THUNDERWORD

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Jolly Rubin/THUNDERWORD

While the plan for Building 26 was originally for it to open in time for Fall Quarter 2019, the renovations will not be complete until Winter Quarter 2020. A variety of reasons, including the snowy winter, were given for the delay.

Building 26 renovations delayed

By Mitchell Roland and Nayyab Rai Staff Reporters

Originally scheduled to open this fall, the opening of Building 26 has been delayed until Winter Quarter of next year.

Building 26 is currently undergoing a \$30 million renovation. Once renovated, the building will host biology classes and labs, along with over 40 faculty offices.

The delay can be credited to some unforeseen circumstances, Capital and Facilities Project Manager Christina Neville-Neil said.

"As with any construction project, there are many moving part and different factors," Neville-Neil said. "Especially since this is an older building, there are all sorts of things that can pop out of nowhere."

Vice President for administration Michael Pham said that there were a number of reasons for the delay.

"There are several factors that contributed to the delays of this project, including door hardware changes, materials procurement, design and code changes, and a few unforeseen building conditions," he said.

While there have been some thefts on the property, it was not major enough to cause delays, Neville-Neil said.

"There have been a few thefts, and Public Safety and the construction team has implemented measures to ensure that it will not happen again," she said.

Pham said that Highline is still working on a path forward on the construction.

"The college is still working with the general contrac-

See Renovation, page 15

Dr. John Mosby

President shakes up student services

By Mitchell Roland Staff Reporter

With his background in student services, Highline President Dr. John Mosby continues to reorganize the department at Highline.

Dr. Mosby announced a new reporting structure on Tuesday, which was meant to streamline the chain of command in Student Services. The change was made after discussions with staff, faculty and students, and was meant to provide clarity, Dr. Mosby said.

"I wanted to strengthen the unit by clarifying and explaining reporting lines and services," he said. "We have great leadership in Student Services and I wanted to definitely utilize those talents within the division."

Dr. Mosby said that the

changes to Student Services will help Highline build on its strengths and improve in other areas

"It's imperative that we build on the college's mission of providing excellent student services within a collaborative, learning-centered institution," he said.

During his time at High-

See Services, page 16

Election deadlines coming quick

By Feride Aydin Staff Reporter

Elections may be closer than people expect.

Although many people are waiting for the 2020 presidential elections, Highline students will have the chance to vote for a president long before that.

The Associated Students of Highline College elections are approaching quickly, and Highline students will have the chance to vote for the 2019-2020 president and vice-president on May 15 and 16 at multiple poll stations or online from midnight on May 15 to 11:59 pm on May 16.

Anyone interested in running must have at least a 2.5 GPA, a completed ASHC election packet with two letters of endorsement, an unofficial transcript and have attended a minimum of one council meeting.

The current president, Max Brown, said that they want anyone who is interested in making a difference in their community. Something that both Brown and the current vice-president, Chalisa Thompson, agree on is

See Election, page 16



Max Brown



Man suffers from dizzy spell in **Building 6**

By Nayyab Rai Staff Reporter

A male was escorted to a hospital after complaining about dizziness yesterday afternoon.

"We received a call yesterday that someone was feeling very dizzy on the second floor of Building 6 at 2:38 p.m.," said Director of Public Safety and Emergency Management David Menke.

"We went to them, and I performed stroke procedures," Menke said.

"I asked them to smile and perform other physical acts to find out if he was having a stroke," Menke said.

"When checking for a stroke, asking the person to smile is to see how their brain is functioning. Stroke victims typically have a droopy smile, so it shows that something happened to the brain, it's not working the way it is supposed to," Menke said.

It is believed that the person was not having a stroke, he said.

"An employee called the ambulance, and I stayed with the man until they arrived. I cooled him with a fan as he was sweating profusely," Menke said.

"The American Emergency Response team came at around 2:45 p.m., and the man was taken to Valley Regional Medical Center," he said.

The man is believed to be okay now, Menke said.

If any students, staff or faculty feel dizzy or like their health is in danger while on-campus, they should contact Public Safety in Building 6.

Public Safety's number is 206-592-3218.

They could also call 911.

Send us your news.

.tword@highline.edu

Gala to take place in SeaTac

Attend Highline's Foundation Gala on April 27, from 5:30 - 9:30 p.m. at Cedarbrook Lodge in Seattle.

This gala is an opportunity for the foundation to share the importance of their work and to raise essential funds that support Highline College students.

Tickets cost between \$125-\$150.

Doors open at 5:30 p.m. with a cocktail reception. Dinner begins at 7 p.m., followed by a live auction.

Black tie is optional and complimentary valet parking will be available.

Get recognized for your achievements

Students interested in applying for the Achievement Award for Fall Quarter 2019 can now do so.

Pick your applications up at Building 9.

This program offers 15 fulltime tuition waivers to full-time students.

Running Start students, non-resident students, and international students are not

Application deadline for Fall 2019 is August 1.

Contact rreid@highline.edu for any questions.

Get empowered with summit

The Native Student Success Summit is designed to inspire and empower high school and college students to be successful in higher education and be-

This summit is a partnership between Highline Public Schools and Highline Col-

The 4th annual summit will be held on Thursday, May 2 from 8:30 a.m. to 3 p.m. in



Buildings 2, 7, and 8.

High school students may be done beforehand at one.

The summit will encourage students to gain increased awareness of how to identify, articulate, and work towards community and personal goals as well as gain a deeper sense of community with other Native student leaders in Western Washington.

Students can register at https://www.highline.edu/native-student-summit-2019/

Although registration is required, the event is free.

Contact tpowers @highline.edu or sara.ortiz@highlineschools.org for any ques-

Donations needed for auction

Women's Programs and 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, 2019 by 4 p.m. Drop off location Women's Programs department Building 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

Please reach out with any questions to jmunro@highline. edu or mtoloza@highline.edu.

Get accepted on the spot to SU

Seattle University will be bringing their advisors to Highline to meet with interested students.

Students who would like to be considered for admission to SU this fall quarter have the opportunity to be accepted on the spot on Thursday, May 2 from 10 a.m. to 2 p.m. at Building 8, first floor in the Mt. Constance

Students will need to bring an unofficial copy of their college transcript as well as any questions you may have.

The areas representing Seattle University are undergraduate, international, student finances, financial aid, scholarships, etc.

Questions? Contact Slilley@highline.edu

Understand equity through symposium

The White Privilege Symposium Northwest brings together advocates, activists, educators, students, youth, politicians, and a community to intentionally embrace strategies, stories and frameworks to build a movement of solidarity and partnerships using a racial equity lens. Building Solidarity in Race and Equity Through Com-

munity Partnerships is on Saturday, May 4th, 2019 from 8 a.m. - 5 p.m. with a registration fee of \$50 - \$225.

Women's Programs seeks honorees

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

Raffle proceeds go to help students stay in college.

To nominate, go to https:// docs.google.com/forms/d/1jywRfUM7Kqwg95u153s3zYbZRRdkPp2o-38RUn-I2ZM/ viewform?edit_requested=true

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

Calendar

• Campus Closed -

Campus will be closed on May 3 for Equity Develop-

• Science on the Sound - Science on the Sound presents Science of the Salish Sea on May 4 at the MaST Center. Admission is free.

Buy an ad, they're delicious.

email us at: tword@highline.edu

SEATTLEU

SEATTLE UNIVERSITY "ON-THE-SPOT" DECISION DAY HAPPENING AT HIGHLINE

COLLEGE!

