

THUNDERWORD

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Faculty and staff rally for funding

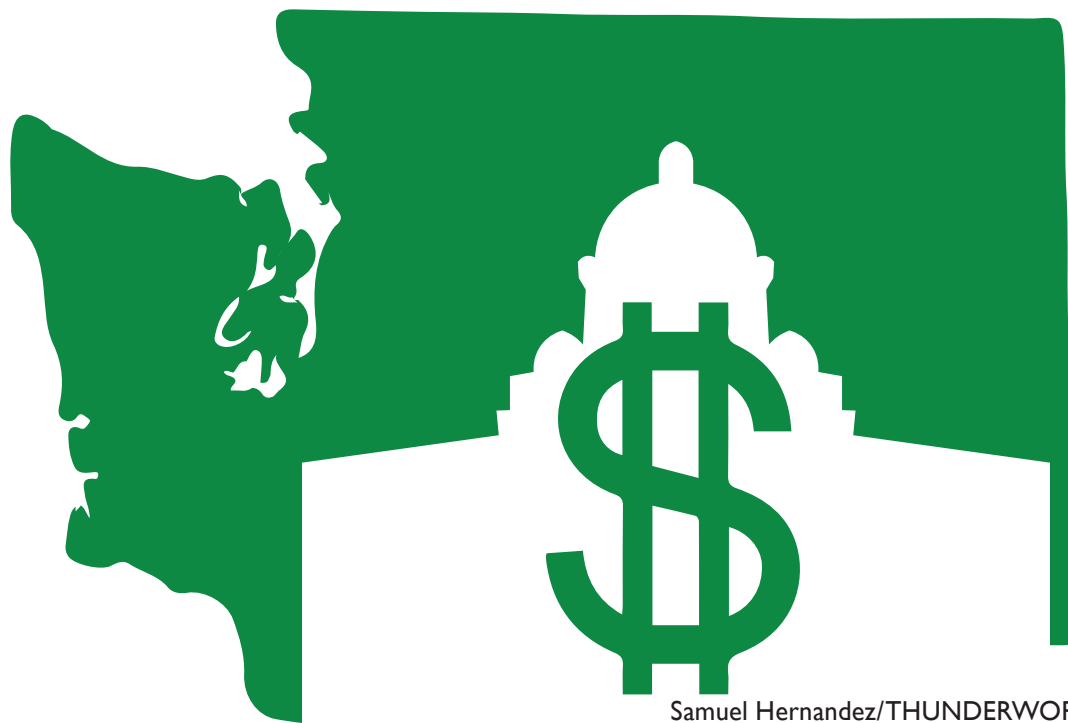
By Mitchell Roland
Staff Reporter

Faculty and staff from colleges around the sound held both virtual and physical rallies on Tuesday to protest funding levels for community and technical colleges from the Washington State Legislature.

Several colleges in the region held walkouts, and Highline staff and faculty joined in with a virtual rally to show support.

Cortney Marabetta, a Communications Specialist for the AFL-CIO which helped organize the events, said that six local colleges including Seattle Central College, North Seattle College, South Seattle College, Shoreline Community College, Peninsula College, and Bates Technical College's Central campus were participating in walkouts and informational picketing.

"A walkout is intended to disrupt the school day to make the point to legislators about



Samuel Hernandez/THUNDERWORD

how important funding CTCs is," Marabetta said.

Marabetta said that Shoreline and the Seattle Colleges had speakers on their campuses, while Pierce College and Edmonds Community College held informational meetings "to raise awareness

and get support from students and faculty and staff."

Marabetta said that while CTC students make up 60 percent of the students in higher education in Washington, these schools only receive about 40 percent of the funding.

Dr. James Peyton, an economics and statistics professor and the president of the Highline College Education Association, said that these protests were for a variety of reasons.

See Funding, page 11

Students have mixed reaction to safety drill

By Thunderword Staff

Many Highline students say they feel safe while attending classes and walking on-campus, but wouldn't know what to do in the case of a potential threat.

Since the shooting incident that occurred Feb. 16, 2018 and led to a campus lockdown, some students have been extra cautious while attending classes.

The shooting happened off-campus and rumors that the shooter had fled into a nearby building, though false, led to the lockdown.

While most students said that they feel safe on campus, they were split on their thoughts of preparedness for a campus shooting.

Some students said that they thought about the potential of a mass shooting, but are not really worried about it happening on campus.

"I've never really thought about that. I don't think a person can be prepared for something that can happen unexpectedly," said one student.

"I would say that I think about it probably two or three times a month, but it is a passing thought," student Kaitlyn Hamilton said.

"I don't think about it often, but in the back of your mind you know there's always that possibility," said another student who wished to remain anonymous. "To be honest, I don't think I'm prepared because it doesn't usually occur here."

In terms of preparedness,

See Safety, page 11

Highline ill-prepared for the 'big one'

By Seattle Valdivia
Staff Reporter

Highline College was founded in 1961, which means that a lot of the campus buildings are relatively old, and over the years the buildings can weaken.

There have been recent recorded earthquakes with their epicenters close to Highline.

A 1965 earthquake had its epicenter in SeaTac.

There have been other smaller earthquake epicenters near here too.

Earthquakes are subterranean shaking of the Earth, and they can have catastrophic results.

There are many buildings on campus that haven't been renovated and are not seismic



Jolly Rubin/THUNDERWORD

Building 21 is one of the many buildings on campus that is not designed to withstand a major earthquake.

proof.

Dr. Eric Baer, a geology professor, says that is too difficult to make a building seismic proof, but making a building

stronger is easier.

One example of making stronger buildings can be Building 9, which was built with cross-bracing, which helps

the building to withstand the movement of an earthquake.

"We have many buildings on campus that are not up to current building codes," Dr. Baer said. "In fact, most of them are not up to current building codes for seismic."

Most people think buildings collapsing is the most dangerous thing that an earthquake can produce, but there are other things that can happen if the building doesn't come down.

It's dangerous when things inside non-seismic proof buildings are hit, like things falling from the exteriors.

"More important and historically what has caused more damage and more problems are

See Earthquake, page 11



Students urged to protect themselves

By Feride Aydia
Staff Reporter

As spring quarter begins, students stress levels aren't the only thing rising.

It has been noted that the crime rate at Highline rises along with the temperature. From crimes ranging between harassment to breaking into cars. Although Public Safety is doing as much as they can, there are things that students can do to keep themselves safe.

According to Francesca Fender, the associate director of Public Safety, the most important thing you can do if you feel unsafe is to let Public Safety know.

If you are on campus at night and don't feel safe, you can call Public Safety and ask them to escort you.

If you are at the bus stops, and do not feel safe, you can also call Public Safety and an officer will stay with you until the bus comes.

Fender also emphasized how helpful a buddy system is, even during the day. Fender also said that you should always be aware of your surroundings.

"Don't make yourself an easy target. Don't leave your stuff unattended," Fender said.

And in the case of keeping your cars safe, do not leave anything valuable inside. If you do have something important in the car, put it somewhere people can't see.

"They only break into cars if they see something they want," said Fender.

In the case of an emergency, call 911 then Campus safety.

New plan with Nelnet promises to be easier for students to pay their tuition

By Melissa Wilson
Staff Reporter

It's about to be a lot easier to pay for classes at Highline with the implementation of a new payment plan.

For years, Highline has allowed students to split up their quarterly tuition payments into three smaller payments (or two for Summer Quarter) but now it will be easier, said Kendra Ferrer, a fiscal tech lead for the college.

The current program for splitting up tuition payments is called Student Tuition Easy Payment Plan (STEPP). However, STEPP will disappear with the implementation of Pay Plan.

