investigation.

For students walking around the parking lot, Public Safety Sergeant George Curtis said, “Please walk carefully in the parking lot and have awareness of what is going on. Being distracted while driving is very dangerous not only for you but for others.”

Shelter in place drill rescheduled

The Shelter in Place Drill has been rescheduled for Tuesday, April 16 at 9:40 a.m.

The HC Alert system will relay a message that the drill has commenced over text, e-mail, desktop alert, office and classroom phone alert, indoor and outdoor speakers, and through Highline’s social media account.

The drill will last around five minutes.

Public Safety will be locking all electronic doors (doors with a swipe card) during this drill.

Emergency Response Team members will be out on the walkways, wearing orange vests letting people know that a drill is in progress and people will not be allowed into locked spaces until the all clear message is given.

They will be unlocked when the All Clear is given. Please note that the subject matter and training materials may be difficult for those living with Posttraumatic Stress Syndrome. For more information, contact Public Safety in Building 6, 1st floor.

Scholarship applications open

The Highline College Foundation is now accepting scholarship applications for 2019/2020. They offer several scholarships and have made it easy to apply. You will need to create an account using your email and password. Make sure to fill out the application completely otherwise you will be disqualified.

You can apply at highlinecollegescholarship.awardsspring.com.

The deadline is Sunday, May 12 at 11:59 p.m.

If you have any questions, please contact the Foundations Office.

Learn more about UW Seattle

The University of Washington will host its annual UW/CC Advising Conference on April 19.

This free conference is geared towards community college staff/ faculty who would like to learn more about the University of Washington-Seattle.

For a list of sessions offered, go to <https://www.washington.edu/uaa/advising/collaborations-and-conferences/uw-community-college-advising-conference/>.

Create an academic poster

Designing an Academic Poster Workshop

Learning how to develop an academic poster and presenting that poster in a professional session is great preparation for university-level research/conference participation and a perfect opportunity to share your research and accomplishments with the greater Highline College community. This event will be held on Wednesday April 24 from 12:15-1:15 p.m. in Building 3, room 102

Attend Highline’s nursing session

Nursing Information Session that will be held in Building 23 Room 307 on Wednesday, April 17 from 1:30-3:30pm. Anyone interested in learning more about Highline’s nursing pathways is encouraged to attend.

Student Luncheon on April 16

The Academic Success Center will be closed for Student Luncheon on April 16.

The Academic Success Centers: the Tutoring Center, Writing Center, Math Resource Center, and 6th floor front desk will be closed for the Student Employee Appreciation Luncheon



next week on Tuesday from noon - 1:30 p.m.

This is so that all student workers can attend the event, even those who are scheduled to work at the time. No tutoring will be available during this time.

For student employees to register to attend the Luncheon, go to <https://docs.google.com/forms/d/e/1FAIpQLSeNgHRCw1-YI5Eg43WE0IUly2ehNCP-F8b1AaiFQUqpmjByiduA/viewform>.

Calendar

- **Spring 2019** - Highline Counseling Center’s Week of Wellness
- **Chair Yoga for Wellness** - An all-levels chair yoga prac-

tice with Highline’s own Amy Rider-King will be held April 15 from 10-11 a.m. in Building 2.

Participants will experience an hour of mindfulness while learning core yoga principles and how to use them in everyday settings. Participants will use a chair and a mat for this gentle, stress-relieving sequence. Free yoga mats are the door prize for the first 30 participants.

- **Inter-Cultural Center Mindfulness and Meditation** - Join Doris Martinez, director for Student Diversity & Inclusion and Nicole Hoyes Wilson, faculty counselor, as they facilitate a conversation about the many cultural ways of healing that have been passed down through family traditions for generations.

This Counseling Wisdom Series is a collaboration between the Inter-Cultural Center and the Counseling Center on Monday, April 15, from noon to 1:30 p.m.

- **Play with Plants** - Did you know that gardening can improve your health?

Gardening has been found to positively impact mood, to boost immunity, and provide a host of other physical and emotional benefits. It’s also a lot of fun. Join Nicole Hoyes Wilson to be one of the first 40 participants to leave with your own potted plant on Tuesday, April 16 from noon to 1 p.m., in Building 2

- **Sleep for Health and Wellness** - Sleep can be hard to find, especially for busy college students. Come learn more from Tom Humphreys, Faculty Counselor, about the important physical, social, and emotional benefits of sleep – and most importantly, ideas for how to find more of it. Learn more about it on Wednesday, April 17, from noon to 1 p.m., in the Mt. Skokomish room in Building 8.
- **Tea and Art Party** - Need a moment to pause, reflect, and be creative? Join Faculty Counselors Thressa Alston and Gloria Rose Koepping for a spot of tea, dessert, and guided art on Thursday, April 18, from 11 a.m.-2 p.m. in Building 2.

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Highline has you covered: New canopy for Building 6



Jolly Rubin/THUNDERWORD

A student funded project will provide some protection from the elements while students await pick-up after classes. Located in the East parking lot the canopy will still need a nroof and paint as of publication.



The flowers are alive with the sound of poetry

By Melissa Wilson
Staff Reporter

Poets from all over the world are on their way to Highline to celebrate Poetry Month.

The writing staff and faculty at Highline have put together five events to celebrate Poetry Month.

The first two of these events have already occurred, but there is still plenty of time to celebrate.

Later today from noon to 1 p.m. in Building 2, there will be a reading and a question and answer by local poet Erika Brumett.

At this event, she will be read her chapbook, *Bonehouse*, which was recently released. A chapbook is a short book of poems.

Brumett has published two books and her poems have appeared in several magazines.

Light refreshments will be provided.

On Wednesday, April 17 from 11 a.m. to 1 p.m. in the Mt. Constance room in Building 8, world-acclaimed poets Mark Doty and Ilya Kaminsky will be teach poetry writing techniques.

The first hour will be a presentation, and during the second hour students will get to write their own poetry alongside these famous writers.

Doty writes prose as well as poetry and has published three

memoirs one titled *Dog Years* is about his dog.

He has also won many awards across the nation.

Kaminsky hails from the Ukraine and is a Russian-Jewish-American poet, as well as a critic, professor, and translator. He is well known for chanting his poetry.

Highline Creative Writing and Film professor Susan Rich said the chanting was “mesmerizing.”

Also on Wednesday, April 17 beginning at 11 a.m. and going until 3 p.m., will be the opening of an exhibit that will be open for the the quarter.

The exhibit is called Poetic Visions. It is a gallery of artwork done by Highline students.

Each piece of art will be inspired by their favorite poem. All kinds of artwork from painting and drawing to graphic design and even video will be displayed.

Some of the inspiration for pieces will come from poems written by Highline students for the poetry competition last quarter.

“Poetry and painting are sister arts,” Rich said.

A group of 10 students, faculty, and staff worked to set up each of these events. They looked across the globe to find the best poets to come to Highline, Rich said.

She also said the team made

it a priority to invite poets from different backgrounds and cultures, as well as those who they thought would appeal most to the community.

Faculty and staff are already hard at work planning next year’s Poetry Month

events. Naomi Shihab Nye, a well-known author of poetry, children’s and young adult books, was just confirmed to be coming for Poetry Month next year.

Nye is the daughter of a Palestinian father and Ameri-

can mother, and is a winner of several distinguished writing awards.

Most of this year’s events will include free food for participants, Rich said.

“I’m sure they will have fun and have a cookie,” she said.

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valleycities.org/current-openings

End the school year on a strong note

At this point, summer is so close you can almost taste it. The weather is warming up, flowers are starting to bloom, and the region is coming out of a deep hibernation after a rough winter. The last thing anyone wants to do on one of Washington’s few sunny days is to study in the Library for a test, especially for those with a bad case of senioritis. But it is important to end the year on a strong note.

The grades students receive this quarter will still go on transcripts and will count just as much as they would as any other quarter. There is no benefit to spoiling all the hard work you spent during the fall and winter.