Interested in applying to **SEATTLE UNIVERSITY** for this fall or in the future? Come to this event and find out how you could be provisionally admitted on the spot! If applying this Fall, start working on your SU application soon.

SU will bring their advisors to Highline to meet with you! Learn about the programs offered, admissions requirements for your major, financial aid and SCHOLARHIP\$\$!!

Bring along a copy of your unofficial college (s) transcript for review of transfer credits and advising.



THURSDAY, MAY 2, 2019

10:00 A.M. -2:00 P.M. (STOP BY ANYTIME) HIGHLINE STUDENT UNION, BUILDING 8, 1 FLOOR

(Mt. Constance Room)

If possible, please R.S.V.P. at: bit.ly/2Srb6lJ

Questions: transfer@highline.edu

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 were the goods are transferred and manufactured," Kaplan said.

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



Jolly Rubin/THUNDERWORD

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

"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.high-line.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 cale.

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.



Stephen Glover/THUNDERWORD

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.

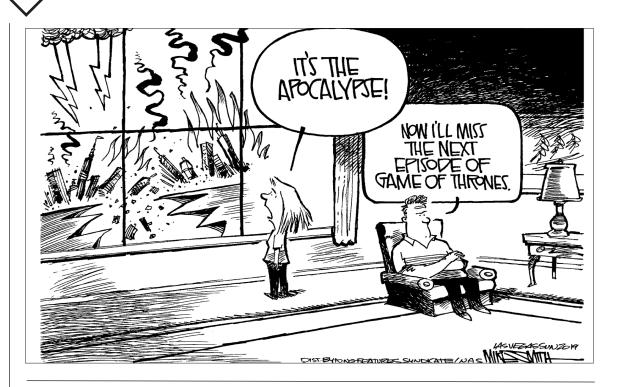
But increases in the tuition rate will only make students' lives more difficult. Many students already struggle to pay for their classes, and any increase in the tuition rate on top of the books and other resources they need only makes it more difficult.

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

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-today, 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

balance between productivity and health.

And if that means not push-

ing 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

Newsline 206-592-3317

66

I'm here all the way up until I leave.

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WEEKLYSUDOKU

BY-LINDA THISTLE

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

DIFFICULTY THIS WEEK: ◆

◆ Moderate ◆◆ Challenging

♦♦♦ HOO BOY!

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U.S. PRESIDENTS: Which U.S. president was a former union leader?

2. MUSIC: In what year was the Beatles' song "Yesterday" released?

8. Montana ("Oro y plata" or Mho or "O") significanting 8 wrote the novel "Doctor Zhivago"?

4. HISTORY: Who was Britain's first prime minister?

5. GAMES: In the game of Monopoly, what happens if you roll doubles three times in a row?

GENERAL KNOWL-EDGE: What is the Dewey Decimal System used for?

7. MOVIES: What is the name of the teapot character in "Beauty and the Beast"?

8. U.S. STATES: Which state is the only one that has a Spanish motto?

9. GEOGRAPHY: What is the capital of Nicaragua?

10. PSYCHOLOGY: What fear is represented by the condition called chromophobia?

> 10. Fear of colors 9. Managua "gold and silver")

7. Mrs. Potts 6. To classify library books

5. You go to jail.

4. Sir Robert Walpole

3. Boris Pasternak

2, 1965

blin president of the Screen Actors 1. Ronald Reagan, who was Answers

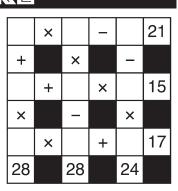
> Puzzle answers on Page 16

GO FIGURE BY LINDA THISTLE The idea of Go Figure is to arrive 21 × at the figures given at the bot-

tom 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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ACROSS

- 1 Fellow 5 "- Blue?"
- 8 Barbershop item

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- 12 Mentor
- 13 CD- —
- 14 Sheltered, at sea
- 15 Office
- machine
- 17 Tarzan's transport
- 18 Scrooge's outcry
- 19 Hateful
- 21 Future mare
- 24 Met melody
- 25 Sandwich cookie
- 26 Site of many sites
- 30 Swindle
- 31 Paquin and Quindlen
- 32 Id counterpart 51 Initial chip
- 33 Gap
- 35 Bartlett, for one
- 36 Line of stitching
- 37 Papa
- 38 Triangular letters
- 41 "— Town"
- 42 Pelvic bones
- 43 Lyon-based crimefighting group
- 48 Expansive

49 Old hand

39

- 50 Norway's capital
- 52 Author
- Umberto
- 53 Spruce (up)

DOWN

- 1 Film high-tech 23 Fasting period 41 Sgt. Snorkel's tricks (Abbr.)
- 2 Attila, for one
- 3 Skill
- 4 Colorado city 5 St. Louis
- attraction 6 Cattle call?
- 7 Undying

- 9 Hodgepodge
- 10 Server's handout
- 11 Honey bunch?
- 16 Shaft of light 20 Conks out
- 21 Central points 39 Verve
- 22 Press
- 24 Region of
- Vietnam
- 26 Tending to spread
- 27 Requirement
- 28 "Zounds!"
- 29 British conservative
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- 34 Subject of a will
- 35 Buccaneer's bird
- 37 Payable
- 38 Prima donna
- 40 Roster
- dog 44 Asian elec-
- tronics giant 45 Omega pre-
- ceder
- 46 On in years 47 Actress

Myrna

ARIES (March 21 to April 19) You might be tempted to be more assertive when dealing with a job-related matter. But a carefully measured approach works best at getting the cooperation you're look-

TAURUS (April 20 to May 20) While others urge you to act now, you instinctively recognize that a move at this time is not in your best interests. You should know when to do so by week's end.

GEMINI (May 21 to June 20) A busy schedule keeps you on the move for much of the week. But things ease up by the time the weekend arrives, allowing you to reconnect with family and friends.

CANCER (June 21 to July 22) Travel dominates the week, and despite some delays in getting to where you want to go, the overall experience should prove to be a positive one in many ways.

LEO (July 23 to Aug. 22) Your Leonine self-confidence comes roaring back after a brief period of doubt and

S★ LOMEÍS

helps you get through a week of demanding challenges and ultimately emerge triumphant.

VIRGO (Aug. 23 to Sept. 22) Virgos who have made a major commitment -- personal or professional -- should be able to tap into a renewed reservoir of self-confidence to help them follow through.

LIBRA (Sept. 23 to Oct. 22) You soon could receive news from a surprising source that could cause you to change your mind about how you had planned to deal with an ongoing job-related problem.

SCORPIO (Oct. 23 to Nov. 21) A surprise move of support from a colleague who has never been part of your circle of admirers helps influence others to take a new look at what you've put on the

SAGITTARIUS (Nov. 22 to 2019 King Features

Dec. 21) While a bold decision to take an "I know what I'm doing" approach impresses some colleagues, it also raises the risk of causing resentment among others.

CAPRICORN (Dec. 22 to Jan. 19) A misunderstanding 'twixt you and a friend might not be your fault at all, despite what he or she suggests. Talk it out to see at what point the confusion might have started.

AQUARIUS (Jan. 20 to Feb. 18) Getting into a community operation fulfills the Aquarian's need to help people. It also can lead to new contacts that might one day help you with a project.

PISCES (Feb. 19 to March 20) A minor problem could delay the start of a long-anticipated trip for two. Use the time to recheck your travel plans. You might find a better way to get where you're go-

BORN THIS WEEK: You are a dedicated romantic who seeks both excitement and stability in your relationships.