Students will be able to use this new system starting Summer Quarter.

All students except for international students are eligible for Pay Plan. International students have their own separate program that is similar to Pay Plan.

Pay Plan is a completely online system. It is also much more versatile than STEPP.

Now when you register for classes online you will have the option of paying in full or paying through Nelnet.

Nelnet is the company that Highline has chosen to process tuition payments.

If you choose Nelnet, you can pick from several different possibilities for the number of payments you will make.

With STEPP, you had to make your first payment as well as the \$40 enrollment fee by the first Friday of the quarter. Now, you don't need to put any money down in the beginning besides the enrollment fee which is now only \$30.

With the old program, you needed a minimum balance of \$500 in your bank account. Now there is no minimum balance to be enrolled.

Previously, other people couldn't submit payments for students in STEPP. Now with Pay Plan they can.

Ferrer said she has been pushing for this shift for years. Finally, the college managed to negotiate a contract with Nelnet. Ferrer said she is very excited for this change.

She is the manager of this program and is at the forefront of the new developments.

"I see a lot of benefits to students that we didn't offer before. I think students will really like it," Ferrer said.

The last day to sign up for Pay Plan is the first day of the quarter. Students are not eligible for the plan if they have already been dropped from classes for not paying.

If students try to make a payment and the payment fails, there is a \$30 fee. If the payment fails three times, they will be dropped from all classes. Email questions to payplan@highline.edu.

Celebrate women power May 8

The Women's Programs is looking for great women who deserve to be recognized for their achievements, teaching, community service (on and off campus).

Those that have overcome obstacles in their lives and are now moving forward to meet new goals towards self-efficiency, giving back, and achieving excellence in what they enjoy doing.

This year's Women in Action Award Ceremony will be on May 8 at the Women's Programs 37th Annual Celebration at 12:30 pm.

Raffle proceeds go to help students stay in college.

To nominate, go to https://docs.google.com/forms/d/1jy-wRfUM7Kqwg95u153s3zYbZ-RRdkPp2o-38RUn-I2ZM/view-form?edit_requested=true

You can submit a hard copy form by email to jmunro@highline.edu by April 30 at 5 p.m.

Donate goods to Women's Program

Women's Programs-Work-



First Services is gathering donations of goods, services, and basket gifts for a raffle that supports their emergency funds program.

These resources are crucial for low-income Highline students in paying for utility, rent assistance, hotel stays for those fleeing domestic violence or experience homelessness, fees for graduation and BAS applications, and graduation regalia.

Emergency Funds are supported through donors like you.

Donations deadline May 2, by 4 pm. Drop off location Women's Programs department bldg. 6. If you need your items to be picked up, call 206.592.3340 or email Maria Toloza-Meza at mtoloza@highline.edu or Jean Munro at jmunro@highline.edu

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Benefits of being Running Start

High school students and parents will learn about the benefits of Running Start, college readiness, eligibility and how to get started. Located in Building 7, on April 23, from 6 to 7 p.m.

Earth Week: Student Sustainability Showcase

Students will showcase sustainability projects from the past and present. Participants and attendees will have the opportunity to share their experiences and how to encourage more sustainable practices in homes and communities.

Understand more about Highline

This meeting will go over several sessions including Academic affairs, administrative and student services, a study session agenda, and more. This will take place in Building 25 on the fifth floor in the boardroom today from 10 a.m. to noon.

Students of Color meetings begin

Students of Color Conference is a three-day event with activities, workshops, and conversations meant to engage students on the conferences five themes: Identity Development, Awareness of Others, Skills Development, Social Justice/Social Activism, and Personal Development. Students will have the opportunity to explore their identity, and engage in workshops around social justice related skills and issues.

The conference runs April 18-20 in Yakima.

Calendar

- Spring Quarter Withdraw - The last day to withdraw with no "W" on transcript during the 2018-19 Spring Quarter is April 19.

Got news?
We've got space!
Seriously, right here.
We've got space.



Email your news tips to:
tword@highline.edu

SEATTLEU

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HAPPENING AT HIGHLINE COLLEGE!

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If possible, please R.S.V.P. at: bit.ly/2Srb6lJ
Questions: transfer@highline.edu



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Near, far, wherever you are — there's education

By Nayyab Rai
Staff Reporter

Highline is now offering students a chance to study abroad in Vietnam next year.

Highline is working in collaboration with Tacoma Community College, Wenatchee College, and North Seattle College to send four students from each college to Vietnam in Fall Quarter 2020.

"The goal is to learn more about Vietnam as a country and help students learn more about the trading in goods there," Professor Jennifer Ritchey said.

"With Chinese products becoming more expensive, Vietnam has become every important to the supply chain," said Director of the Center of Excellence and Global Trade and Supply Chain Management Sam Kaplan.

"We will be taking the students to Ho Chi Minh, which is considered the business capital of Vietnam," Kaplan said.

"We will be focusing on how the supply chain works, the politics, and we will visit local historical sites," Ritchey said. "Students will get the chance to learn more about the culture and how the economy works there."

"We will also visit the docks and factories where the goods are transferred and manufactured," Kaplan said.

This opportunity is open to all students attending these schools, Ritchey said.



Sam Kaplan, director of Global Trade and Supply chain management, talks on Vietnam's importance in the supply chain. He also talks on taking the students to Ho Chi Minh, the business capital of Vietnam.

"In order to study abroad, you usually need to spend a lot of money. That is why typically only rich kids go abroad," Kaplan said.

"We want to have a diverse group of students to go, so we managed to get some sponsorships so students now only have to pay \$500 for everything food, tickets, board. All of it will be only \$500," Ritchey said.

"The sponsorships came from Boeing, the UW Chamber of Commerce, and a couple of private companies," Kaplan said.

The trip will be Sept 6-15, in-

cluding the flying time, Ritchey said.

"Another reason why the trip is so cheap is because we will only be there for a week," Ritchey said.

"It was difficult to find out what would work. Students have lives outside of school, so we wanted to make sure that we did not take away from their responsibilities," Ritchey said.

During the trip, students will be required to do a project that will be a replacement for one assignment in the following classes; BUSN 101, BUSN 188, BUS 207 AND DGS 207, Etiquette,

DGS 260 AND BUSN 205, AND ECON 202.

Students will work with the instructors of these classes to create the project, Ritchey said.

It will be a lot like an Honors project, they will need to work closely with their instructors, compile their data, and assemble it all together in one project.

Even though everyone can apply for this trip, students whom have not traveled as much and wish to major in trade will have higher priority, Ritchey said.

"We want students who do not have the opportunity to

travel as much, because of how cheap the trip is compared to other study abroad programs," Ritchey said. "Also, this trip is so much more beneficial to students who want to make a living out of this."

The study abroad trip has been in planning for awhile, Ritchey said.

"We have been planning this for about 10 months, this is the first ever trip so we want it to go well," Kaplan said. "Highline is in the lead of this project."

Students need to complete the application process to attend, Ritchey said.

"There is the application and the essay. The essay is to get a sense of the student's background. What they are interested in and how would the program benefit them," Ritchey said.

"Students will be required to answer all the questions and transcripts must be included," She said.

The application is due May 3, at noon.

Students will receive notifications on May 17, and the payment is due June 1 to the cashier's desk.

Applications can be found <https://globalprograms.highline.edu/student-programs/study-abroad/>

Completed applications can be emailed to mkiando@highline.edu or a physical copy can be turned in to Mary Kiando at Registration and Records in the lower level of Building 6.