It’s easier to spend time indoors cramming for a test in fall or winter when the weather is usually crummy, and it gets dark early. But in spring time, that all changes. It becomes a lot easier to procrastinate or skip school work when there are actually things to do. Places to go.

Sure, there are going to be more appealing things to do. There are few places in the world that can match this region in terms of sheer beauty. The weather in spring time is mild and comfortable, and there are ample things to do in Seattle on a nice day.

But college is supposed to prepare students for the real world, and for their future careers. Students must learn how to balance a work life and a personal life.

In life, sometimes you are going to have make sacrifices in your personal life. Employers will not be pleased if you blow off work due to it being a nice day. There’s no such thing as calling in well.

If you want to take a break from your school work, there are always things to do on campus. Spring time is a busy season at Highline. Events such as Diversity Week or Global Fest offer students a chance to have a good time while not having to leave campus.

You can enjoy Spring Quarter, be productive, and be a responsible college student. You do not have to choose just one. Not every waking hour needs to be spent in the Library, but it is important not to slack off simply because it’s warmer out.

So, end this year on a strong note. There are only nine more weeks until the end of the school year. If you plan on walking at Commencement, the ceremony is nine weeks from tonight. You are so close to the finish line you can see it.

But you’re not quite there yet. Sprinters in the 100-meter dash do not slow down just because they get near the finish. They finish strong, and only then do they celebrate.

Work hard, finish strong and while you are relaxing during the summer, you will know you gave everything that you had during the school year. Summer will be sweeter when you know that you tried your hardest during the quarter.

Be sure to put in the time and effort required to make Spring Quarter a success. And while that may mean making some sacrifices, in the long run it will be worth it.



Mental health is no laughing matter

America has a mental health problem.

Mental health disorders are thought of differently than every other type of disease. If people are struggling, they tend to keep it to themselves. Important conversations often are pushed aside out of fear of what others will think.

If you talk about mental health, there are those who will tell you to “toughen up,” or “get over it.”

But lately, there’s been a new type of online humor. Whether you go on Reddit, Twitter or Facebook, you have likely seen people making jokes about wanting to die. These jokes are usually simple, with the punchline being some form of saying you don’t want to live.

These jokes aren’t edgy or funny. They aren’t creative, and they’re certainly not in good taste. These jokes are a symptom of a much larger problem in America, which is how we talk about mental health.

Typically, the only time that mental health is actually discussed is when there is a mass tragedy. The news then quickly changes to something else, and there is never is a real dialogue on how serious of an issue this is.

The simple fact is that a large number of people silently battle with depression every day.

According to the Center for Disease control, nearly 45,000 Americans kill themselves each

Roland Along



Mitchell Roland

year. That means 123 people commit suicide every day. According to the CDC, 20-25 percent of people older than 18 in this country have reported being depressed. And only half seek treatment.

According to an article in CBS News, one in five college students have been so stressed, that they have considered suicide.

The odds are, that even if you do not suffer from depression, you know someone who has.

According to the American Foundation for Suicide Prevention, every 40 seconds someone kills themselves somewhere around the world. That means that in the time it takes you to read this column, eight people will have died.

And the problem is getting worse. According to the American Foundation for Suicide

Prevention, the suicide rate in 2007 was 11.6 suicides per 100,000 people. In 2017, it was 14 suicides per 100,000 people.

It’s time that society treats mental health like the serious problem that it is. It’s time that people end the jokes and the stigma and talk about a serious problem that impacts everyone.

To continue to mock and make jokes about depression and suicide helps no one. Whether it is you or someone you know, the mental health crisis will have effect on your life.

Suicide is the second-leading cause of death for people between the ages of 15 and 24, and people between the ages of 25 to 34. Suicide is all too common for college age people that are in there late teens and early 20s.

There are simple things that everyone can do. Talk to your friends and family, ask them how they are doing. If they are going through something, let them know that you are there for them.

The most important thing people can do is open a dialogue. Talk about what you’re feeling and talk about what you’re going through. You do not have to keep your emotions bottled up.

If you’re suffering from depression, please seek help. The suicide prevention hotline is 1-800-273-8255 and is available for free 24/7.

Mitchell Roland is the Editor-in-Chief of the Thunderword.

Have something to say?

Write to us!

Have something you want to say to the student body?

The Highline Thunderword is asking for students to voice their opinions on what matters to them. We’re accepting submissions in the form of letters and columns.

Letters to the editor should be no more than 200 words; columns should be no more than 600 words.

Send submissions to thunderword@highline.edu by Monday for print on Thursday.

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Celebrate Earth Day the right way

If you are up-to-date with news stories today, then you know that there have been a lot of problems with the environment. With pollution, global warming, and greenhouse gases being released into the atmosphere, earth has been fighting a long battle and is slowly losing.

That is why we, as the creatures inhabiting this planet, need to take good care of it.

For those who don't know, Earth Day is next Monday, April 22. It originally began in 1970 to mark the birth of the modern environmental movement.

During this time, Americans were going through gas like candy. Industries released carbon dioxide into the atmosphere without any fear. Pollution was worsening.

No one really understood why pollution was a bad thing. It was only when marine biologist Rachel Carson published a book called *Silent Spring*, that people started to care and take notice. It raised awareness about pollution and the connection it has with the environment.

News stations took the momentum of the Vietnam War and channeled it into putting environmental concerns on the front page.

However, the idea of Earth Day only came about when Gaylord Nelson, a U.S. senator, witnessed an oil spill in Santa Barbara, Calif. in 1969.

He was inspired by how students were protesting the Vietnam War, and he wanted to redirect some of that energy to the environment. He believed that if the public cared, he could force environmental protection acts onto the political agenda.

Nelson declared a "national teach-in on the environment" to the national media, persuaded other politicians, and hired people to put the plan into action. A national staff was hired to promote events all across the nation. April 22 was chosen since it fell between Spring Break and final exams.

On April 22, 1970, more than 20 million people went into the streets, parks and auditoriums to promote a healthy, sustainable environment.

Earth Day of 1970 proved to be a powerful political argument. It had support from both Republicans and Democrats, and the nation was finally united on a common goal.

Nowadays, there are climate change deniers, wealthy oil-lobbyists, reticent politicians, a public that is not interested in learning, and an environmental community that disagree on how to handle these changes.

However, you only need to look around and pay attention to what is going on to see what affect it has on the planet.

That is why this Earth Day everone need to go out and pick up some litter. Educate someone else on the topic. And don't dust do it for one day.

The Earth is going to need a lot more time to heal.



Instagram toxicity harms users

Toxic Instagram culture is affecting people more than they would like to admit.

People have convinced themselves that everyone online is dying to know what they had for lunch, or what they are wearing that day. Instagram has started to take over our lives, and it is having negative effects.

These days, it seems as if people don't do things because they enjoy them. It seems that people do things just to show their online followers that they did something.

If you go to a concert, you are bound to see people recording it as if someone is going to watch a shaky iPhone video of a band when they could listen to the song on Spotify. When you go out to eat, everyone takes photos like others have not seen a bowl of pasta before.

And businesses are taking notice. Restaurants are creating more and more lavish dishes to try and set themselves apart from the competition in the hopes that their dishes will go viral. During a recent super-bloom of flowers in California, Walker Canyon had become so overwhelmed with people wanting pictures that the park had to close.

On a recent college tour, I was even given a map that showed where I could take the perfect selfie on campus.

Roland Along



Mitchell Roland

These days, everyone is on social media. More than 77 percent of Americans have a social media account of some kind.

But the reality is that Instagram and Facebook are not accurate representations of life. Social media is merely the handpicked highlights. No one is going to post an accurate representation of themselves online if it consists of mundane things such as getting a flat tire fixed or going to the doctor.

Instead, social media has become a competition to show how happy or exciting your life is. And if you spend enough time online, you may start to believe that that is reality.

After scrolling through social media for a while, people tend to start comparing themselves to what they see on their

feed.