THUNDER FOOD

Put extra Easter eggs to delicious use

After the Easter baskets have been put away and the chocolate bunnies are a sticky, melted memory, the colored hardcooked eggs linger on.

Remember, that although your colored eggs were attractive as the centerpiece for Easter, they are a perishable food and should have been treated that way.

If the eggs were left at room temperature for more than two hours, you should not eat them. Cracked or dirty eggs should be discarded.

A wise tip to remember: use plastic eggs for decorating and hunting so you can keep the real eggs safe to eat. You might be able to find plastic eggs on clearance in stores after Easter, so stock up for next year.

Many of us look at the leftover hard-cooked eggs and see egg salad or deviled eggs. Add some interest to these standard recipes with some diced bacon or ham, chopped green or red bell pepper, or chopped pickles.

For those who might have health concerns about consuming eggs, look for ways to decrease the use of the yolks. Make an egg salad using three whites to each yolk, add plenty of diced celery or green pepper, and use low-fat or fat-free mayonnaise or salad dressings.

If you're looking for a way to use up your hard-cooked eggs quickly, this recipe for Easter Egg Croquettes is "egg"-xactly the help you need.



Easter Egg and Vegetable Croquettes

3 tablespoons butter 3 tablespoons all-purpose flour

3/4 cup 2 percent milk 6 large, hard-boiled eggs, chopped

1/2 cup finely chopped fresh or cooked green vegetable of your choice

1/2 cup chopped green onions, white and green parts

1/3 cup shredded Cheddar cheese

2 tablespoons poultry seasoning

1 tablespoon garlic powder 1 1/2 teaspoons salt, plus more for sprinkling

1 1/2 teaspoons ground black pepper

1 3/4 cups panko (Japanese) breadcrumbs 3 large eggs, beaten 1 1/2 to 2 cups oil for frying

1. In a large skillet, melt the butter over medium heat. Stir in the flour until smooth; cook and stir 1-2 minutes or until lightly browned. Gradually whisk in the milk; cook and stir about 1-2 minutes (mixture will be thick). Scrape the flour mixture into a bowl.



Depositphotos

Easter Egg and Vegetable Croquettes area a great way to use up those leftover hard-boiled eggs.

2. Stir in the eggs, green vegetable, green onions, cheese and 1 tablespoon of the poultry seasoning and 1/2 tablespoon of the garlic powder, and 1/2 teaspoon of the salt and black pepper. Cover the bowl with plastic wrap and refrigerate for 2 hours or overnight.

3. After the croquettes have chilled, shape 1/4 cup of the egg mixture into twelve oval croquettes, 3-inches long. Place the breadcrumbs and beaten eggs in separate shallow bowls. Season the breadcrumbs and the eggs equally with the remaining poultry seasoning and 1/2 teaspoon each of garlic powder, salt and pepper. Mix well.

4. Roll croquette logs in the crumbs to coat, then dip them in the beaten eggs, and roll again in the crumbs, patting to help coating adhere. Chill croquettes for 30 minutes to ensure that they won't fall apart when fried.

5. In a large, deep, heavy skillet or pot, heat oil to 375 F. Fry the croquettes in batches of 3 or 4, turning occasionally until golden brown, about 3-5 minutes. Drain the croquettes on paper towels. Sprinkle with salt. Serve immediately. Serves 4 to 6.

Tips for storing and using hard-cooked eggs:

• The eggs should be used

within one week. Refrigerated fresh eggs can be kept for four to five weeks. Hard-cooked eggs don't last as long because the cooking process removes the protective coating.

Eggs that are only a few days old are more difficult to peel because of the carbon dioxide in fresh eggs. As it ages, an egg takes in air, which helps separate the membranes from the shell, making it easier to peel. Check the sell-by date on the carton of eggs. If more than 23 days remain before the sell-by date, the eggs may not peel well.

2019 King Features

Your kids will lap up mini corn dogs

It was some 80 years ago at the Texas State Fair that Neil Fletcher invented the "corny dog," a sausage on a stick, dipped in cornbread batter and fried. This oven-baked version is a treat for kids of all ages.

Mini Corn Dogs

- 1 2/3 cups all-purpose flour 1/3 cup yellow cornmeal 1 tablespoon baking
- powder
- 1 teaspoon salt 3 tablespoons cold
- margarine or butter, cut up 1 tablespoon shortening 3/4 cup whole milk
- 1 package (16 ounces, about 48) miniature frankfurters, drained and
- patted dry
 Ketchup and prepared
 mustard (optional)
- 1. In large bowl, stir together flour, cornmeal, baking powder and salt. With pastry blender or 2 knives used scissors-fashion, cut in margarine and shortening until mixture resembles coarse crumbs. With spoon, stir in milk until mixture forms soft

GOOD HOUSEKEEPING

dough that leaves side of bowl.

- 2. Turn dough onto lightly floured surface; knead gently 4 to 5 times just until smooth. With floured rolling pin, roll dough into 14-inch round (about 1/8 inch thick).
- 3. Heat oven to 450 F. With floured 2 1/4-inch round biscuit cutter, cut out as many rounds as possible. Press trimmings together; wrap with plastic wrap and set aside.
- 4. Place 1 frankfurter on each dough round. Bring sides of dough up around frankfurter; pinch in center to seal. Place wrapped frankfurters, seam sides up, 1 1/2 inches apart, on ungreased large cookie sheet. Bake corn dogs 12 to 15 minutes or until biscuits are golden.
- 5. Re-roll trimmings 1/8 inch thick, and cut out additional rounds. Repeat step 4 with remaining frankfurters and

dough rounds.

- 6. Serve warm with ketchup and mustard if you like.
- * Each serving: About 60 calories, 4g total fat (1g saturated), 6mg cholesterol, 180mg sodium, 5g total carbohydrate, 2g protein.

Kids will love their favorite combination mixed up in a glass.

Cookies 'n' Cream Shake

- 4 scoops vanilla ice cream
- 4 cream-filled chocolate sandwich cookies, coarsely chopped
 - 1 cup milk

In blender, combine ice cream, cookies and milk and blend until mixture is smooth and frothy. Pour into 2 tall glasses.

* Each serving: About 332 calories, 19g total fat (10g saturated), 52mg cholesterol, 326mg sodium, 35g total carbohydrate, 7g protein.

2019 Hearst Communications

They'll never suspect they're eatin' veggies with this meatloaf

Sneak some veggies past the kids with this easy meatloaf.

Sneaky Meatloaf

- 1 cup fresh shredded spinach leaves, stems removed and discarded
- 1 cup shredded carrots 6 tablespoons dried fine breadcrumbs
- 1/4 cup grated reducedfat Parmesan cheese
- 1 egg beaten, or equivalent in egg substitute 1 (10 3/4-ounce) can
- reduced-fat tomato soup 2 teaspoons Worcestershire sauce 1/8 teaspoon black
- 1 pound extra-lean ground turkey or beef
- 1. Heat oven to 350 F. Spray a 9-by-5-inch loaf pan with butter-flavored cooking spray.

 2. In a large bowl, combine
 - 2. In a large bowl, combine spinach, carrots, breadcrumbs, Parmesan cheese, egg, 1/4 cup



tomato soup, Worcestershire sauce and black pepper. Add meat. Mix well to combine.

- 3. Pat mixture into prepared loaf pan. Spoon remaining tomato soup over top. Bake for 55 to 60 minutes.
- 4. Place loaf pan on a wire rack and let set for 5 minutes. Divide into 6 servings.

Freezes well.