Climate affects more than just the environment

By Jacquie Wolfe
Staff Reporter

With Highline being the fifth most diverse college in the country, students are surrounded by diversity every day they arrive on campus, a speaker told a Unity Week audience.

On April 24, Javier Sethness-Castro gave an hour-long lecture titled "Struggles across Borders: Resisting Climate Breakdown and State Violence."

"With this window into diversity, students are given the opportunity to observe and interact with people of various cultures and backgrounds while striving for the common goal of obtaining an education," Castro said.

He is a healthcare provider that has worked primarily in Southern Mexico, researching how climate breakdown and state involvement impacts the social boundaries on a global

scale.

Throughout the lecture, Sethness-Castro spoke about how government involvement is lacking around the world.

Although there are various organizations, the government does not utilize its power to make changes to help reverse climate change.

"The United States is the most responsible for carbon emissions since the industrial revolution," Sethness-Castro said. "[Our] government has refused to recognize the problem or do anything about it."

Sethness-Castro said that the countries that are impacted by climate breakdown are mostly in South America and Central Africa.

Because of the influence through colonialism and imperialism that is present within North America and Europe, such countries are gaining from the exploitation of industrialization and not caring about the

impact of carbon emissions on surrounding countries.

"Climate is fundamentally and historically unjust," Sethness-Castro said.

In some countries, such as Ecuador and Bolivia, there are laws and constitutions that are giving nature rights that are similar to those for humans. Although they are not all successful, the fact that some governments are starting to take initiative to make changes in their countries to help save the planet.

Some students were concerned about how climate conferences that are held throughout the nation were more for government propaganda, rather than actually making the changes needed for the climate.

"We have an idea that the United States is free, but we are very censored," one Highline student said during the question and answer session.



Javier Sethness-Castro explains how climate change effects social boundaries all around the world.

"It is a big distraction, and gives the impression that change is happening when it really isn't," Sethness-Castro said.

Some students also asked Sethness-Castro for advice on what they can do to make a change. He heavily emphasized the importance of student unions and tenants unions.

"None of us can do this by ourselves, we have the social institutions that control these bad things and do not care about the environment," Sethness-Castro said. "Movements and thinkers are very important to approach the people of oppression and find a way to use technologies in effective ways."

Community colleges are important, too

In order for community colleges to fulfill their mission, they must be both taken seriously and fully funded by the Washington State Legislature.

They offer a more affordable alternative than moving away to a four-year school right away. They offer degrees and certificates so people can get into the workforce right away. And they provide opportunities for students to get an affordable education.

Yet, the stigma around community colleges still exists. Any student who attends a community college has heard some variation of the phrase “things will be different when you go away to a real college.”

Community colleges are an afterthought. To some, they are considered less valuable than an education someone would receive at a university. It’s almost a source of pride for people to brag about how much student debt they rack up at these schools.

At Highline, there are professors who teach at multiple schools. There are professors who teach a class, drive 40 minutes up I-5, and teach the exact same class with the same lesson plan at the University of Washington. If you transfer from a community college school to a larger university in the state, most of your credits count just the same as if you took all your classes as a larger school.

The idea that the exact same lesson plan becomes more valuable because it costs more and was taught at a major university is laughable.

But it seems that the Legislature has that mindset. To them, community colleges are still a backup, second fiddle to the “real” schools in the state.

Things have become so bad that community college staff and faculty from around the sound had to protest last Tuesday to try and get more funding. Some schools held walkouts, some picketed and some joined in with virtual protests.

All of this is to try and send a simple message to the Legislature: give the needed funding to community colleges.

Staff and faculty weren’t just protesting for more compensation. They were rallying for additional money for renovations and for student services.

It can take years to find the funding needed for renovations on campus. The renovations to Building 26 were on hold for a while, until the Legislature found the funding needed.

This campus is old, and it is only going to get older. Classes are being taught in buildings that are not up to the current seismic code. Given that we live in an area prone to earthquakes, this puts students, staff and faculty in danger.

Starting with Fall Quarter 2018, there was a 2.2 percent tuition increase at all colleges in Washington state, and there is a proposal for another increase of the same amount for next school year.

But increases in the tuition rate will only make students’ lives more difficult. Many students already struggle to pay for their classes, and any increase in the tuition rate on top of the books and other resources they need only makes it more difficult.

In order for community colleges to fulfill their purpose, they must remain an affordable option. And to do that, the Legislature needs to take them seriously as a higher-ed option and fully fund them.

Have something to say?

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.

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



Love yourself, get some sleep

We’ve all heard it before. Whether from your friends, colleagues, or you yourself have done it – people often brag about the lack of sleep they got last night.

And we as a culture do this too. It’s a common goal in the United States to be very productive, sometimes to the point of sleep deprivation and physical exhaustion.

Sleep deprivation isn’t a competition, it’s a result of pushing yourself too hard, and can become detrimental to your health.

It’s encouraged that we go to school, work, participate in extracurricular activities, date around, and have a large social circle.

While none of these are bad things, sometimes it’s simply not possible to accomplish everything, every day.

Or at least, not without paying for it through cutting down on precious hours of sleep.

Most adults need somewhere between seven and nine hours of sleep per night, and for teens that changes to eight to ten hours.

But very few achieve these numbers.

A study done by the Journal of the National Sleep Foundation found that 70-96 percent of college students nightly get less than eight hours of sleep. They also found that students

Asking Anderson



Izzy Anderson

who regularly take naps have, on average, higher GPAs and improved memorization skills.

Those who sleep enough also tend to get sick less often, are less stressed out in their day-to-day, maintain a healthy weight for themselves, and get along better with the people around them.

On the negative side, fatigue and sleepiness has also shown to cause more accidents on the road, and can even be as dangerous as driving drunk.

The National Highway Traffic Safety Administration has estimated that sleep deprivation causes 100,000 vehicle crashes, and 1,550 deaths related to said crashes per year in the United States.

The majority of these crashes and accidents happen to people younger than 25 years old.

While a select few people can perform perfectly on four to six

hours of sleep regularly, that’s simply not true for the majority. And that’s alright.

It’s fine to need more sleep, it’s needed to operate at your best.

That’s not to say you should skip all your classes, quit your job and shut yourself off from the outside world.

There just needs to be more balance between productivity and health.

And if that means not pushing yourself over the limit, or even just taking more naps here or there, it’ll pay off more in the long run.

It’s easy to get caught up in the world of competition – we’re often told that we need to be at our top performance, 100 percent of the time. Overworking is not uncommon.

And ultimately, better sleep contributes to better productivity too. So, if you actually want to give your all, it’s smarter to sleep well and wake up with a fully functioning and concentrated mind rather than an exhausted one.

You can try to burn through life on a few hours a night for months, even years.

But eventually, pure exhaustion and damage to your physical health will catch up to you.

Be kind to yourself, let your body rest and recover.

Izzy Anderson is the Assistant Editor of the Thunderword

THE STAFF

“ I’m here all the way up until I leave. ”

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Guest speaker talks poetry

By Deion Glass
Staff Reporter

The author of *Bonehouse*, a collection of poems, recently spoke to a group of Highline students about what poetry means to her and answered the questions of would-be poets.

Erika Brumett spoke April 11 during Poetry Week. Her words have appeared in numerous publications, including *The Los Angeles Review*.

Through poetry, Brumett said she is able to find her voice. Her poem "Worms" recently won the Rhino's 2018 Editor's Prize.

"Losing yourself on a page, even though it can be done in anything, losing track of yourself and coming into other voices is my favorite part," she said.

Brumett, who has been writing poems for about five years, has a 39-year background in fiction.