"Why can't I be as happy as them?" "Why can't I look like that?" "Wow, there life looks like so much fun."

If you start to judge your life by what others are doing, then you are going to be disappointed. Social media has been linked to everything from depression to poorer sleep quality and lower self-esteem. A virtual life can have real world consequences.

As ironic as it seems, social media, which was supposed to connect the world and make everyone closer, can actually cause loneliness. A study from the University of Pittsburgh and West Virginia University showed that social media can cause an increase in social isolation.

That's not to say that social media is always a negative. It can be a great way to stay in touch with friends and family that you have not seen in a while, and you can update others on what you're doing.

But it is not healthy to constantly check social media, or to rely on comments or likes for your self-esteem. You cannot outsource true happiness. While social media can be good in moderation, just like all things, you can always have too much.

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I'm just passionate about trains.

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Review: ‘Marie: Dancing Still’ faces problems

A rarity has arrived in Seattle, announced with the patter and swish of toe shoes.

Marie: Dancing Still is playing at the 5th Avenue Theater, part of the production’s pre-Broadway trials, as the show is still being workshopped and musical numbers are being rearranged. Previously produced at the Kennedy Center in 2014 under the title *Little Dancer*, *Marie: Dancing Still* is directed and choreographed by Tony-Award winner Susan Stroman. The production also features star writing team Lynn Ahrens and Stephen Flaherty (*Ragtime*, *Once on This Island*).

Set in nineteenth-century Paris, *Marie: Dancing Still* follows 14-year-old Marie van Goethem (Tiler Peck), a scrappy dancer in the chorus of the prestigious Paris Opera Ballet. As repayment for stealing his wallet, Marie becomes indebted to newly-blind artist Edgar Degas (Terrence Mann), eventually working as his model.

Through their cooperation and her own advancement as a dancer, Marie experiences being both a muse and an artist, eventually suffering the consequences of that life.

While ballet musicals aren’t unheard of, they are rare and typically unsuccessful. The last major ballet musical on Broadway, *The Red Shoes*, flopped in 1993, running itself over eight million dollars in debt. In that case, reviewers remarked that though the dance performances and choreography was beautiful, many of the dancers couldn’t sing and the set was the most remarkable aspect of the production.

Marie: Dancing Still faces many of the same successes



Matt Karas

‘Marie: Dancing Still’ faces continuing issues from its original staging, despite beautiful performances by Tony-award winner Terrence Mann and former New York City Ballet Principal Dancer Tiler Peck.



and failures.

The production is a visual masterpiece. The set, designed by Beowulf Boritt, combines classic design with new technologies, using projection to create a brushed-paint quality reminiscent of Degas’ art.

With costumes by William Ivey Long, the ballet scenes are filled with shimmering tutus and flowing ball gowns - a stark comparison to the dirty, gray daywear in the depictions of Paris’ slums.

Stroman’s choreography is a celebration of the old-fashioned musical - a fusion of classical ballet, jazz, and musical theater.

Similar to twentieth cen-

tury classics, the second act features a dream dance sequence, depicting a nightmarish world of ballet, poverty, and art. Peck, former principal dancer with the New York City Ballet, performs Stroman’s choreography with ease and grace, at one point completing 16 pirouettes as the company waltzed around her.

As noted in the director’s notes, it is extremely difficult to find classically trained dancers who can also act and sing.

This struggle is reflected in the often uneven performances by the chorus, who completed choreography flawlessly but were often pitchy when singing, as dancing abilities seemed to outweigh other performance qualifications.

Musically, *Marie: Dancing Still* feels uncharacteristically simple for an Ahrens/Flaherty show. Sitting at 26 songs, the quantity of music overshadows

the quality. With trite lyrics and melodies, the score feels bland and watered down.

But even with the distinction of a rare genre, *Marie: Dancing Still* lacks originality, drawing deeply from overdone sentiments and repeating previously explored themes. Plot points, such as Marie’s struggle with the immorality of the dance world, seem obvious. The relationship between Marie and Degas also comes to no surprise, as the crotchety man softens and becomes a father figure.

Telling a similar story about the intersection of art, artist, muse, and the world, *Marie: Dancing Still* feels like a less nuanced and more sentiment driven version of Stephen Sondheim’s *Sunday in the Park with George*.

Despite these issues, there is still plenty of potential in both the script and in the

production. Sitting at nearly three hours long and with many characters, the script and score doesn’t lack material.

Instead, and much like when it was first produced, *Marie: Dancing Still* needs retooling to spend more time with authenticity and originality rather than forced sentiment.

However, if this production goes to Broadway as-is, it risks the same outcome as *The Red Shoes*.

It would be a shame if this star-studded and long-anticipated production fell to that reputation of ballet musicals.

Overall, *Marie: Dancing Still* needs more work as a musical, but for Seattle ballet lovers, it’s an opportunity to see world class dance performances.

Marie: Dancing Still runs at the 5th Avenue Theater through April 14.

Thursday’s evening performance begins at 7:30 p.m. Friday’s performance begins at 8 p.m. Saturday has a 2 p.m. matinee and an 8 p.m. performance. Sunday’s closing performance begins at 1:30 p.m.

Tickets start at \$29 and range to \$126, depending on seating. 5th Avenue Theater also partners with both TodayTix and TeenTix, which offer adult seats for \$25 and teen seats for \$5 on the day of the performance.

Tickets to *Marie: Dancing Still* are selling quickly, so consider buying in advance.

Tickets are available at the 5th Avenue Box Office, located at 1308 5th Ave. Seattle. Box office hours are 10 a.m. to 6 p.m. Monday through Friday, and 12 p.m. to 5 p.m. on Saturday and Sunday.

For more information and for online tickets, visit <https://www.5thavenue.org/show/marie>.

Burien Actors Theater Playwright Festival starts soon

By Kennedy Furlan
Staff Reporter

The last full-length playwright festival in Washington is closer than one might think.

The Burien Actors Theatre Playwright Festival starts April 26 and runs through May 19. Every weekend, Friday through Sunday, for four weeks you will get to experience original live theater.

This festival is used to expose new scripts and playwrights to the world, and the scripts are

exclusively written by Washington writers.

“[The] last full-length play festival only happens every other year,” said Artistic Director of Burien Actors Theater Eric Dickman.

The festival only occurs on odd numbered years, so there will not be a festival until two years from now.

This year’s festival includes four plays.

For the first two weeks, *Not Food for Monsters* by Devin Rodger and *Hardened Criminals* by Suzanne Bailie will be

performed.

Not Food for Monsters is a dark comedy about a high school office manager who starts to stir up chaos in the school.

Hardened Criminals is a full length drama about an aging father struggling to take care of his drug addicted daughter.

The last two weeks, starting May 10, *The Great Fish and Jonah* by Mathew Weaver and *Goldendale* by Kevin K. Berry will be performed.

The Great Fish and Jonah is

a comedic take on the biblical story of Jonah and the whale. *Goldendale* is a full length play about homophobia, when a family finds out about two men wanting to buy their house.

The scripts are all original and every show is live theater, hiring local actors to perform the pieces.

The tickets are only \$12. Each ticket includes admission to two evenings, one for each set of plays.

Some of the proceeds will go to the production and fes-

tival costs, however a portion of the funds from the tickets will go to the Burien Actors Theater yearly scholarship.

Friday and Saturday shows begin at 7:30pm, the Sunday shows start at 2pm.

The address for the Burien Actors Theatre is 14501 4th Ave SW, Seattle.

For more information and for tickets, visit <https://burienactorstheatre.org/blog/event/bat-playwrights-festival-2/>.

Arts Editor Faith Elder contributed to this story.

‘Mortal Kombat’ returns with new installment

Mortal Kombat 11, published by Warner Bros. Interactive Entertainment. Single-player, multiplayer fighting. Available on PlayStation 4, Xbox One, Microsoft Windows, Nintendo Switch, \$60 Standard Edition.

The fate of Earthrealm is in jeopardy, and the only way to save the realm is through *Mortal Kombat*.