* Each serving equals: 196 calories, 8g fat, 16g protein, 15g carb., 374mg sodium, 2g fiber; diabetic exchanges: 2 1/2 meat, 1 starch, 1/2 vegetable.

2019 King Features

THUNDERARTS

Student wins annual poetry contest

By Anas Ashoor

Staff Reporter

Student Alyssa Konopaski was introduced as the winner of Highline's annual poetry contest during a ceremony in the Library on April 9.

Expect Sadness like Rain was the name of her first-place poem. It was about one of her friends who was a transfer student who moved to their homeland and described the sadness that came with her friend leaving. It was about a feeling most people have felt some point in their lives.

The emotion particularly affected the judges. Deborah Moore, a Highline reference librarian said that the one particular line -You will make it out alive and wet- was used in the poem twice but has a different interpretation each time. Moore said that the use of such devices is what made that poem stand

Anlorey Alvarado and Gabrielle Giger won second and third place respectively. Tamar S. Manuel was selected for honorable mention for the second year.

The prizes that were awarded went as follows: First place received \$200, second place received \$150, third place received \$100 and all honorable mention received \$75.

There were 106 poems submitted this year but only 10 Highline poets were awarded.

After the honorable mentions, the president of the col-



Stephen Glover/THUNDERWORD

Expect Sadness like Rain

By Alyssa Konopaski

If you need to prepare, pack the umbrella your friend left to you when she went home to Japan. Wear a yellow raincoat to contrast the grey skies and the clouds that bury you. Remind yourself to stash an extra pair of socks just in case you underestimate a puddle and find your toes soaked and your heart aching. You will make it out alive and wet.

If you prefer it finds you unexpectedly, let it search. It missed you. Enjoy the way it drips down your forehead and tickles your brow. Embrace the way your hair frizzes and curls. Your damp jeans will stick awkwardly to your skin as you walk; no one is watching even if you feel their eyes upon you. Waterproof makeup was never your thing, so check the mirror afterward if you must. You will make it out alive and

lege, Dr. John Mosby, took the stand and read his favorite poem, "I, too" by Langston Hughes. Dr. Mosby said that he has sometimes felt like the odd one out; the alienated one. This poem gives Dr. Mosby the feeling that he is a part of a group, apart of something important.

"Like many folks, I've often felt that I don't "belong" somewhere, the "other" person in the group. I find this poem uplifting because I have the right to "belong" and have my seat at the metaphorical "table" within our society. His words are quite dear to me," said Dr. Mosby.

"This event happens yearly and its main goal is to promote poetry and the appreciation of it," said Deborah Moore.

She said that a long-term goal that the contest committee has in mind is to have students appreciate poetry and not see it as a "hard thing to do," but something enjoyable. She said that it could be a method of expressing oneself and being more open, having a means of release.

One of the obstacles that this event faces is the fact that it takes quite some time. The preparations for next year's competition needs to start now; from getting famous writers to the event, to trying to organize the snacks and such.

It also takes time to go through all the poems. Going through more than 100 poems and hand selecting only 10 of them is a hard and time consuming task, Moore said.

The poems from the students will be up on the fourth floor of the library until the end of May for anyone who didn't attend the event to go and see and ap-

Local symphonies round out 2018-2019 seasons

Local symphonies are rounding out their seasons and starting to prepare for the next.

In the coming weeks, many ocal symphonies are closing out their 2018-2019 seasons with finale concerts

The Auburn Symphony returns to the Auburn Performing Arts Center, performing their season finale concert "DANCE."

"DANCE" hopes to send audiences waltzing with a collection of well-known, classical dances.

The program includes Clyne's Masquerade!, Anna Tchaikovsky's Piano Concerto No.1, and Rachmaninoff's Symphonic Dances.

The symphony will also be announcing their 2019-2020 season program during the performance.

Piano Concerto No. 1 will be performed by Johan Botes.



By **FAITH** ELDER

Botes is a South African pianist, organist, and performer who currently teaches at Marshall University in West Virgin-

Attendees are also invited to a free music talk before the performance, hosted by Dave Beck of KING FM. The talk begins at 1:30 p.m. in the au-

The Auburn Symphony will perform "DANCE" on Sunday, April 28 at 2:30 p.m.

Tickets are \$37 for regular admission, \$30 for military and seniors, and \$10 for students. Tickets are available both online and at the box of-

The Auburn Performing Arts Center is located at 702 Fourth st. NE., Auburn.

for tickets, visit https://app. arts-people.com/index.php.

The Northwest Symphony Orchestra sends their season with the aptly named "Season Finale" concert.

The program includes Christophe Chagnard's Guaguanco, Franz Liszt's Les Preludes, and Tchaikovsky's Symphony No. 4.

The Northwest Symphony Orchestra has not yet announced it's 2019-2020 season, but will likely be announcing it by July, with performances starting in the fall.

"Season Finale" will be performed on Saturday, April 27, at 8 p.m. at the Highline Performing Arts Center.

Highline Performing Arts Center is located at 401 S. 152nd

Tickets are \$20 for general admission, with discounted For more information and tickets for students and seniors. Tickets are available online through Brown Paper Tickets or at the door.

> For tickets, visit https:// www.brownpapertickets.com/ event/3560380.

The Seattle Festival Symphony hopes to sweep audiences oaway with season finale concert series "From Earth to Heaven."

The concert features three pieces intended to explore both natural and religious themes of Earth and heaven.

The program includes Dvorak's In Nature's Realm, op. 91; Weber's Concerto for Bassoon, J. 127, op. 75, F major; and Saint-Saens' Symphony No. 3, op. 78, C

The Concerto for Bassoon will feature soloist Julian Ban-

bury. Banbury is also the acting principal bassoonist for the Seattle Wind Symphony.

The series includes two performances. The first performance, on Saturday, April 27 at 3 p.m. at Faith Lutheran Church, is slightly shorter than a general concert, in a hope to cater to families.

The second performance is on Sunday, April 28 at 3 p.m. at Plymouth Congregational Church, and is the full, general

Faith Lutheran Church is located at 8208 18th Ave NE, Seattle. Plymouth Congregational Church's address is 1217 6th Ave, Seattle.

General Admission tickets are \$18. Senior and under-18 tickets are \$14.

For more information and for tickets, visit https://www. seattlefestivalorchestra.org/ sfoperformances.

'Days Gone' plays to aging zombie genre

Days Gone, published by Sony Interactive Entertainment. Single-player, action-adventure, survival horror. Available on PlayStation 4 \$60 Standard Edition.

Sony may have missed the mark in its latest exclusive title.

Set in a post-apocalyptic open world filled with enemies, Days Gone was first introduced at E3 in 2016, but much like a zombie, it slowly crawled its way through production, with some delays to release all the way up to this year.

Players will control Deacon St. John in the rural areas around Oregon. The game takes place a few years after the Freaker Virus has destroyed the human population.

The game has a triple threat for players to face- with humans, animals and the series main force, the Freakers. Freakers are just like any other creature in the world, as they have patterns that players will need to learn.

Freakers come in a variety of forms, which helps them track down their prey.

Freakers are weak during the day, but by night they are fast and deadly, making it difficult for players to search for items or complete missions.

Where the Freakers come up short is in the stealth missions. It was all too easy to move past them, or even sneak up for quick kills.

Deacon will have his trusty motorcycle to help traverse the large-scale terrain and get you from point to point faster.

The bike feels a bit slow at times, but it adds a bit of excitement to the game, while running from hordes or animals.

spread across the map increase in danger.

coming across your first Freaker animal.