"[I have a] love of language, a core drive toward rhythm, sound and reading," she said. "Nothing's not an inspiration. Like a science journal or a guy-on-a-box poems can be found in anything," she said.

"I think a poem is never really done, perhaps it is always evolving but we must end it sometime," she said.

She admitted that sometimes she will go back and review some of her own work and be very unsatisfied with the ending so she will either modify or extend it to sound better.

Many of the students attending were there without having much of a background in poetry, but Brumett's talk seemed to connect with her audience.

"[I am] always looking forward to new styles wherever I can find them," said Sam Munyaga, who is a member of the Inter-Cultural Center. "I was introduced to it through the ICC's poetry lounge and I've been learning since."

Brumett advises that students who want to get into poetry immerse themselves in the genre.

She also offered tips on the length of the editing process.

"It's not pretty, but distance from one's words is important. maybe a week," she said.

Art exhibit celebrates poetry

By Melissa Wilson
Staff Reporter

Through paintings, drawings and multimedia presentations, Highline's Art and Design students have given a visual impact for various poems.

A new exhibit on campus showcases not just original art by Highline students, but various verses in recognition of National Poetry Month.

The exhibit is in the Building 16 art gallery.

According to Tamara Hilton, Art and Design program manager, and Zanetka Gawronski, Fine Arts faculty member, this exhibit is in partnership with the National Poetry Committee.

The committee chose poems to inspire the students' artwork. Then each student chose the poem that spoke to them the most and created a piece of art based on it.

A few of the poems used are by Ilya Kaminsky and Mark Doty, who came to campus yesterday to teach students how to write poetry.

The exhibit is a juried show, meaning many students created pieces, but only some were selected to hang in the gallery.



Stephen Glover/THUNDERWORD

Students attend the opening of the new exhibit.

Jessica Hicks, an interior design student, has been the arts intern in charge of curating the gallery for several quarters.

Her job is to put the artwork on mats and frame them. She also presides over the exhibit and is there answers questions about the art.

Hicks' advice to new artists is to "really put yourself out there and try to get yourself known."

Her favorite piece of art in the exhibit is a drawing by student Nga Nguyen. Hicks called it "really amazing and detailed."

Nguyen's artwork is a favorite of others too. Arts students and retired teachers Jamie Schneider and Cindy Kelsey called it their favorite too.

The drawing is based on the experience of living in a war-torn country.

Schneider mentioned how she has had students in the past who have lived through wartime. She began to choke up as she said how much it meant to her that someone was able to express through art the feelings about wartime she had seen in

so many students.

"To express that through art in a healthy way," meant a lot to her, she said.

Schneider was also impressed at the variety of the artwork in the exhibit.

Kelsey saw the exhibit as a helpful example of how to frame and display art. She said that it was important for students to have this gallery experience for their future careers.

The combination of the poetry and visual arts was "really interesting," she said.

The Building 16 gallery has been open for four years now and is paid for by student funds. Each quarter, a different exhibit is displayed in the gallery.

This exhibit will be open for the rest of the quarter.

The gallery hours change every quarter and are posted on the door. The hours this quarter are 9 a.m. to noon Mondays and Wednesdays, and 10 a.m. to noon Tuesdays and Thursdays. The exhibit is not open on Fridays or over the weekend.

If students want to see the exhibit during off hours, they can enter through the office door and ask a faculty member to let them in to see the art.

Review: 'Feathers and Teeth' confuses

Creatures scurry in walls and lights flicker while "It's Such a Pretty World Today" echoes through the theater.

While Nancy Sinatra isn't the usual soundtrack to horror stories, Washington Ensemble Theater is bringing on the gore in a sillier and campier fashion with its production of Charise Castro Smith's *Feathers and Teeth*.

Set in 1970's suburbia, *Feathers and Teeth* follows a grieving teenage girl, Chris, who is convinced her father's new girlfriend, Carol, is responsible for her mother's death.

After the discovery of a strange, carnivorous creature, she seeks the truth and revenge, discovering other strange things along the way.

To tell this bizarre story, audiences are swept back in time.

A modern take on a retro style, the set, designed by Pete Rush, uses a triangular precenium to frame a 70's style kitchen, complete with wallpaper and window to the yard. The set also includes elements of projected animation, created by Broom Cupboard Studio.

But while each of these design elements are beautiful on their own, they do not always mesh together to form a single, cohesive design.

The animation, as stylized and well rounded as it is, doesn't fit with the colors and style of the



Chris Bennion

Carol (Samie Spring Detzer) discovers a strange creature in Washington Ensemble Theater's horror-comedy *'Feathers and Teeth.'*



By FAITH ELDER

rest of the set. This makes the animation feel like an afterthought, as though it was thrown in last

minute.

Additionally, the added animation sometimes detracted from the scene by drawing attention away from the performances.

During Chris' (Rachel Guyer-Mafune) monologues explaining her mother's life and death, the animation pulled the attention away from her perfor-

mance, despite those scenes feeling the most genuine. That pull for attention does little for the scene and undermines the performance.

Beyond design, the overall effectiveness with the use of camp was questionable, as the artificial nature of the humor simply made the characters feel ingenuine.

While Carol (Samie Spring Detzer) and Chris argue and fight on stage, there is no real tension in their relationship because their intentions do not feel real. As a result, the characters don't connect with the audience members because of the artificial quality.

But while that character dynamic fell flat, other characters only worked because of their campy humor.

The character Hugo (James Schilling) embodies so many old tropes - loner nerd, awkward teen crush, and honest boy scout - but still feels genuine.

Because of this authenticity, he is likeable and easy to laugh at where other characters feel cringy.

Overall, *Feathers and Teeth* is a rollercoaster play, having so many twists that audience members may experience whiplash.

With so many interesting and stylized individual aspects - quality performances, beautiful animation, fun music choice, and a creepy creature - it is a bummer that these aspects do not make a unified show. Instead, the most haunting thing is Nancy Sinatra.

‘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.

5

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Thunderbird tennis one game back of first-place Bellevue with latest wins

By Calvin Domingo
Staff Reporter

With two victories in the past week, the Highline tennis team is gaining ground on reigning champion Bellevue for the best record in the Northwest Athletic Conference.

“Bellevue is always a challenge, its lineup is unpredictable, as it tends to have a lot of roster changes right up to championships. It also recruits a team that at best, can be considered very ‘non-traditional,’” Head Coach Laura Rosa said.

As for the matches that took place last weekend, the Thunderbirds took care of business on their homecourt, defeating Spokane 5-4 last Friday.

However, if not for a default victory that was awarded to the tandem of freshmen Kaylin Phan and Nikelle Price in the third and final doubles match, the end result could have gone the other way.

“Spokane was down a player, but I’m confident in our [third] doubles team and believe that Kaylin and Nikelle would have won that match anyway,” Coach Rosa said.

For the first singles match, T-Bird Lexi Maison won by default.

“Lexi Maison was in a tight battle with Spokane’s Hannah Plank when Hannah started cramping up. Lexi stayed tough and kept pushing the pace of the points until Hannah had to retire,” Coach Rosa said.

“We have worked since September on being the fittest team in the conference and I believe that was what pushed us through,” the coach added.

Team captain Danielle Mendoza said that one of the reasons why the team has placed as much emphasis as it has on conditioning is because last season, team members felt as though they started to get away from conditioning as the season progressed, getting away from what they had established earlier on.

“We were still a fit team, but the conditioning started to go down. Coming back this season, that was a huge takeaway. We started to maintain the level of fitness we gained from the beginning of [last] season, allowing for us to be able to outlast our opponents,” Mendoza said. “Conditioning isn’t always fun, but it’s a necessity. As a team, we push through it.”