NetherRealm Studios’ latest installment of their highly successful franchise *Mortal Kombat* will return with a corrupted Raiden after the events of *Mortal Kombat X*.

Raiden plans to save Earthrealm by stopping all of its enemies through any means necessary.

In the shadows, the goddess Kronika pulls strings to bring order back to the universe after Raiden’s previous meddling with past events.

Mortal Kombat 11 was announced at the 2018 Game Awards. The release trailer shows a grittier, bloodier combat that showcased the new Fatal Blows and Krushing Blows.

Fatal Blows will be very reminiscent of *Mortal Kombat X*’s X-ray moves. They deal a massive amount of damage with the only drawback being they can’t be used more than once and only when the enemy’s health is below 30 percent.

Krushing Blows are similar to Brutalities in other installments in the series and show off the very detailed gory move in a special cinematic.

Another addition will be the Gear system from *Injustice 2*. Not too much has been shown on this other than some slight outfit customization to the character.

Players will have the ability to create a custom move set for each playable character on the roster allowing for a more stylized move set to the player and not the character. Players will also be able to customize their characters with taunts and victory scenes, as well as Brutalities.

Mortal Kombat 11 features over 24 playable characters -- 21 fan favorites return alongside three new characters: Cetrion, Geras, and Kollector.

Cetrion is the daughter of Kronika and the sister of Shin-nok. She has the ability to use the powers of nature and the elements to harm her foes.

Geras is a sidekick of sorts to Kronika. This allows him to take seconds off the match timer and stop time mid-battle. He can also control the sands around the arena creating pit traps to damage enemies.

Kollector keeps the theme of multi-armed fighter in the series with six arms to pummel your foes with what’s not to like?

MK 11 features an all-new story that takes place over multiple events in the MK timeline.



Johnny Cage performing green shadow kick in the latest installment of the *Mortal Kombat* Franchise, ‘*Mortal Kombat 11*.’



The game features fan favorite characters returning in past iterations to help their current selves.

Kronika is a series’ first female main boss, who has been around since the dawn of history in the shadows.

Mortal Kombat 11 is not without controversy. The developers took a social media beat down after the first trailer release of the game had what some fans deemed unfit for the game tone.

Then after the game was announced, a majority of the long-time voice actors from series made a public statement that they would not be returning to voice their characters for the new installment. Some said that the politics in gaming is affecting casting via twitter or other social media posts. Some fans were upset at the news.

While no real reason has been given, fans were upset at the news.

The game will be released in three variations coming with a multitude of digital and physical goodies.

The game also comes in the Standard Edition for \$60 that comes with the base game and if preordered unlocks Shao Kahn as a playable character.

Premium Edition, \$100, comes with main game; *Kombat* pack, which includes six new download content charac-

ters; one week early access to DLC characters; seven exclusive character skins; seven exclusive gear sets; and Official Steel Book for physical copies.

Kollector’s Edition, \$300, comes with everything in the Premium Edition, along with exclusive Steelcase and Magnets; 1:1 Scale Scorpion Mask;

and the Kollector Box.

Get ready to defend or destroy Earthrealm from your enemies. *Mortal Kombat 11* arrives April 23.

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Highline tennis caps off successful road trip to California with multiple wins

By Calvin Domingo
Staff Reporter

The Highline tennis team recently traveled to California and emerged victorious in two out of three matches.

“The California trip was an early season highlight. Different regions in the U.S. really produce different styles of play. The teams we faced were more used to the elements and playing outdoors, but we adjusted well,” Head Coach Laura Rosa said.

Back in action for the Lady T-Birds was sophomore Miriam Cabrera.

“It is certainly great to have Miriam back and healthy. She is a spark plug for this group. The unexpected blessing from her absence was the rest of the team stepped up bigtime,” Coach Rosa said.

In the first of three matches played in the Golden State, the Thunderbirds got off to a strong start thanks to a 7-2 victory against Southwestern.

In singles action, Lady ‘Bird Lexi Maison came out victorious against Susana Espinosa, 6-3, 6-1.

However, team captain Danielle Mendoza, fell to her opponent I. Valentos, 6-1, 6-0.

Highline freshman Mikyla Olsen defeated Sabrina San Vicente 6-1, 6-1 while Samantha Ruiz of Southwestern won by default.

T-Bird Kaylin Phan took care of her opponent Paula Navarro, 6-2, 7-6(7-4) while teammate Nikelle Price wrapped up singles matches with a 6-1, 6-0 defeat of Kareli Lopez.

As for doubles, Maison and Mendoza defeated the tandem of Espinosa and Valentos, 8-6.

The duo of Cabrera and Olsen dominated San Vicente and Navarro with a final score of 8-2, while teammates Phan and



Miriam Cabrera preparing to serve during a match in California.

Price capped off doubles action with a 9-7 victory against Ruiz and Martinez.

On March 25, the Lady ‘Birds defeated Grossmont College, 6-3.

“We learned that when you have to face a team that is way better than you, you learn more from that certain match rather than playing a team that is just average. That’s why we came out and played one of our best matches as a team against Grossmont College,” Maison said.

In singles matches, Maison, Olsen, Cabrera, and Phan all took victories against their respective opponents.

In doubles matches, the pair of Maison and Mendoza defeated the duo of K Jasso-A. Franklin, 8-6.

Teammates Cabrera and Olsen also triumphed over their opponents, J. Kan-A. and Linquist to the tune of 8-3.

However, the tandem of Phan and Price fell to N. Cordova-H. and Bodke, 8-6.

In their final match in Southern California, Highline fell at the hands of the Massachusetts Institute of Technology, 8-0.

Although the score would

indicate a rather poor performance from the Lady Thunderbirds, Coach Rosa doesn’t see it from that perspective.

“MIT is currently ranked No. 9 in the nation among NCAA D3 schools. To put it in perspective, their roster strength is equivalent to the top D2 and better D1 programs in the country,” Coach Rosa said.

“We lost, but magic happened. We won points and then began to believe. Those points became games. We stood tall and competed with one of the best teams- in the nation. If you understand sports at all, you will know what a huge accomplishment this was for Highline Tennis,” Coach Rosa added.

In singles matches, the highest amount of points any T-Birds were able to muster was two, where freshman Kaylin Phan was defeated by A. Teng of MIT, 6-1, 6-2.

“The reality in tennis, and really all sports, is that you have to play teams better than

yourselves in order to improve. We have the toughest schedule in the conference and the hope is that [it] translates to our improvement rate being both quick and steady,” Coach Rosa said.

The Lady Thunderbirds will be back in action tomorrow as they host Spokane at 8 p.m. at the Boeing Employee Tennis Center in Kent.

“The match this Friday is going to be a good one. [Coach] Laura has been laying it on us at practice this week. I think if we all just keep playing our game and stay focused, then we could beat Spokane, hands down,” Lexi Maison said.

“This weekend, we have Spokane who is also hungry for a title and definitely pushes us to compete,” the coach said.

Following the match-up against Spokane, the Highline tennis team will take on Treasure Valley as they travel to Ontario, Ore on Saturday, April 13 at noon.

HC

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A photograph of a young woman with dark hair, wearing a grey sweater, sitting at a desk and working on a laptop. There are books and a water bottle on the desk.

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Smith, T-Birds have busy break

By Eddie Mabanglo
Staff Reporter

As Highline students took the week off to enjoy the brief heat wave over spring break, the Thunderbirds softball team played twelve games against six schools in four different cities, ultimately going 5-7.

The Thunderbirds hosted Everett for two games on March 16, both ending in victories, 7-6 and 11-3 respectively.

On March 22, the team took back to back losses at Yakima Valley, losing the first game 6-4 and receiving the shutout 7-0 that afternoon.

Highline made the short trip to Shoreline March 24 for a pair of wins, winning both by a single run.

The Olympic College Rangers defeated Highline 19-4. Highline won the second game 11-1 on March 29. Highline also took a pair of losses in Edmonds 10-2 and 11-2.