Deacon St. John battles both nature and zombie creatures, called Freakers, in Sony's new game, 'Days Gone.' Despite some terrifying creatures, 'Days Gone' feels behind the times, trying to revive a dying game genre.



with the Freaker disease. They look terrifying, with packs of wolves chasing you down while you ride your motorcycle through the terrain.

Days Gone features a dynamic lighting and weather systems, allowing for a more immersive feel when roaming the country-

Days Gone allows players to craft a slew of customizable weapons and items to aid in combat, players will also have to use strategic placement for explosives to maximize effectiveness

Deacon's bike can be upgraded through earning trust grades for the motorcycle, and the Shroud upgrade for the bike.

Deluxe Edition, \$70, Days Gone Digital Mini-Art Book by Dark Horse Comics, Days Gone Digital Sound Track, Deacon vs. The Horde Dynamic Theme, Monkey Wrench Skill Early Unlock, 3 Bike

Collector's Edition, \$140, comes with all the items in Deluxe Edition items, Days Gone Sew-on patch, four sticky decals, Days Gone Statue, Steelbook Case, 6 Days Gone Collector's pins, Physical and Digital Mini-Art Book.

Designed to get you

Avengers Endgame coming to Fortnite:

Today Fortnite will launch their 8.5 patch that will include some limited time armor and game modes.

As of publication, Epic has yet to release any real information on what this new patch will

The patch so far includes Thor, Captain America, and Iron Man.

This will coincide with Avengers Endgame, which comes out in theatres this Friday.

NEW BACHELOR DEGREES AT HIGHLINE COLLEGE

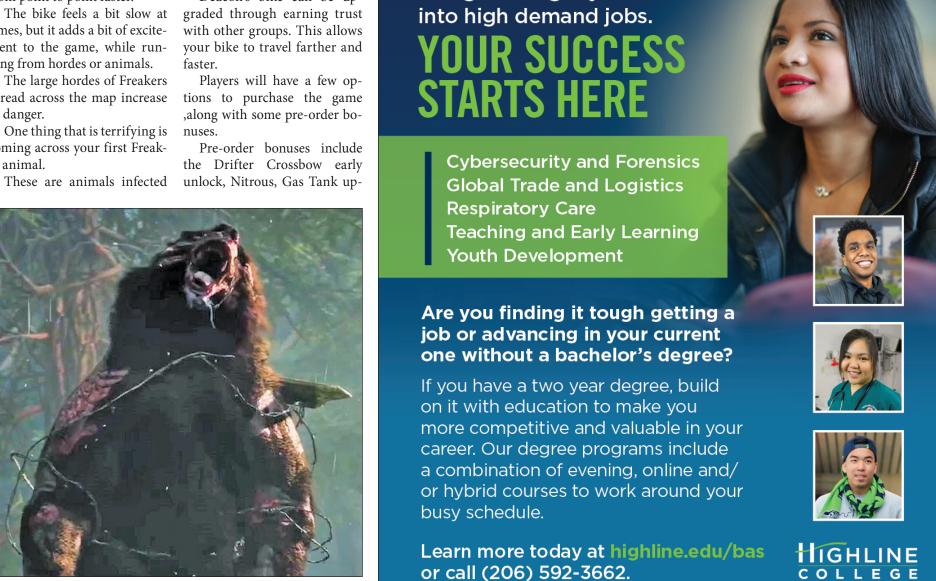
Trouble at EA:

Bioware's latest game Anthem was met with a lot of criticism by fans and critics alike.

The developers are now delaying some of their Download Content plans due to concerns with the game not performing

The largest delay will be to the Cataclysm DLC, with no real news as to how long it was pushed back.

Bioware stated that players will hear more sometime in May but that did not give many fans hope.



'Days Gone' features both undead humans and animals, resulting in creatures like this Freaker Bear.

THUNDERSPORTS

Golfers place 8th

By Grace Ellis Staff Reporter

The Highline women's golf team traveled to Spokane and placed eighth out of 10 teams over two matches.

The match took place at Hangman Valley Golf Course April 21-22 in Spokane. All 10 teams played two matches: a set of 18 holes on each day.

Paige Mellum returned for her first match of the season, but was unable to finish due to her knee injury.

"We had four [players] this time," Coach Steve Turcotte said. "Paige came back and played the first round, but then her knee gave her problems so she pulled out and didn't play the second one."

Jenna Muller placed ninth overall with a score of 82 on Sunday and 89 on Monday. Shylee McConnell placed 21st overall with a score of 95 on Sunday and 93 on Monday. Alyssa Metzger placed 38th overall with a score of 91 on Sunday and 105 on Monday.

Muller's score of 82 broke the record for the overall best score of Highline's golf team for the new season. The original record was set at 85, also set by Muller during the team's last match in Walla Walla.

There was good weather on both days Turcotte said.

In comparison to Highline's home course Riverbend in Kent, Hangman Valley proved to be a little more difficult, Turcotte said.

"It was hilly, and it was somewhat long for the girls. Some of the par fives played really long," Turcotte said.

The team has been working on its short game, and is looking to improve further during practice.

"The short game and the putting was improved," Turcotte said. "A couple girls had issues in the bunkers, so that's something we can work on."

The team's next match will take place at Skagit Valley on April 28-29 at Avalon Golf Links.

"There'll probably be four or five teams there, so we're hoping to just keep improving," Turcotte said. "And then we host our own [match] at Riverbend," Turcotte said. "By the time we get to the tournament we will hopefully be at the top of our game and looking for the best finish we can get," he said.

Thunderbird tennis now tied with Bellevue for first-place in league

By Calvin Domingo

Staff Reporter

Despite splitting two matches on its road trip out east this past weekend, the Highline tennis team is now tied with Bellevue at 4-1 in league play for the best record in the conference.

To separate themselves from Bellevue in the standings, Thunderbird freshman Lexi Maison said the key will need to lie in their doubles team's ability to work together.

"I think that we need to learn a couple of doubles strategies," Maison said. "We [also] need to come out super- aggressive in doubles because that's how we get our points first. [If] everybody tries their best in singles, [then] I think that we could beat them."

Despite Bellevue and Highline being head and shoulders above the rest of the teams in the conference, Highline Head Coach Laura Rosa doesn't see very many similarities with the Bulldogs.

"No one can sleep on Spokane," she said. "Championships are a clean slate; we all walk in there with the same chance to win. It's hard to compare us to Bellevue really. They field a very different program than us in every way."

Meanwhile, in the first of their two matches last weekend, the Lady T-Birds traveled to Lewiston, Idaho on April 19 to take on Lewis-Clark State College.

Highline fell, 7-2.

"LCSC is a four-year NAIA program that historically has been nationally ranked," Coach Rosa said. "The T-Birds are made up of four freshmen and two sophomores. LCSC has one freshman on the whole roster. They are just a more experienced team and competing in a higher division than us."

In singles action, freshman Mikyla Olsen was the only T-Bird to come out with a victory, as Highline finished with five losses in its six singles matches.

As for doubles action, the duo of Anders and Uhlenkott defeated Highline's Miriam Cabrera and Maison, 9-8(7-5).

"Miriam and I had a really good doubles match against their No. 1 doubles team, and I think that surprised them a little bit," Maison said.