In singles action, the Lady Thunderbirds finished with four victories and two losses.

In addition to Maison’s default victory, Mikyla Olsen, Kaylin Phan, and Nikelle Price (by default) all won their respective matches.



Sophomore Miriam Cabrera in action against Spokane.

Jack Harton Photo

As for doubles, the T-Birds weren’t as fortunate.

The duo of Mendoza and Maisson were out-dued by Spokane’s Patrick and Plank, 8-4 while the pair of Miriam Cabrera and Olsen also fell to Spokane, this time against Milatz and Manion, 8-6.

As mentioned earlier, in the third and final doubles match, Highline’s Phan and Price won by default, which ended up giving the Birds the victory, 5-4.

The very next day, April 13, Highline traveled to Ontario, Ore. to take on Treasure Valley, which it handled with ease, 7-2.

Treasure Valley, which sits at 0-4 in league play and 1-7 overall, and is last in the standings, isn’t a team that you can just count out.

“It’s always one match at a time for us,” Coach Rosa said. “Every team has some great players and we know we have to focus on the task at hand. We played that match after getting off the court at 11:30 p.m. the night before and having to be at the airport by 5 a.m. the next morning.”

“I can’t say enough times how tough and resilient this team is,” she said.

In singles action, Highline finished with five wins to one loss.

In doubles, Highline finished with two doubles victories and one doubles loss.

“One of our mottos last season was ‘out play, out last, out win,’ and that really came into effect [against] Spokane, [to] just keep grinding,” Mendoza said about the team’s last two victories. “Against Treasure Valley, we were reminded to not be complacent.”

The Lady T-Birds will be doing a lot of traveling in the next couple of weeks, as four of their next five matches will all be on the road,

with the lone exception of April 26’s home match-up against Treasure Valley.

“Home matches are great, but also present some challenges,” Coach Rosa said. “We have terrific home support, but with that comes the distraction of competing in front of our home crowd. Our facility, the Boeing Employee Tennis Center, is the best in the conference for sure,

but I think we tend to find more focus on the road.”

“Travel is tiring, and we do take some long road trips, but at the end of it all, it’s going to be the team road trips that they remember in 10 years,” the coach added.

Mendoza agreed with her coach’s sentiments about playing at home. However, playing on the road has its fair share of difficulties too, she said.


“Like many sports, home court or field is an advantage,” Mendoza said. “We know the courts and we’re used to the indoor environment. The ball comes a lot faster indoor then outdoor. [The] majority of teams in our conference have outdoor courts, so having indoor courts is a big change.”

“I think the only issue our team has from traveling is getting a good and effective warmup,” she said. “Each court is different. Some of the ball bounces faster, some slower, some have a lot of spin, others don’t.”

“We need to be able to play with those changes in order to succeed. Another minor conflict of traveling is being able to catch up with homework and staying on top of class. Like other sports, we all still go to school and have assignments to do. Managing time to complete that [is] critical, but our coach makes sure we have time to stay on top of our work,” Mendoza said.

The Lady T-Birds will travel to Lewiston, Idaho to take on Lewis-Clark State College tomorrow at 4 p.m.

Following that match, they will travel back to Washington to take on Spokane in Spokane at noon the very next day, on Saturday, April 20.




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Golf 8th in Walla Walla

By Grace Ellis
Staff Reporter

Highline’s golf team recently played at Walla Walla and emerged in eighth place over two matches.

The golf matches took place April 15-16 at Veterans Memorial Golf Course. The nine teams played 18 holes both days. North Idaho placed first.

Three players played at the match: Jenna Muller, Alyssa Metzger and Shylee McConnell. Paige Mellum was out due to a knee injury, said Coach Steve Turcotte.

“She didn’t play, but we’re hoping she’ll play this weekend in Spokane,” said Coach Turcotte.

For Highline, Muller had the best score, with 85 on Monday, and 88 on Tuesday. Metzger followed with a score of 94 on Monday, and 97 on Tuesday. Finally, McConnell scored 96 on Monday, surpassing Metzger’s Tuesday score, and 107 on Tuesday.

Muller improved with 12 strokes fewer than her last score of 185 in October.

Of 40 players individually, Muller took ninth place, Metzger scored 24th, and McConnell scored 29th.

Weather and course circumstances were good overall, Turcotte said.

“It rained for about an hour on the second round but then it stopped. Weather was pretty good. Conditions were pretty good,” Turcotte said.

The season may seemingly indicate a slow start for Highline’s golf team, but the team is already picking up and looking ahead to the next match Turcotte said.

“We had some good, some bad, and some ugly stuff; there’s a lot of things we know we need to work on starting on practice here tomorrow,” Turcotte said.

As for individual improvement, the women will be able to practice more soon, mostly to improve their short game.

“Everybody has their own thing they need to work on,” Turcotte said.

The team has plenty of goals in mind as well in terms of improvement for the upcoming match in Spokane.

“We need some putting work and need some short game work. We need to try and find a way to get more greens and regulations, so the girls can get themselves a better chance to get better,” Turcotte said.

The next golf match will take place April 21-22 in Spokane at Hangman Valley Golf Course.

T-Birds fall to Douglas

By Eddie Mabanglo
Staff Reporter

SOFTBALL CITY, BRITISH COLUMBIA – Ten was a doubly unlucky number for the Highline softball team this week. The T-Birds has extended their losing streak to six games after being shutout twice by the Douglas College Royals in Canada.

At the helm for Douglas was Sophomore Jessica Podskalny, who leads the league in strikeouts (100) and ranks third best in ERA (3.11).

Highline had also faced against her earlier in the season on March 14, when she struck out six.

“She was a pretty good pitcher,” Highline pitcher Kalea Smith said. “But we had also already seen her the first two games we played against them so we should have felt comfortable hitting off of her.”

Last week, she pitched two consecutive “complete” game shutouts (both games were called after five innings due to mercy-rule), fanning 10 over both games and allowing only two hits in the first game.

One of those hits came from left-fielder Jordyn Judge, who singled to left in the first inning. The other hit came from catcher Alyssa Avilla, who singled to left in the second inning. But then Highline went hitless the rest of the game.

“We definitely could’ve worked on our hitting,” Smith said.

Smith saw three innings in her start, facing 23 batters and striking out Douglas sopho-



Sophomore 2B Alexis Morrow runs from second

more Keyanna Olsen twice in the process.

Highline is not by any means a team that has struggled with getting on base this season. As of April 17, the team boasts a batting average of .283, and OBP of .385 and a slugging percentage of .388.

Freshman Shaily Moses has been enjoying a breakout season and has emerged as an offensive leader with 23 hits, six of which are doubles, and 18 runs. Moses also has seven stolen bases.

Sydney Wallstrum is batting .417 on the season. Soraya Semalo and Kamaile Hanawahine both have a pair of homers as well. Alexis Royal has 16 RBIs this season.

Highline’s next opportunity to hone their batting talent will come today at Everett, with the first pitch scheduled

for 4 p.m.

Everett is coming off of a losing streak of its own, dropping the last five games to Shoreline, Olympic and Edmonds.

Everett will likely start Cassidy Conrad on the mound. She has 41 strikeouts and an ERA of 12.17. With a batting average against of .277, Highline shouldn’t have trouble getting the ball into play.

“[Today] we just need to be able to find a way to hit the ball and make plays and we will be able to get the job done,” Smith said.

Coverage of the games will be livestreamed at athletics.everettcc.edu at 4 p.m. Fans can also follow the live stats on the NWAC website.

Highline returns home tomorrow to play against Walla Walla, first pitch is at 2 p.m.