Bellevue handed Highline two losses as well, 14-2 and 16-0.

The 11-1 victory over the Rangers was pitcher Kalea Smith's personal favorite performance so far this season.

"The best game I've pitched this season was probably the second game we played against [Olympic College]," Smith said. "I was pitching pretty well and I felt very confident throughout



Kamaile Hanawahine hits to left vs Olympic College

the whole game."

Smith started the game with a one-two-three inning, Olympic's Kylie Tasaki grounded out to Highline's Jordyn Judge to lead off the game.

Smith struck out Taylor Clark for the second out. The third out was also a ground out to Judge from Mechelle Nisbet.

Highline took an early lead in the first. Highline shortstop Shaily Moses displayed some strong plate discipline to draw a walk from Olympic's starter Alexandria Paulino.

"Moses continues to lead the team in most offensive categories with 21 hits, 18 runs scored, 6 doubles, 11 walks, and 6 stolen bases," said Coach Jason Evans in his weekly online update.

Moses eventually found her-

self on third thanks to a passed ball, then made it home after Alexis Royal singled.

Denise Nagayama reached first on an error, Nagayama and Royal both scored runs after Soraya Seumalo doubled.

Smith's second strikeout of the game came against outfielder Tommi Angelo-Kukar, her third was once again against catcher Taylor Clark.

Smith described a mental thought process that she goes through to read the habits of each batter in order to determine the best way to get them to strike out swinging.

"I try to watch where the batter is standing in the box and I go from there," Smith said. "I've gotten pretty good at figuring out the batters and the pitches

they go after."

11 out of the 12 games featured pitching from Smith, who has pitched just over 64 total innings this season, fanning 41, and has been awarded a pair of wins so far.

"After the first few pitches I usually have a good idea of what I'm going to throw next," Smith said.

Smith held the Olympic Rangers to only 1 run and only 3 hits over the course of the 5-inning game.

She ranks fourth in NWAC games started and eleventh in innings pitched. Smith says that the key to continuous longevity on the mound is keeping her pitch count down during each game.

"I try to work ahead of the count when I'm pitching so I don't have to throw as many pitches throughout the game," Smith said. "That usually helps me last longer throughout the game."

Smith has started 13 games, with an ERA of 9.53. She will be back in action with the rest of the Highline Thunderbirds on the road against Douglas tomorrow April 12. First pitch is at 1 p.m.

The following day at noon, the game against Everett will be streamed live online at athletics.everettcc.edu with live stats available on the NWAC website.



Softball Standings

NORTH		
Team	League	Season
Bellevue	12-2	23-4
Olympic	10-2	13-8
Edmonds	11-3	18-5
Douglas	7-5	17-6
Skagit Valley	5-7	17-6
Highline	4-8	6-13
Everett	3-11	6-14
Shorline Pierce	3-11	4-15
	1-7	5-11

EAST		
Team	League	Season
Big Bend	10-2	16-4
Wenatchee Valley	8-2	9-5
North Idaho	11-3	13-7
Walla Walla	7-7	12-10
Spokane	7-7	7-11
Columbia Basin	7-8	10-9
Treasure Valley	5-6	10-9
Blue Mountain	2-10	2-18
Yakima Valley	0-12	2-12

SOUTH		
Team	League	Season
Mt. Hood	12-0	17-4
Centrailia	8-	13-6
Lower Columbia	8-4	15-6
Clackamas	7-5	15-12
SW Oregon	5-6	9-15
Chemeketa	3-7	8-16
Clark	3-8	5-11
Grays Harbor	0-13	0-19

Individual Leaders

BATTING AVERAGE

Name	Team	AVG
M Schorn	Clark	.571
T Dow	Bellevue	.567
K Jantzi	Mt Hood	.561
J Winston	Shoreline	.548
S Micky	Edmonds	.526

RUNS BATTED IN

Name	Team	RBI
K Hylton	Clackamas	50
N Munson	Clackamas	50
T Dow	Bellevue	50
K Jantzi	Mt Hood	48
O Dean	Centrailia	42

EARNED RUN AVERAGE

Name	Team	ERA
M Morr	North Idaho	2.00
C McDowell	Bellevue	2.54
R Harris	Bellevue	3.36
J Podskalny	Douglas	3.45
T Naugle	Lower Columbia	3.56

WINS

Name	Team	W
M Pierce	Mt Hood	16
R Harris	Bellevue	12
D Brooks	Centrailia	12
J Podskalny	Douglas	11
C Robbins	Edmonds	10

Golf set for spring

By Grace Ellis
Staff Reporter

Highline's women's golf team will have its next match on April 15 - 16 in Walla Walla at Vetrans Memorial Golf Course.

The team pays split seasons; they play a season in the fall (their last match was Oct. 28-29), and start again in the spring. The match at Walla Walla will be their first match of the new year.

The women's golf team consists of six players. In order of the roster, there is Aleyah Bennett, Alyssa Metzger, Jenna Muller, Reign Becker, Shylee McConnell, and Paige Mellum.

Their home course is at the Riverben Golf Complex in Kent.

The best score of last fall belongs to Muller with a score of 158 strokes for 18 holes when Highline hosted the Walla Walla Women Invitational at Wine Valley Course on Oct. 22-23.

Southwestern Oregon won the title and Highline placed fourth.

A week later, Muller was two strokes behind Bennett at the Bellevue Invitational Women at Harbor Poinr Golf Club on Oct. 28.

Southwest Oregon also won that tournament while Highline placed seventh.

In terms of training, the wom-

en's golf team coach said that golf itself is a hard sport in general to train for.

"I wish someone could pick up a club and just go at it," Coach Steve Turcotte said. "But it takes a lot of time and effort."

An average training day consists of honing the skills needed in order to become a well-rounded player.

The team starts by practicing a variety of shots at the driving range, then moving to the green to practice chipping and putting, and then finally playing a few holes on the course.

Training days vary, however, and some days are spent entirely focused on one skill whether that is chipping, practicing with specific clubs, or playing a practice game on the course.

Every aspect needs to be honed in each individual in order to create a stronger team overall.

"A lot of work is put into their training, and the main goal and motivation is to see that work pay off when playing," Turcotte said.

In addition to the Walla Walla matchup next week, league matches are set for Spokane April 21-22 at Veterans Memorial Golf Course, and at Highline at the Kent Riverbend Golf Complex May 5-6.

Highline helps at special needs camp

By Calvin Domingo
Staff Reporter

The Lady T-Birds helped at The Boeing Employees Tennis Club's hosted its 4th Annual Special Needs Tennis Camp this past weekend.

This tennis club is home to the Highline tennis team.

The event was an opportunity for people with mental disabilities to learn about the sport of tennis, and to practice it with former professionals and current college players.

Fortunately for the Lady T-Birds, they were a major part of it, as they co-hosted the event.

"It is one of the most important weekends we have together as a team. On our team, we talk a lot about how grateful we are both as players and coaches for the honor of competing for Highline," Head Coach Laura Rosa said.

"Sometimes, that gets lost a little when finals are approaching or when we take a tough loss, but events like the Special Needs Camp really helps to keep things in per-

spective," the coach added.

The event also featured a few professional tennis players, with former French Open Doubles Champion Murphy Jensen being the most notable one present.

As for how Highline got involved, Coach Rosa said that they've been a part of it for the past few years now.

"Boeing first asked us to co-host the event three years ago," the coach said.

Not only did the event give the T-Birds a chance to reflect on how grateful they are for the opportunity of representing Highline tennis, players and coaches alike agreed that overall, the event was full of fun.

"The special needs camp was so fun. Just being out there and teaching kids about the sport you love is already amazing [enough as is]," freshman Lexi Maison said about the event.

The Highline tennis team will be back in action tomorrow, as they host Spokane at 8 p.m. at the Boeing Employees Tennis Club in Kent.