"Our [No. 1] doubles team of Miriam Cabrera and Lexi Maison nearly pulled off the biggest upset of T-Bird history by forcing a tiebreak at [No. 1] doubles. We lost, but in that match Highline competed and nearly



Jack Harton Photo

Freshman Lexi Maison in action against Spokane.

took down a giant," Coach Rosa said

Overall, the Lady 'Birds finished with one victory (by default) and two losses in doubles action.

"It's never fun to travel so far and then lose, so I think for us, it made us stronger and we really wanted to win again [in] Spokane the next day," Maison said. "I think that was the whole focus the whole trip, but for certain people on the team, they realized that they could compete at that level."

The very next day, April 20, Highline traveled to Spokane for a rematch, which the T-Birds defeated 5-4 just over a week

Highline came out on top once again, this time, 7-2.

Coach Rosa said, "7-2 is a good score for us and I'm happy we came out on top, but we also know Spokane is now going to

show up at Championships with a chip on their shoulder. They are a tough team and we can't overlook them, ever."

T-Birds emerged victorious in five matches out of six.
In doubles, Highline came

In singles action, the Lady

out with two wins and one loss.

Cabrera and Maison defeat-

Cabrera and Maison defeated Spokane's Patrick and Plank 8-5 in the first doubles match while Spokane's duo of Milatz and Manion took down the tandem of Kaylin Phan and Nikelle Price, 8-6.

"We had a different doubles lineup against Spokane. The first time we played them, we all knew that we could've played a little bit better," Maison said.

For the third and final doubles match, Highline's team captain Danielle Mendoza took the victory by default.

With three matches on the

schedule before the Northwest Athletic Conference Championships (which begin on May 10), Coach Rosa said that she likes where her team is at and took time to highlight some of the team's strengths.

"Our strengths are the intangibles, the grit, the mental toughness, the full knowledge that the team score is more important than the individual glory," Coach Rosa said. "Our theme all year has been 'Stronger Together', and they continue to prove that."

The Lady Thunderbirds will be back in action tomorrow at home at the Boeing Employee Tennis Center in Kent at 8 p.m. when they host Treasure Valley.

Following that match, Highline will travel to Mt. Vernon to face Skagit Valley on Sunday, April 28 at 10 a.m.



PROFESSIONA CODING

CERTIFICATE
AND AAS DEGREE

- Review medical documents and assign medical codes for diagnoses, procedures and services performed.
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- Start working right away in a respected profession where there are plenty of jobs available. Livable wages at entry level.

A PATHWAY TO
HEALTHCARE
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Planning Contact:
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HIGHLINE COLLEGE

Visist our website and contact an advisor to make academic plan today. healthcare.highline.edu

Smith strikes out 14 in two wins against Skagit Valley

By Eddie Mabanglo Staff Reporter

After a week and three-day game drought, the Thunderbirds softball team was back in action against the Skagit Valley Cardinals April 22. Highline won both games of the double-header, 8-5 and 11-8.

Highline's Kalea Smith pitched a complete game in the opener, fanning seven and only allowing one walk over all seven innings.

Smith pitched six innings in the second game and repeated her stats, striking out seven and allowing only one walk.

Smith's first strikeout was against Skagit Valley's thirdbase Claire Vila, who is batting an impressive .407 this season.

Skagit Valley's shortstop, Kaeli Andersen, was also struck out by Smith. Anderson is batting .338 this season.

Smith's other strikeout victims of Game One with their respective averages included:

Hannah Larson, first-base, batting .397.

Morgan DeMent, right field, batting .328 on the year. Megan Luther, left field, batting .258.

Kaylee Roberts, struck out twice in game one, second-base, batting .230.

Four out of the six batters that Smith fanned in Game One have a batting average of more than .300. The starter described her mental thought process for facing all batters:



Back from left: Ashley Hendrickson; Soraya Seumalo; Sydney Wallstrum; Eleseana Quintanar; Ashlyn Fleek; Kamaile Hanawahine; Kalea Smith / Front from left: Jordyn Judge; Alexis Royal; Alexis Morrow; Shaily Moses; Alyssa Avilla; Denise Nagayama (Not pictured: Rhonda Sheldon)

"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."

As that the battle between pitcher and batter is a mental game, it is game that Smith feels she plays very well.

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

Smith was helped by a strong T-bird offense. Shortstop Shaily Moses, who is batting .347 on the season, got an RBI double.

Right-fielder Eleseana Quintanar went 3-4 with a pair of RBIs. Ashley Hendrickson also got a pair of RBIs as well.

Royal, Kamaile Hanawahine, and Soraya Seumalo also contributed to the offensive effort.

The second game saw some serious hitting as well, with Shaily Moses, Eleseana Quintanar, Rhonda Sheldon (who went 2-3) and Kamaile Hanawahine all getting a pair of RBIs

Alexis Royal and catcher Alyssa Avilla also each had an RBI. Sheldon also had a memorable diving catch in center field to deny the Cardinals a likely extra-base hit.

The Thunderbirds faced off against Shoreline for two games yesterday, with results unavailable at press time.

Today at 2 p.m Highline plays host to Pierce College for two games. On Saturday, April 27, the Thunderbirds will make the trip across Puget Sound to Bremerton to play against the Olympic College Rangers for two games.

In their last meeting, Highline defeated Olympic 11-1. Smith said it was her favorite game so far.

"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 the whole game."

First pitch Saturday will be at noon, with Kyler Tsukada likely getting the nod for the Rangers. Tsukada currently has an 8.84 ERA. Smith is the likely starter for Highline, currently sitting on an 8.56 ERA.

Softball Standings

NORTH

leam	League	Seasor
Bellevue	21-3	32-5
Edmonds	15-3	26-5
Douglas	16-6	26-7
Olympic	10-8	13-14
Highline	6-10	8-15
Everett	7-13	10-16
Skagit Valley	5-13	4-19
Shoreline Pierce	3-15 1-13	4-19 5-17

EAST

LAGI		
Team	League	Seasor
North Idaho	14-4	20-8
Wenatche Valley	17-5	18-8
Big Bend	13-5	21-9
Walla Walla	10-8	16-12
Columbia Basin	8-9	11-10
Treasure Valley	7-8	10-20
Spokane	8-10	11-14
Blue Mountain	2-14	2-22
Yakima Valley	0-16	2-18
SOUTH		

ream	League	Seasur
Mt. Hood	16-0	22-5
Lower Columbia	12-6	21-8
Clackamas	9-5	18-17
Centralia	8-7	14-11
SW Oregon	7-8	12-18
Clark	6-9	8-16
Chemeketa	4-12	10-23
Crove Harbor	0.15	0.21

Individual Leaders

BATTING AVERAGE

Name	Team	AVG
M Parsley	Everett	.575
K Jantzi	Mt Hood	.551
T Dow	Bellevue	.550
M Schorn	Clark	.530
O Dean	Centralia	516

RUNS BATTED IN

Name	Team	RBI
T Dow	Bellevue	67
K Jantzi	Mt Hood	64
N Munson	Clackamas	62
T McDowell	Bellevue	59
K Hylton	Clackamas	58

EARNED RUN AVERAGE

M Mott	North Idaho	1.76
C McDowell	Bellevue	2.27
J Podskalny	Douglas	3.33
M Sykes	Bellevue	3.45
C Robbins	Edmonds	3.52

Team

WINS

Name	Team	W
M Pierce	Mt Hood	18
J Podskalny	Douglas	16
R Harris	Bellevue	15
C Robbins	Edmonds	15
T Naugle	Lower Columbia	14

TENNIS STANDINGS

School	W-L	PCT
Bellevue	4-1	.800
lighline	4-1	.800
Spokane	4-4	.500
Skagit Valley	2-4	.333
reasure	0-4	.000

Highline hosts 2019 softball auction after being postponed by snowstorm



Stephen Glover/THUNDERWORD photos

The 2019 Highline College Softball auction took place on Saturday April 20 after being rescheduled due to February's harsh winter conditions. The event was held to raise money for the Highline College Softball program. Right: Alexis Morrow (left) and Ashley Hendrickson (right), softball team members, speak at the event.