Softball Standings		
NORTH		
Team	League	Season
Bellevue	16-2	27-4
Olympic	10-2	13-8
Edmonds	13-3	20-5
Douglas	9-5	19-6
Skagit Valley	5-7	6-10
Highline	4-10	6-15
Everett	3-13	4-17
Shoreline	3-13	4-17
Pierce	1-9	5-13
EAST		
Team	League	Season
Wenatche Valley	13-3	14-6
North Idaho	14-4	16-8
Big Bend	11-5	17-7
Walla Walla	10-8	15-11
Columbia Basin	8-9	11-10
Treasure Valley	7-8	9-17
Spokane	8-10	8-14
Blue Mountain	2-12	2-20
Yakima Valley	0-14	2-14
SOUTH		
Team	League	Season
Mt. Hood	14-0	19-4
Lower Columbia	10-4	17-6
Centralia	8-5	13-8
Clackamas	8-5	16-12
SW Oregon	5-7	9-16
Clark	4-9	6-12
Chemeketa	4-10	9-19
Grays Harbor	0-13	0-19

Individual Leaders

BATTING AVERAGE

Name	Team	AVG
M Schorn	Clark	.571
T Dow	Bellevue	.571
K Jantzi	Mt Hood	.561
J Winston	Shoreline	.537
S Micky	Edmonds	.532

RUNS BATTED IN

Name	Team	RBI
T Dow	Bellevue	60
N Munson	Clackamas	54
K Hylton	Clackamas	51
T McDowell	Bellevue	48
K Jantzi	Mt Hood	48

EARNED RUN AVERAGE

Name	Team	ERA
M Morr	North Idaho	1.94
C McDowell	Bellevue	2.56
J Podskalny	Douglas	3.11
C Robbins	Edmonds	3.56
V Hoke	Columbia Basin	3.68

WINS

Name	Team	W
M Pierce	Mt Hood	16
R Harris	Bellevue	13
J Podskalny	Douglas	13
D Brooks	Centralia	12
C Robbins	Edmonds	11

TENNIS STANDINGS

School	W-L	PCT
Bellevue	4-1	.800
Highline	3-1	.750
Spokane	4-3	.571
Skagit Valley	2-4	.333
Treasure Valley	0-4	.000

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WEEKLY SUDOKU

BY LINDA THISTLE

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

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. U.S. STATES: Which state is home to the Volcanoes National Park?
2. HISTORY: When did the Deepwater Horizon oil spill occur in the Gulf of Mexico?
3. MOVIES: Who sang "Beauty and the Beast" in the 1991 movie of the same name?
4. GEOGRAPHY: Which one of Japan's islands is the largest in size?
5. RELIGION: Who was the first Roman emperor to convert to Christianity?
6. LITERATURE: What was the name of the land featured in the seven-novel fantasy series written by C.S. Lewis?
7. MATH: What is the name of an angle that is less than 90 degrees?

8. GENERAL KNOWLEDGE: What was Mahatma Gandhi's profession before he became an activist for nonviolent civil disobedience?
9. U.S. PRESIDENTS: Which president popularized the phrase "The Silent Majority"?
10. INVENTIONS: Who is credited with inventing Coca-Cola?

10. Dr. John Pemberton
9. Richard Nixon
8. Lawyer
7. Acute
6. Narnia
5. Constantine
4. Honshu
3. Angela Lansbury
2. 2010
1. Hawaii

Answers

Puzzle answers on Page 12

KING CROSSWORD

ACROSS

- 1 Mouth part
- 4 Uses an old phone
- 9 Taxi
- 12 Lemony drink
- 13 "Snowy" bird
- 14 11-Down cousin
- 15 Woodworker
- 17 Fish eggs
- 18 Parisian pal
- 19 McCormick's invention
- 21 Tennis need
- 24 Palm starch
- 25 — Khan
- 26 Morning moisture
- 28 Phobos and Deimos, to Mars
- 31 "— Your Enthusiasm"
- 33 British rule of India
- 35 Merriment
- 36 Military caps
- 38 Wrigley product
- 40 Listener
- 41 Heidi's range
- 43 Piece of pasta
- 45 Half a dime
- 47 Ailing
- 48 Jimmy Kimmel's network
- 49 "Seize the day" in Latin
- 54 Half of XIV

1	2	3		4	5	6	7	8		9	10	11
12				13						14		
15			16							17		
			18				19		20			
21	22	23					24					
25				26		27		28			29	30
31			32		33		34		35			
36				37		38		39		40		
		41			42		43		44			
45	46						47					
48				49		50				51	52	53
54				55						56		
57				58						59		

- 55 Elbows' counterparts
- 56 Dove's call
- 57 Tokyo's old name
- 58 Begin
- 59 Conclusion

- 8 Rill
- 9 Used the HOV lane
- 10 Lotion additive
- 11 Brewery output
- 16 LPGA's Se Ri —
- 20 Quite enthusiastic
- 21 Poolroom item
- 22 Chills and fever
- 23 Thin-sliced raw meat
- 27 Witty one
- 29 Patricia of

- "Hud"
- 30 Withered
- 32 Defraud
- 34 Gin flavoring
- 37 Motes
- 39 Harass
- 42 Point of view
- 44 Antiquated
- 45 Church section
- 46 Footnote abbr.
- 50 Actor Stephen
- 51 Hockey surface
- 52 A billion years
- 53 Chic, in the '60s

DOWN

- 1 Fond du —, Wis.
- 2 Actress Lupino
- 3 Apiece
- 4 Considered
- 5 Pilot light, e.g.
- 6 Illustrations
- 7 Lecherous looks

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ARIES (March 21 to April 19) You might need to do a bit more investigating before making a career move. You do best when you come armed with the facts. A personal matter still needs tending to.

TAURUS (April 20 to May 20) Your creativity plus your good business sense once more combine to give you an important advantage in a difficult workplace situation. An ally proves his or her loyalty.

GEMINI (May 21 to June 20) Avoid rushing into something just because it offers a break from your usual routine. Take things a step at a time to be sure you're moving in the right direction.

CANCER (June 21 to July 22) Bouncing back from a disappointing incident isn't easy, but you should find a welcome turn of events emerging. Spend the weekend with someone special.

LEO (July 23 to Aug. 22) An incomplete project needs your attention before someone else takes it over and uses it to his or her advantage.



tage. There'll be lots of time for fun and games once you get it done.

VIRGO (Aug. 23 to Sept. 22) Doubts involving a potential career change need to be resolved quickly so they don't get in the way when you feel you're finally ready to make the big move.

LIBRA (Sept. 23 to Oct. 22) Looking to blame someone for a workplace problem could backfire if it turns out you've got the wrong "culprit." Best to get more facts before acting on your assumptions.

SCORPIO (Oct. 23 to Nov. 21) Patience might still be called for until you're sure you finally have the full story that eluded you up till now. A trusted associate could offer valuable guidance.

SAGITTARIUS (Nov. 22 to 2019 King Features

Dec. 21) Look into your recent behavior to see if you could have caused the coolness you might now be sensing from a loved one. If so, apologize and set things straight.

CAPRICORN (Dec.22 to Jan.19) Easing up on your social activities allows you to focus more of your energies on a long-neglected personal matter. You can get back into party mode by the weekend.

AQUARIUS (Jan. 20 to Feb. 18) A dispute with a colleague can be resolved peacefully once you both agree to be more flexible about the positions you've taken and allow for more open-minded discussions.

PISCES (Feb. 19 to March 20) Volunteering to take on added responsibilities could be a risky way to impress the powers-that-be. Do it only if you're sure you won't be swept away by the extra workload.