WEEKLY SUDOKU

BY LINDA THISTLE

4	7		5					8
		3			1	7		
8				2			6	
		6			4	3		5
7			2				9	
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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. MOVIES: What kind of creature is Pumbaa in "The Lion King"?
2. ANATOMY: What is the smallest organ in the human body?
3. LITERATURE: What was the name of the tiger in "The Jungle Book" by Rudyard Kipling?
4. FAMOUS QUOTATIONS: Which author once wrote, "Rough winds do shake the darling buds of May"?
5. GEOGRAPHY: What is the world's longest "motorable road"?
6. FOOD & DRINK: What is freekeh?
7. ACRONYMS: What does "AOL" stand for?
8. TELEVISION: Who hosted the 1980s PBS series

- "Cosmos"?
9. GENERAL KNOWLEDGE: Who was the star of the video-game series "Tomb Raider"?
10. MUSIC: What is the only major musical scale that has no sharps or flats?

- Answers
1. Warthog
2. The pineal gland near the center of the brain
3. Shere Khan
4. William Shakespeare
5. Pan-American Highway, stretching across the North and South American continents
6. Roasted green wheat
7. America Online
8. Carl Sagan
9. Lara Croft
10. C major

Puzzle answers on Page 12

KING CROSSWORD

ACROSS

- 1 Recipe meas.
- 4 Lapidary's supply
- 8 Help a hood
- 12 Weeding tool
- 13 Laugh-a-minute
- 14 Pianist Peter
- 15 "— Town"
- 16 Taj Mahal city
- 17 Right on the map?
- 18 Including the latest info
- 21 Household member
- 22 Welcome sight?
- 23 Certain card
- 26 Chaps
- 27 Praise in verse
- 30 Author Wister
- 31 Prickly plant part
- 32 Old woman's home?
- 33 Longing
- 34 Predicament
- 35 Grandfather, for one
- 36 "Oh yeah? — who?"
- 37 Prompt
- 38 Suspensefully timed out
- 45 Medicinal plant
- 46 Rembrandt works

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51					52					53		

- 47 Canine
- 48 New Balance competitor
- 49 Entanglement
- 50 Trail behind
- 51 Busy one
- 52 Cruising
- 53 Type measures
- 7 Speak halt-ingly
- 8 Concerning
- 9 Suitor
- 10 Formerly, formerly
- 11 Pledge-drive gift
- 19 Admitting clients
- 20 Author Fleming
- 23 Bliss
- 24 Have bills
- 25 Barbie's friend
- 26 Silent
- 27 Discoverer's cry
- 28 Dopey pal?
- 29 "A mouse!"
- 31 Rocket launcher
- 32 Passel
- 34 Lustrous black
- 35 Hill that's steep on one side
- 36 Villainous look
- 37 Actress Sevigny
- 38 "Phooey!"
- 39 Hodgepodge
- 40 Heard reveille
- 41 Supermarket stack
- 42 Between jobs
- 43 Wander
- 44 Early birds?

DOWN

- 1 Grand
- 2 First course, often
- 3 Saucy
- 4 Tool used on cheese
- 5 Two cubed
- 6 Extra

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ARIES (March 21 to April 19)

A suggestion from a colleague on how to work out a problem might not sit too well with you. But before you suspect his or her motives, why not just accept it as a friendly gesture?

TAURUS (April 20 to May 20)

An associate might seek your counsel on a workplace dispute with another co-worker. Listen to what she or he has to say, but withhold advice until you've heard the other side of the story.

GEMINI (May 21 to June 20)

Use your Twin gifts for creativity and practicality to score points in landing an opportunity that could open doors to a new career. Someone returns after a long absence.

CANCER (June 21 to July 22)

Although things are pretty hectic through much of the week, some quiet time with loved ones helps restore balance. An unexpected visitor brings welcome news about a mutual friend.

LEO (July 23 to Aug. 22)

Getting used to change isn't always easy for the Big Cat. But make the adjustments gradually, and soon you'll



hardly remember when things were any different from how they are now.

VIRGO (Aug. 23 to Sept. 22)

Continue to stay the course you've chosen, and avoid distractions that could throw you off track. Some knowledgeable folks are happy to provide guidance if you need it.

LIBRA (Sept. 23 to Oct. 22)

Although you earned plaudits from most co-workers for your recent stand on a workplace situation, you also raised the envy quotient among others. Tread carefully for now.

SCORPIO (Oct. 23 to Nov. 21)

You feel more positive about that delayed project, and you're ready to pick it up on a moment's notice. However, you might need to re-motivate those who have since lost interest.

SAGITTARIUS (Nov. 22 to Dec. 21)

Some welcome news should be coming your way. In the meantime, use that Sagittarius charm to convince some still-reluctant colleagues that your ideas have merit.

CAPRICORN (Dec. 22 to Jan. 19)

Don't wait for a misunderstanding to work itself out. Instead, ask for a chance to explain the circumstances before those bruised feelings lead to an irreversible break.

AQUARIUS (Jan. 20 to Feb. 18)

A physical problem should be checked out in order to avoid it going from just being a nuisance to something more serious. Your social life takes an unexpected but not unwelcome turn.

PISCES (Feb. 19 to March 20)

Yours might be the wisest sign in the Zodiac. But you still could benefit from the wisdom of a close friend who has suggestions on how to handle a perplexing personal problem.

BORN THIS WEEK:

Your passion for doing the right thing inspires others to follow your well-trodden path toward justice.

2019 King Features

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!

	+		×		18
×		×		×	
	×		+		23
+		−		+	
	÷		+		17
21		23		22	

1 2 3 4 4 6 7 8 9

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Ramp it up with wild leek, chicken pesto

I'm no spring chicken, so like many people of a certain age, watching Julia Child's hilarious explanation of the proper names and weights for various types of chickens was my first introduction to the variety of birds available. The availability and diversity of poultry products that we enjoy today are a modern business enterprise.

During the early 1900s, most chickens were raised on family farms for their eggs, which were sold as a source of income. Chickens were considered a special occasion or holiday meal.

Hens typically start laying eggs at five to six months old. For chickens hatched in February, you can expect them to begin laying in mid-summer, when chickens often are the most productive. The average chicken would lay between 80-150 eggs per year. Older chickens were called stewing hens or old hens and were typically stewed or brined and cooked slowly in the oven to make them tender.

Today, there are roughly 280 million laying birds in the U.S. They lay approximately 75 billion eggs per year. Chicken has surpassed beef as the most consumed meat in America.

Many farmers markets have fresh, local, free-range chickens available for sale. If you keep your eyes and your mind open, there also are many varieties of fruits and vegetables, like ramps,



that pair beautifully with chicken that you won't find at any other time of the year. Ramps, also known as wild leeks, are a luxury of the season.

Because of their short season, ramps are a lesser known member of the allium family, which includes onions, leeks and garlic. They grow wild, mainly in the eastern part of the United States. Ramps also can be found on the side of mountains, in forests and along creek bottoms all the way to Missouri and up to Canada. Festivals have sprung up in their honor, most notably in North Carolina and West Virginia.

For those in the know, what makes the desire even stronger is that ramps are not easily cultivated. So most times, the ramps you find, even at the farmers market, are harvested from the wild. Besides their unique taste and rarity, ramps are high in vitamins A and C.

If you are fortunate to find ramps, prepare them quickly, as their delicate leaves don't hold up well. They can be substituted in any recipe that calls for



Wild leeks are high in Vitamin A and C and offer unique taste.

spring/green onions, scallions or garlic and vice-versa. Use caution with amount you use, because a little of this pungent vegetable goes a long way.

This recipe for Spring Chicken With Ramp Pesto showcases the delicious flavors of fresh "spring" chicken with the vibrant punch of ramps.