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 form 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

"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 Kent Palosaari 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

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

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



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 eprojected 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

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

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



Susan Landgraf

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 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.

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

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

"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

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,"

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

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 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 organizations.

"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

"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.

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 ap-If you want to become part ply 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

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/fel-

Pick one of the states. Was it Vermont? Either way you should buy an ad. tword@highline.edu

Strengthening local communities one farmer's market at a time

By Jonathan Beatima and Giordan Gallacci

Staff Reporters

Next weekend Burien and Federal Way kick off the begginging of farmers market season when local farmers and crafters sell their goods directly to the public.

The Burien Farmer's Market is on a mission to bring fresh and fun products to the community starting this May.

Burien's first market is on Thursday, May 2. It will have fresh deals, handcrafted products, and deals for everyone with an EBT card.

"Our goal is to provide fresh food [to the community], while supporting our local farmers," said Executive Director Debra George.

The Burien market hosts more than 40 different vendors from the area every Thursday at its Burien Town Square Park site.

"They have a culinary bounty of fresh, fruits and vegetables, honey, baked goods, vibrant flowers, nursery stock, hand-crafted items by local artisans and much more," according to Pugetsoundfresh.org.

When people come shop at the market, they are supporting local farmers and helping contribute to producing a fresh product, George said.

All vendors must either grow, handcraft, or process their product. Resellers are restricted to Market Alley which is new this year and offered a small section of the market where individuals can sell just about, anything, if they sign up ahead of time.

Profits the farmers make help them to support their business so they can keep providing the community with an abundance of fresh and local produce.

When shopping at the market, people can find great deals. With a special program called Fresh Bucks, participants get free money when they spend their EBT money, George said.

For example, when someone spends \$10 on apples, the market will match that so they can spend another \$10 on food. It allows people to get more bang for their buck while supporting local farmers and a healthy lifestyle. To be eligible for the matched amount, EBT cardholders must use their card at the Discover Burien tent within the market before making any purchases.

Discover Burien is a small, non-profit organization that helps set up events in the community, promote businesses, and help local business owners.



Federal Way Farmers Market

Federal Way Farmers Market opens May 4 at the Commons Mall at South 320 street Pacific Hwy South

The market will be open every Thursday from 11 a.m. to 6 p.m., through Oct. 31. Admission is free and it's located at 427 S.W. 152nd St., Burien.

Federal Way's Farmers Market works with Highline to make an impact in the community by promoting local businesses and organizations.

With 15 years under it's belt, the Saturday market launches its 2019 season on May 4 from 9 a.m. – 3 p.m. in the old Sears parking lot of The Commons Mall.

Kicking off the first weekend will be a Latino festival with live music by the band Tonantzin, a photo booth, and kids activity area

"This is our 16th year doing this," said Karla Kolibab, a cofounder of the market. "We started this organization, because there was no real community outdoor meet-up. The Pike's Place Market in Seattle is so far away, and we wanted to have something to do in Federal Way."

Kolibab said Federal Way Farmer's Market organizers felt the community was staying in too much on Saturday afternoons and they hoped to change that with a weekly market.

"We wanted to be a community market as well as a farmer's market," she said. "Federal Way was too much of a bedroom community." said Kolibab.

Part of the effort to create a community market has been to cooperate with educational programs such as the Food Innovation Network at Highline. This is a program that specializes in providing business and training services to entrepreneurs.

They have given participating entrepreneurs such as Taste of Congo and various other Highline-associated vendors a place to conduct their businesses.

"[Taste of Congo was] with

us last year. It was their first time going into business, and they did very well," said Rose Ehl, another of the cofounders of the market. "They are coming back this year along with other businesses from the Food Innovation Network."

"We have a large a variety [of vendors]," said Kolibab. "[We have] farmers, crafters, bakers, plant nurseries, flowers, knife sharpening, L&B Ranch [local pork and beef] and berries."

But it features much more, such as live entertainment and, once a month, there is an outdoor bazaar. It also offers the community a common place to have garage sales.

One of the most popular ven-

dors is Peppas's Lumpia, which started doing business at the market but has since been able to open a restaurant in the Auburn Outlet Collection and another location in Bremerton.

Still, Peppas's comes back every year to help support the market, she said.

Other vendors feature produce coming from farmers in the Puyallup, King County and Yakima areas.

And market organizers make a concerted effort to involve the youth of the community in the operation of the market itself.

"We like to have a couple students every Saturday to help us with the information booth, but we have plenty of other things to do, too," Ehl said. "We usually ask for 10 students from each high school in the Federal Way Public Schools district. We have our Taste of Federal Way event coming up where there are nine different restaurants participating this year. We need about 30 different students who help us with setup and cleanup," Ehl said.

And it has been paying off.

"We have partnered with the Federal Way Coalition Against trafficking and are hosting an event called Break The Chains: 5k Walk," Kolibab said. "Together we strive to human human trafficking from our city and generate community awareness."

She said the market also hosts fundraisers for other organizations such as one that supports day centers for the homeless. There have also booths that offer resources for jobseekers in the area and school programs.

"We think it's been great because we have community events like the Federal Way Public Schools Job Fair," Kolibab said.

The Federal Way Farmers Market does much more than simply bring fresh produce to its community, it gives people a place to blossom within their community.

Stop by for a chance explore at South 320th Street and Pacific Highway South, the market continues each Saturday until the season ends on Oct. 26.

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Video games have a colorful and digital history

By Anas Ashoor Staff Reporter

Twin Galaxies in Ottumwa, Iowa was one of the first arcades ever built for video games and opened in 1981.

It had all the popular arcade games such as Pacman and Death Race, a Highline history professor told last week's History Seminar audi-

Dr. Diego Luna gave a detailed presentation on April 17 on the history of video games during the latest installment of History Seminar, a weekly series of presentations by Highline faculty or guests that explore particular topics of interest.

Pong was introduced as the first video game in 1972. It was a pixelated game, and had a small joystick to control the tennis ball. A company named Atari developed Pong and the designer for this game was Allan Alcorn.

Atari was also responsible for the game Death Race.

Even though this game was said to be one of the worst, it would pave the way for better games. It also started the concept of cross branding.

Cross-branding deals with the progression of a movie or game to encompass other merchandise. In this case, the Death Race movie begat the

The original Death Race movie came out in 1975 and the game came out a year thereafter. The game itself wasn't so great but the few followers from the movie showed an interest.

"Death Race was first introduced in the late '70s and was the focal point of all games," Dr. Luna said.

After the release of Death Race, the gaming industry took a very big hit. Death Race was a very bad game and most people didn't want to associate with it, Dr. Luna said.

That's when Nintendo released its first home entertainment system.

At first, Nintendo was try-



Stephen Glover/THUNDERWORD

Students, staff and faculty alike gather for a history lesson on how video games got their start.

ing to distance itself from the gaming industry because of the bad taste Death Race had left. It would introduce the first home entertainment system — a more children-friendly and family-friendly delivery system.

Although the characters and console were small, the vibrant colors attracted more youth.

Most people at the seminar appeared surprised to learn that Nintendo first started as a card company.