BORN THIS WEEK: Your sense of self-awareness allows you to make bold moves with confidence.

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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Week of Wellness

Campus events encourages developing healthy habits



Stephen Glover/THUNDERWORD

The event Playing with Plants for Week of Wellness highlights the benefits of gardening, including how it can improve both your physical and mental health.

Gardening is good for your physical and mental health

By Giordan Gallacci
Staff Reporter

The mental health benefits of plants and gardening are numerous, a Highline counselor told students last Tuesday.

Plants not only release dopamine and serotonin, chemicals in our brain that cause us to feel happiness, but they help relieve anxiety and depression.

Nicole Hoyes Wilson spoke at a Week of Wellness seminar called Playing with Plants.

Week of Wellness was a week-long series of events surrounding physical and mental health.

“Everybody can garden,” Wilson said, as she planted one herself. “But it’s not just playing with plants, it has lots of health benefits too.”

As Wilson continued, her audience was intrigued by how easy basic gardening was, the physical and emotional benefits of it, and how relaxing nature is in general.

She said that it might be wise to start with a succulent or pothos, which are types of plants that don’t require much water.

“You only have to water most succulents once every two weeks, but they vary,” Wilson said.

There was a plant at every seat. This was not only a demonstration, but a hands-on learning experience for each attendee.

Students and professors alike all got to pick their own succu-



Stephen Glover/THUNDERWORD

Highline students learn to plant, and garden with their own succulents during Playing with Plants.

lents and plant it.

One study done by Stanford University says that more than 50 percent of the world lives in some form of urbanized area.

By the year 2050, that number is estimated to jump to 70 percent.

This suggests that the amount of exposure to nature that many people get isn’t enough.

“There is an increase in anxiety and other mental health disorders including depression especially in urban areas,” said Gregory Bratman, a doctoral student at the university.

So, they did a test. Partici-

pants went for walks in urban and in park-like areas.

Their brains were scanned before and after, this showed some significant results.

Those who participated in nature walks had decreased levels of negative contemplation after a walk while those in urban areas didn’t feel any different.

Which in short, means they weren’t as unhappy.

While it is still unknown by anyone how much nature is needed to feel better, you can’t get too much of it and it can be fun and easy to experience, Wilson said.

Yoga relaxes and relieves stresses

By Jacquie Wolfe and Elidia Torres
Staff Reporters

Highline kicked off the annual Week of Wellness with some yoga.

“Yoga Made Easy from the Chair to the Floor,” was held in Building 2.

On April 15, Amy Rider King hosted an hour-long chair yoga event.

It was one of four events that are taking place for the Week of Wellness, put on by the Counseling Center.

Students were given the chance to participate in different yoga poses that help relieve and relax the body and mind.

“Chair yoga is really good for anything you do when sitting, such as studying, sitting on the couch, and while you work,” Rider said.

She also encouraged students to “breathe in peace, breathe out fear.”

One student said that some of her peers were a little fearful of fully participating in the session because of inexperience, but became confident and connected afterwards.

“This session was a great stepping stone for me,” Jessica Zubia said. “I have been wanting to get back into yoga, and this class has given me a push to get started again.”

A few students said they felt

that this session was beneficial for finding relaxation and decompression from a stressful day.

“I felt more relaxed afterwards, it was beneficial to relieve stress, and I felt free,” Keith Thomas said.

“My favorite part was when Amy told us to breathe in peace and push peace back out,” said Nicole Wilson, a Highline counselor. “I feel very grateful and relaxed. It is very nice to take a moment to breathe.”

As the quarter advances, students may feel the constant stress from classes and it can be difficult to find ways to focus on calming the mind and body.

“Students are always in moments of transition, and in those moments when stress is high, any moment to take in and focus on wellness is very important,” Wilson said.

There many different forms of yoga, such as Hatha yoga, Ashtanga yoga, Chakras yoga, and more.

These types of yoga all carry different movements and benefits.

For those interested in consulting a counselor to benefit their mental health, the Counseling Center is in Building 6, counselors are available for all students and faculty.

By visiting the Highline website, students can find more information about classes, workshops, and community resources that help those who are interested in forms of wellness.

Mindfulness encourages more open discussion

By Zoe Munroe
Staff Reporter

Mindfulness and Meditation was a free event offered on campus for the Week of Wellness.

This calming activity took place in Building 8 and was run by Highline counselors.

While a majority of girls filled the seats, everyone was able to speak freely and sit comfortably with each other.

Discussions ranged from stress, and where that stress is held; to race and how racism is dealt with.

Through all these touchy subjects, nobody was obligated to speak, but almost everyone’s voices were heard.

“Often times we don’t let ourselves heal until we’re completely

worn down or hurt,” said Doris Martinez, director of Student Diversity and Inclusion.

The group discussed as a college student, it often feels like there is never time to rest or heal yourself from the hard work you do throughout the school year.

They were told that they are not the only ones who feels this way.

Mindfulness and Meditation helps, the counselor said.

Mindfulness and Meditation is the place you can relax and just talk to your fellow peers who feel what you feel, they said.

Students who missed the presentation will have other opportunities to explore mindfulness.

The counselors confirmed that similar events will be scheduled in the near future.

All Born In conference invites all out for workshops and resources

By Alejandro Chavez and Izzy Anderson
Staff Reporter

Highline ACHIEVE students recently attended a conference called All Born In, where they shared experiences, attended workshops, and met other students.

The Conference was a collaboration of trainings, workshops, and resources for students with disabilities.

Every year, Highline students are invited to this annual event.

The location of this conference varies from year-to-year.

Four Highline students attended the All Born in Conference this year in Portland, Ore. on April 5.

More than 60 student leaders are part of the ACHIEVE Program, but only a few students go to the conferences.

To attend the conferences, students have to be involved with the school, and do good academically.

While at the All Born in Conference, the students represented Highline.



Stephen Glover/THUNDERWORD

Students from the Northwest region gathered together to socialize, attend workshops, and have fun at the All Born In conference in Portland, Ore.

“They shared their experiences and then they talked to others students from different states,” said Achieve Adviser

Tetyana Matsyuk.

“Highline students had a lot of fun meeting new people and talking to others. They were

role models for other students that attended from around the Northwest region,” said Matsyuk.

The Highline students and student leaders at this conference also shared about the clubs and events ACHIEVE students have available and are involved in.

“Those students were surprised that we have ... about 40 to 50 clubs every year, and students with disabilities can start their own club at Highline,” Matsyuk said.

Next, students from Highline are going to go to the State of the Art conference in Reno, Nevada.

The total costs of travel and other necessities will be provided by Highline.

People looking to join this conference next year who are not a member of ACHIEVE, can apply to become a peer navigator.

Peer navigators are student leaders who enjoy helping others.

ACHIEVE students sometimes need others to help guide them through campus, so peer navigators guide them to their classes, buildings, to find the right clubs, and various other places the student might need help locating.

Plane exhaust contributes more to climate change than vehicles

By Feride Aydin
Staff Reporter

Planes emit more dangerous exhausts and contribute more to climate change than automobiles, a Highline audience was told last week during an Earth Week discussion.

This is especially noteworthy for Highline students who live or spend a majority of their time within 10 miles of Seattle-Tacoma International Airport.

Residents around the airport are questioning the impact of aviation pollution on their health.

Earth Week events were held last week, culminating with Earth Day last Monday.

Earth Week is an annual opportunity to bring awareness to the pollution issues that Earth is facing and or to help in some way.

Although many people believe that the air in Seattle is clean, Kent Palosaari, a community climate activist from SeaTac, stated that Seattle came in at No.15 in worst air quality in America, according to American Lung Association.