- SPRING CHICKEN WITH RAMP PESTO**
- 1/2 cup pine nuts, pistachios or almonds
 - 6 ounces ramps
 - 1/2 cup flat-leaf parsley, packed
 - 1/2 cup freshly grated Parmesan cheese, preferably Parmigiano-Reggiano
 - 1/4 teaspoon lemon zest, plus the juice of 1 lemon
 - 3 garlic cloves, peeled

- 2/3 cups extra virgin olive oil
 - 1 teaspoon ground black pepper
 - 1 teaspoon salt
 - 1/8 teaspoon red pepper flakes or ground cayenne pepper
 - 1/2 cup dry Panko breadcrumbs
 - 3 pounds (4 to 6) chicken breasts
 - 2 tablespoons poultry seasoning

- Heat to 350 F. Spread the nuts in a single layer on a baking sheet, and toast until golden, approximately 3 to 5 minutes. Shake the pan every 2 minutes to prevent burning. Set aside to cool.
 - Meanwhile, wash the ramps thoroughly. Trim off and discard the root tips (just the tips, not the bulbs). Slice in half, separating the leafy green tops from the long stems and bulbs. Chop the stem

side into approximately 1-inch pieces. Set the stems aside.

3. Blanch the ramps to keep them green. Bring a large pot of water to a boil. Place ice, salt and water in a bowl. Add the green tops to the boiling water and blanch until bright green, approximately 15-30 seconds. Transfer the greens to the ice water to halt the cooking process. Drain and then squeeze out most of the excess liquid.

4. Add the nuts, the ramp tops and blubs, the parsley, Parmesan, lemon zest and juice, and garlic to a food processor. Pulse several times to chop, scraping down the sides of the bowl as needed. With the machine running, add 1/3 cup olive oil, 1/2 teaspoon of the salt, black pepper, the pepper flakes or cayenne, and breadcrumbs, and pulse until combined.

5. Place chicken on a rimmed baking sheet. Season chicken on both sides with the poultry seasoning. Divide pesto mixture on top of the chicken breasts, making sure they are evenly covered. Drizzle remaining olive oil over the chicken. Bake for 30 minutes, until the pesto topping browns and the chicken juices run clear. Serves 8.

TIP: The pesto can be stored in the refrigerator for up to 5 days, or frozen for up to 3 months.

Mix up your meals with vegetables

Corkscrews With Spring Veggies

- 1 bunch (about 1 pound) leeks
 - 1 package (16 ounce) corkscrew or bow-tie pasta
 - 1 tablespoon margarine or butter
 - 1 pound asparagus, trimmed and cut diagonally into 2-inch pieces
 - 1 package (4 ounces) soft goat cheese, cut into small pieces

1. Cut off roots and leaf ends from leeks. Discard any tough outer leaves. Cut each leek lengthwise in half, then crosswise into 1/4-inch-wide slices. Place leeks in large bowl of cold water; with hand, swish leeks around to remove any sand. Transfer leeks to colander. Repeat process, changing water several times, until all sand is removed. Drain well.

2. In large saucepot, prepare pasta in boiling salted water.

3. In nonstick 12-inch skillet, melt margarine or butter over medium heat. Add leeks and cook until almost tender, about 5 minutes, stirring often. Stir in as-

GOOD HOUSEKEEPING

paragus, 3/4 teaspoon salt and 1/4 teaspoon coarsely ground black pepper; cook 5 minutes longer, stirring often. Add 1/3 cup water; cover and cook 3 to 5 minutes, until asparagus is tender-crisp.

4. Drain pasta, reserving 3/4 cup pasta cooking water. Return pasta to saucepot. Add asparagus mixture and pasta cooking water; toss well. Spoon into large serving bowl; sprinkle with goat cheese and coarsely ground black pepper.

• Each serving: About 580 calories, 11g total fat (5g saturated), 13mg cholesterol, 705mg sodium, 96g total carbohydrate, 6g dietary fiber, 23g protein.

Spring Soup With Noodles, Ham and Asparagus

- 2 teaspoons vegetable oil
 - 1 large red pepper, thinly sliced
 - 1 pound asparagus, trimmed

- and cut diagonally into 2-inch pieces

 - 4 ounces sliced deli baked ham, cut into 1/2-inch-wide strips
 - 2 packages (3 ounces each) chicken-flavor ramen noodle soup mix
 - 2 teaspoons Asian sesame oil

1. In covered 4-quart saucepan, heat 7 cups water to boiling over high heat.

2. In nonstick 12-inch skillet, heat oil over medium-high heat until hot. Add red pepper and asparagus and cook 7 minutes or until vegetables are tender-crisp. Stir in ham and cook 1 minute or until ham is heated through.

3. Stir ramen noodles with their seasoning packets into boiling water; boil 2 minutes or until noodles are tender. Remove saucepan from heat; stir in ham mixture and sesame oil.

• Each serving: About 300 calories, 15g total fat (5g saturated), 15mg cholesterol, 1,205mg sodium, 31g total carbohydrate, 3g dietary fiber, 12g protein.

2019 Hearst Communications

Serve up and enjoy biscuits and gravy without all the guilt

For those of you who love biscuits and gravy, you can now enjoy them without all the guilt, since this version has only 2 grams of fat.

Biscuits and Gravy

- 1 (7.5-ounce) can Pillsbury refrigerated buttermilk biscuits
 - 16 ounces lean ground turkey breast
 - 1 cup chopped onion
 - 1 tablespoon lemon pepper seasoning
 - 3 tablespoons all-purpose flour
 - 2 cups fat-free milk

1. Bake biscuits according to package directions. Meanwhile, in a large skillet sprayed with butter-flavored cooking spray, brown turkey and onion. Add lemon pepper seasoning.

2. In a covered jar, combine flour and milk. Shake well to



blend. Pour milk mixture into skillet with browned turkey. Continue cooking until mixture thickens, stirring often.

3. For each serving, arrange 2 biscuits on a plate and spoon about 2/3 cup gravy over biscuits. Serves 5.

• Each serving equals: 242 calories, 2g fat, 24g protein, 32g carbs, 445mg sodium, 130mg calcium, 2g fiber; Diabetic Exchanges: 2 Starch, 1/2 Fat-Free Milk; Carb Choices: 2.

2019 King Features

Game of Thrones thrives by breaking TV norms

By Thunderword Staff

Game of Thrones has broken television norms by going against the fundamentals of storytelling, said one Highline professor.

As the HBO series begins its eighth and final season Sunday night, many in the Highline community are expected to be glued to their TV screens at 9 p.m.

Sean Puno, a filmmaker/producer and a professor of multimedia design, said that Game of Thrones gained popularity by doing the unexpected.

“The common theme of this story is surprise and the unexpected,” Puno said. “That is the biggest barrier they broke... killing off main characters.”

Puno said that usually, an audience connects emotionally with a character and that character progresses throughout the series. But with Game of Thrones, that connection is interrupted as more and more characters are killed off.

Puno said that audiences have become accustomed to an invincible guy in a suit of armor fighting



Sean Puno

evil. But that is not the case here. That guy fighting evil is just killed. Dead. Gone.

“It’s not your formulaic medieval story that Disney capitalized on,” he said.

And it’s not just Game of Thrones, but HBO, in general where death and destruction rules.

“HBO is notorious for showing

content that you wouldn’t watch on normal TV. What HBO capitalizes on is that area of death, betrayal, lust, and just amazing acting,” he said.

“Their storytelling is amazing, whether the medieval times or like Westworld.

People like drama that keeps us on the edge of their seats, he said.

“People hunger for conflict. When you’re driving along I-5 and there’s an accident, people will stop and look” Puno said. “As horrific as it sounds when someone gets hurt its entertainment. It’s conflict, it’s something different in someone else’s life.”

One thing is certain, many fans want the main character to live.

“Jon Snow will take the throne,” student, Chi Han predicted.

But Puno does not think so.

“I think they are going to pull a page out of Shakespeare with Hamlet. You think it’s a story of love but once you acquire love, you die,” he said.

“The main character has to die,” Puno said. Then it will just go to credits right after.

“People want a final ending but it’s going to open-ended,” he said.

“The next day, going to work or hanging out with friends, people are going to be saying ‘Oh my gosh what did you think about that ending? Is he alive, is he dead?’”

“And then the story continues on through people. The story just doesn’t end and that’s good storytelling,” he said.

While the show is at a critical level of popularity, Highline remains on the outside, with only a small fraction of students watching the show.

Of the students who were polled, only 14 percent said that they indeed watch the HBO series.

Student Ashley Collins said that the concept of the show is somewhat interesting but there are certain things that she doesn’t like about it and that the show doesn’t meet her standards.

Student Sam Munyaga, however, disagrees.

“The drama, plot twists, it’s so unpredictable. It’s more realistic in its own way compared to other shows,” he said.

Those 14 percent that said that they watch Game of Thrones were split down the middle on whether they regularly watch alone or with friends and family.

“I watch it with my dad,” said Highline student Trevor Gaillac.

While other students prefer to watch it by themselves.

“Usually, I watch it alone,” said student Matt Thomson. “I think Jon Snow and Daenerys are going to be at war but there’s going to be a political marriage between Sansa Stark and Danny. Those two are going to get married and appease the south. Jon will become the hand of the Queen. Those three people will be in charge at the end of the war.”

“Whether you do or do not watch the show, it’s never too late. After all, it wouldn’t hurt to “give it a try,” said Devin Deschenesyn.

Game of Thrones last season begins this Sunday, April 15th.

Staff reporters Milaap Chahal, Zoe Munroe, Elidia Torres, Emmitt Savores, and Anas Ashoor contributed to this story.

Food continued from page 1

from the sales that they make. They do have to pay us rental fees and give us a part of the profits,” Collins said. “That is why Lancer needs to make a certain amount of money yearly.”

“That is also why we have an exclusive contract with them,” she said. “Any event that needs to be catered, has to be catered by Lancer. That also includes events from outside groups.”

Lancer has been an “amazing service” so far, but there is always room for improvement, Collins said.

“I feel that there are a few problems and kinks, that we need to work out, but I believe that I have a really nice relationship with the employees there. I am the main point of contact with Lancer, so I think that my feedback is taken seriously with them,” Collins said.

Many students enjoy what Lancer has to offer.

“I really like the food here, its good and close by, so I do not have to travel far to get some food,” said Highline student Mary Fruia.

“I am on campus a lot, so getting to eat close by, is a huge relief off my shoulders,” a student who wished to stay anonymous said.

Some students have a few issues with the menu.

“I am a vegetarian and have been so for the last five years. I am on campus so much, that it can be difficult since there is not a lot of vegetarian options,” Highline student Michael Vern said.

He said neither the Bistro or the Union Grill are particularly vegetarian friendly.

“I really like a good burger, but the black bean burger is made on

the same grill as the meat burgers, and that just bothers the heck out of me,” Vern said.

Some students also cannot enjoy the food due to religious restraints. For Muslims, they could only eat halal, and for Jews, they can only eat kosher. For example, whatever animal they eat, needs to be slaughtered in a specific way.

“I am Muslim, so for me, eating halal food is essential. I cannot eat the American meat, and so, I do not eat the food here,” a Highline student said.

“I know that many Muslim students do eat here, but for me, I would get so sick if I ate anything that they sell here,” the student said.

The employees of Lancer Ca-

tering also work hard to bring food to the Highline community.

“I have been working at Highline for the past 11 years,” said grill cook Clarence Curtis.

“I first worked at the Bistro as the baker’s assistant, and then switched over to the Grill,” he said.

“I enjoy working at the Grill a lot, its also the only place open during Summer Quarter, so its nice to be able to make that extra cash. I typically work 40-hour weeks,” Curtis said.

The Grill usually has a big rush around lunchtime, Curtis said.

“I think that the Grill gets most of the business. We have burgers and people tend to enjoy that,” Curtis said. “The good thing is, the other employees help out

whenever things get busy.”

Lancer Catering’s former director of Food Services, Patrick Enstrom, said that Highline has been a great business venture.

“[Highline] is a great opportunity to serve both the students and staff healthy choices,” Enstrom said. “I have been a part of Lancer Catering for about eight months now, and I am really glad I did so, since I really enjoy working with students.”

There are a few factors in determining what to sell, he said.

“Pricing plays a large role in the decision-making process and of course we will only serve quality products. So the juxtaposition between the two can be tricky. Additionally, we like to offer new things

so that our customers can enjoy a variety of options,” he said.

“I worked with amazing people, both from Lancer and here at Highline College,” Enstrom said.

Lancer Catering also makes sure to work with Highline to make sure that complaints are taken seriously, Enstrom said.

“There have been complaints about the black bean burger being made on the same grill, so I gave my Aldo’s cook (Clarence) a small frying pan and spatula that will only be used for our vegetarian options moving forward,” Enstrom said.

Food service is important to us, and Lancer looks forward to working with Highline for the next few years, Enstrom said.

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Graduation

continued from page 1

Anthony Sullivan, an accounting major, offered praise for everything, from the professors to the broad range of classes.

“The professors were always helpful if you talked to them after class. Highline has definitely given me a solid first step into the college setting and towards my career,” he said. “Take a broad range of classes and explore your interests.”

When you plan out your classes you might take this advice from a second-year student Milana Hector, who said to “stay away from morning classes” and that “going every day early in the morning will make the class less enjoyable.”

Some classes students have enjoyed are classes that are more hands-on, and less lecture.

“Some classes I enjoyed were Public Speaking and Human Sexuality, because they made the students involved with the class instead of sitting through long lectures,” Garfield said.

Students recommended so-

cializing and trying to get to know the campus better.

“Get involved through one of the job programs or by doing volunteer work, you won’t regret it,” Reanna Woo said.

With so much variety at Highline, it can sometimes be hard to find classes that work with your major and can stay engaging.

“One interesting class I took was Chemistry. It was a love/hate relationship because everything was interesting, but it was also challenging and sometimes hard to understand the material deep enough,” said student Giaan Nguyen.

Most students said that they enjoyed their time at Highline and had an overall positive experience.

One student said that at Highline you need to “be ready to learn.”

“Highline has showed me that I am able to seek for something better than just working and living paycheck to paycheck life,” one student said.

Staff Reporters Kaela Nokes, Giordan Gallacci and Dong Zual contributed to this story.

King Crossword

Answers

Solution time: 24 mins.

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Go Figure!

answers

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Weekly SUDOKU

Answer

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

Resources

continued from page 1

Free Tax Preparation, and other community partners, she said.

Benefits Hub is a coaching program that helps navigate students through applications, preparation, to possible food accesses, and can also provide emergency financial assistance and emergency housing funds.

Workforce Education Services helps provide available funding to students who are eligible, and are in Professional-Technical training programs. Several eligibility categories include students who are low-income, receiving unemployment benefits, or receiving food assistance.

“One of the biggest barriers for students not doing well... is financial reasons, homelessness, [lack of] food,” Conley said.

The Support Center is focused on supporting students through these issues, and meeting these needs where they can, said Student Success Coordinator Mariela Barriga.

“The main thing I want students to know is that they are not alone when tough times come up, or [when] they feel their needs aren’t being met. We see students as whole people and we understand that they deserve to have financial stability in their personal lives, healthy foods to eat, and a stable place to live,” Barriga said.

There is no shortage of financial support either.

“Fall and Winter Quarter, Workforce Education Services provided over \$1,000,000 in tuition and helped over 770 individuals with funds for their books,” she said. “The value of the food distributed at the pantry since September is \$180,000.”

And though many students are utilizing these programs, there’s plenty of room for more to join.

“Although our data shows that hundreds of students have accessed the Benefits Hub this school year -thousands if you include the Community Pantry - we believe we can reach more students,” Barriga said. “Commitment to student success includes connecting students to the tools, resources, and knowledge to best address barriers that stand between them and reaching their goals.”

The Highline Support Center is located in Building 1, on the west side.

For more information about the Support Center or the various programs included under it, visit supportcenter.highline.edu, or email at supportcenter@highline.edu.

5

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