And it's continuing to get worse.

As SeaTac continues to grow, the air quality in the area con-



Kent Palosaari

tinues to worsen. The airport went from being No.14 to No. 8 of the busiest ranked airports in America between the years of 2015 and 2016.

However, with this popularity comes consequences.

Because the airport is so busy, the Port of Seattle which operates SeaTac, wants to expand the size of the airport to be able to accommodate up to 56 million people by 2027.

“We’re moving from 12 gates to 20 gates,” said Karen Warren, a representative of the Port.

Despite the economic plusses, many residents are concerned about the negative impacts on their health.

Although many “Clean Air”

acts have been approved by government agencies, almost all ignore the aviation industry.

This is because there is no technology for planes to go green, such as there is for cars, Palosaari said.

He said that it is also very hard to fix the problems created from planes.

Unlike cars, which primarily emit carbon monoxide, planes emit a lot more dangerous chemicals. Planes emit pollutions such as: blue carbon, carbon monoxide, CO2, lead and many more.

Seattle-Tacoma International Airport is projected to emit 43 gigatons of carbon monoxide between the years of 2016 and 2050.

After hearing all this, one member of the audience asked: what can be done?

Palosaari said that the best thing you can do is be involved.

“The best thing to do is become activists, because the government listens to activists,” he said.

He also encourages young people to get involved.

Many people don’t know that this is a problem in the first place, and it is up to other people to bring it to light, Palosaari said.

Workshop combines writing and science

By Zahraa Obuli
Staff Reporter

“Swish swash” and “flip flap” were just a couple examples of words Susan Landgraf, a former teacher at Highline, asked the participants at a writing workshop to incorporate in their writing.

The Marine and Science Center (MaST) was the location of one of 160+ writing workshops that Landgraf has spoken in. This workshop took place on April 6, and was this month’s event for Science on the Sound.

Participants at the 45-minute workshop were each given a packet that explained what activity they would be doing from 12:00 to 12:45. The task at hand was to

explain what the MaST was to a foreign entity from another planet by being as descriptive as possible in a story or poem format.

To achieve this, participants were encouraged to include details such as sounds, colors, smells, etc. and spent about 30 minutes writing. Landgraf described the set of participants as “A good group.”

Landgraf has an extensive amount of experience with writing and worked at Highline for 27 years teaching a variety of different classes that include journalism, mass media and college 101.

The workshop combined science and writing together to create something that required you to use not only your imagination but also your senses. It’s important to be encouraging during workshops like these and Landgraf understands that and said: “I give feedback, positive feedback.”

Despite taking place on a Saturday, Landgraf says that people should give it a try.

“It’s always exciting for them,” she said.

She said that contrary to what people may think she said it’s not a waste of time because people get something they hadn’t before.

The previous workshop focused on air quality. The next one will take place on May 4 and will be on coastal science.



Susan Landgraf

Student Employee of the Year recognized for her work at Pantry

By Dong Zual
Staff Reporter

Highline Community Pantry worker Florence Bien-Aime was in shock, disbelief, and was surprised as she won the Student Employee of the Year award.

The announcement was made at a luncheon on April 16.

Approximately 100 student employees attended the event to celebrate their dedication to making Highline College a better place.

The luncheon was hosted by the Career and Student Employment program.

CASE helps students, alumni, and community members with career exploration, job searching, campus employment, resume writing, career events and more.

Bien-Aime is a TRiO Am-



Florence Bien-Aime



Stephen Glover/THUNDERWORD

About 100 student employees attend the student employee of the year luncheon, where student employee Florence Bien-Aime is named student employee of the year.

bassador, nursing student, and a worker at the Highline Community Pantry.

She has been working with the pantry for just few months.

"She's super-reliable. She makes sure everybody gets their needs met when they come, and she always has that friendly smile," said Mariela Barriga, her supervisor.

Being an employee has ups and downs, and for Bien-Aime, time is a big obstacle.

"Lots of hard time. [It's] hard to balance being an ambassador

for TRiO, being a nursing student and working at the pantry," she said.

Bien-Aime was described as a trail-blazer by Barriga.

She is the first community pantry student employee.

"It's super-difficult to step into a job that never existed before," Barriga said. "We never had a student employee at the community pantry. It's only been around since Fall Quarter. And since then she really kind of been a trail blazer to create this position in a way that embodies a lot of

the characteristics and wonderful values that she has."

"She kind of set the bar high for anyone else that is interested in the pantry," Barriga said.

Time management and communication play a big role for the student employee of the year.

"Without communication you can't succeed. Everyone is human, but you have to make sure you tell people 'Hey I can't do this,'" Bien-Aime said.

Her advice for any other

student employee is to always ask questions, take initiative, and manage your time because it's essential to succeed.

Bien-Aime said she has one more year at Highline.

Her goal for next year is to try to make more connections and try talking to more people, because that's how you succeed in life, she said.

"The CASE Center hires over 500 students each school year," said Hannibal Vaivao, program coordinator.

"That includes general funding and work study students. Sometimes positions that student employees hold turn into 1000-hour positions, full-time positions," he said.

"Being a student employee is a great opportunity because it allows you to take the skills set that you learned, within the professional environment that you are in and take it to another professional environment and further your career," he said.

If you are looking for a job, the CASE program will host a summer job fair on Thursday, May 16.

It will be from 10 a.m. to 1 p.m. in Building 8.

You will need to bring your resume, dress for success and network with employers to find a job.

This fair is free for all Highline students.

Organization educates on voting, politics and leading

By Seattle Valdivia
Staff Reporter

There's a particular organization in Washington called The Washington Bus.

This organization is a non-partisan, non-profit organization that meets young people between the ages of 18 to 25 where they are.

It's an organization that is dedicated to the wellbeing and education of everyone that comes through its program learning campaign management tactics, grassroots organizing, public policy formation, and leadership skills.

Will Kittel is the leadership development coordinator of the program and wants to instill in young people the importance of voting and learning in political systems, take on leadership positions in campaigns, political movements, and nonprofit organi-

zations.

"The Bus invested in my learning when I was 17 years old, and really set the course for my career ambitions," Kittel said. "And it provided the resources and network for me to work toward those goals."

The Bus was created to engage and mobilize young people of Washington in an effort to have our political system more representative of our community.

"We run large voter registration drives, educate our peers on civic issues and train the next generation of leaders through our programs like the summer fellowship," Kittel said.

It is estimated that the only people to vote in Washington are older people.

"The average age of the Washington state voter is 62, and that is a problem," Kittel said.

"We do the work; we do

it in an effort to break down barriers to voting and political and community advocacy for everyone in Washington state," he said.

If you want to become part of the fellowship, you must: be between 18 and 25 years old, have a passion for working in a community and a desire to learn about state and local politics, have strong organizational skills and attention to detail, have excellent interpersonal skills and an ability to work with a diverse team, and have a good sense of humor and forward-thinking values.

There's no fee to participate with the Bus. The organization is a nonprofit that is sustained through donors.

The Bus education fund does have a limited need-based scholarship that people can apply for when applying to be a Summer Fellow.

The paid Summer Fellow-

ship deadline to apply is April 19, but they welcome volunteers all-year round, starting June 17.

For the ones who want to apply for the bus, their programs are designed as part-time so participants can have schedule flexibility. "The most a program participant will work in a single week is 20 hours," Kittel

said.

Their offices are located in Seattle's Pioneer Square, although they work throughout the state with an emphasis on South King County and Pierce County.

For more information, visit their webpage at www.wabuseducationfund.org/fellowship.

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