They only began making video games in 1983, and the first video game consoles wouldn't be introduced in North America in 1985.

A short while later, Nintendo released a game called Super Mario Brothers Smash.

Dr. Luna said that this was the company's biggest hit.

"Super Mario Brothers Smash was the best selling game ever in Nintendo history," Dr. Luna said.

Until this day, Nintendo still produces systems that are more family-friendly, unlike Xbox and PlayStation.

The colors are brighter, unlike the Xbox, which has bland and dark colors giving it a more adult vibe.

"People don't buy Nintendo products like the Switch because it's more powerful, they buy it because it's cool and fun," Dr. Luna said.

The release of Super Mario Brothers Smash largely contributed to the gaming indus-

It's also one of the suc-

cessful games that helped get other companies such as Sony and Microsoft into the gaming industry.

Although PlayStation and Xbox followed much later — PlayStation wasn't released until 1994 and the Xbox in 2001 — they are dominating the industry today, Dr. Luna said.

But Super Mario Brothers Smash and Pacman were definitely sources of inspiration for the industry.

Next week's History Seminar features physical education instructor Tim Vagen speaking on A History of Fit-

It will take place May 1 from 1:30 to 2:39 p.m. in Building 3, room 102.



Stephen Glover/THUNDERWORD

Dr. Diego Luna talks on the origin of video games, the growth of today's big video game companies, and how they both have evolved throughout the years.

Native Student Success Summit starts fourth year

By Feride Aydin Staff Reporter

Many people have dealt with others without knowing their ethnicity.

Native students know this all too well and because of this, Dr. Tanya Powers and a planning committee made up of native educators has been organizing a Native Student Success Summit.

This year will be the fourth annual summit and will take place on Thursday, May 2, in Buildings 2, 7 and 8 from 8:30. am to 3.pm.

The annual summit, featuring many Native speakers from around the area, addressing various topics.

Dr. Powers said she is very excited for this year's summit a little differently this time around.

This year's biggest goal is to help native students connect with other people of the same ethnicity from the different

"One of the suggestions we received from folks last year was that students really wanted to have the opportunity to get to know each other from across the different regions," Dr. Powers said.

"This is similar to the other summits that we had. We are wanting to invite high school students, students here on campus and students from other college campuses," Dr. Powers said.

She said she is expecting about 100 participants but will

because they are doing things keep registration open until munity events, what you see registration. April 30.

> Dr. Powers encourages students to register and to bring the whole family.

"[With] Indigenous com-

is, the whole entire community is involved. Everyone from babies to elders," Dr. Powers

Attending is free with prior

For more information on this year's Native Students Success Summit, email Dr. Powers at tpowers@highline. edu, or call at 206-592-3662.

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Unity a team effort, presenter says

By Jesse KindredStaff Reporter

In order to be a new force for change, people must first learn to think freely, then personally reflect on themselves and others, and finally take an active role in social justice, a developmental strategist told her Unity Week audience Monday.

Dr. Deborah Jenkins spoke to approximately 100 people during the Ignited and United seminar about how social problems affect them on a daily basis and what they can do about it.

Dr. Jenkins has more than 20 years of experience as an innovating life coach, developmental specialist, teacher and presenter.

The focus of her presentation concerned the growing awareness and struggle for social justice that is gripping the country and why students should be involved.

With degrees in Early Childhood Education, Human Development, Bicultural Development, and a doctorate in Higher Education, Dr. Jenkins is a recognized expert in the field of development and social justice.

"Social change doesn't come from titles, influence, or power, she said. "Work must stem from a heart that is healed! If you are not healed, then you



Stephen Glover/THUNDERWORD

Dr. Debra Jenkins addresses a crowd on Monday during Highline's annual Unity through diversity week.

can cause the work of social justice to clot or hemorrhage in the hearts and souls of the lives you are touching and impact the direction of the flow. Take time to heal."

To illustrate her point, Dr. Jenkins brought a number of people up to the stage. Splitting the students up into two person groups, she then handed each a small glass rod.

Each rod had an electrical connection on each side, which when held with both hands, created flashes of color-

ful lights. But as each student could only use one hand, they needed to work in unison with their partners to ignite the rod.

The first rod went off to a loud cheer of excitement from

both the stage and the crowd. Another went off and then another. By the end, the final pair lacked enthusiasm in their success, responding with a rather apathetic, "Yay." Dr. Jenkins explained how that apathy showed the futility of acting alone.

"Your collective is only as effective as you are individually," she said.

Renovation

continued from page 1

tor to determine critical project schedule going forward," he said.

The budget for the project is \$30 million, and Neville-Neil said that as of now, the project is still on that budget.

"We were given \$30 million as our budget - \$20 million for construction and \$10 million for design, equipment, and labor," Neville-Neil said. "So far, we have been on budget."

But Pham said that it is unclear if Highline will have to pay any additional money for the delays.

"We are still working with the general contractor to determine any additional costs due to this delay," Pham said.

The \$30 million budget will also go towards the demolition of two buildings on campus, Neville-Neil said.

"That money will also go into the demo of Buildings 5 and 11," she said. "Those two will be landscaped and faculty that have offices in those buildings will be moved."

Buildings 5 and 11 are office buildings for faculty on campus. Some faculty that are located in those buildings will be relocated to Building 26.

"The newly renovated Building 26 will have about 40 offices for faculty to move into," Neville-Neil said.

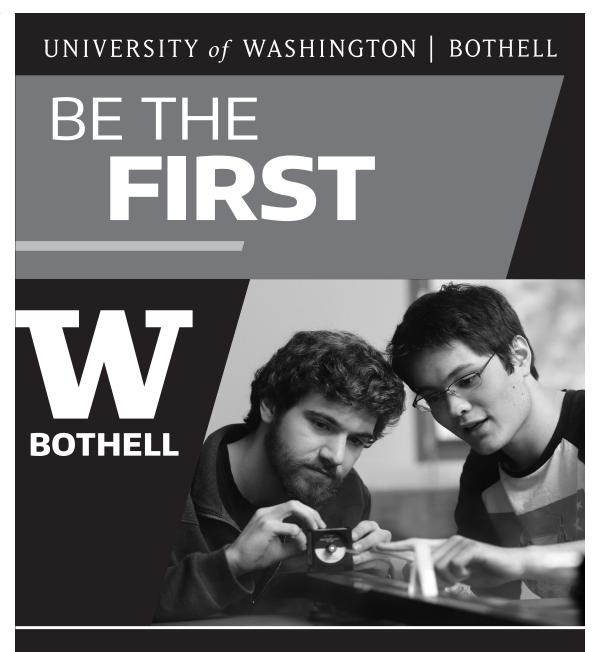
In the new plan, staff will be moving into the new office during the break between Fall Quarter 2019 and Winter Quarter 2020.

But this delay has not impacted any classes or projects for the science classes, said Highline Life and Science Professor Woody Moses.

"Building 26 will only have the biology classes and labs, so there is nothing really delayed," Moses said. "However, the lab supervisors will most likely be extremely busy during winter break in order to have everything ready by the time Winter Quarter begins."

Under the old timeline, the renovations would have been complete over the summer with staff moving in during summer break and classes beginning Fall Quarter. But Michael Pham said that with the delay, the plan has been pushed back a quarter.

"As the result of this delay, Building 26 will not be open for classes until Winter Quarter 2020," he said.



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Services

continued from page 1

line, Dr. Mosby said that he has seen things that work well and things can be improved upon in the department.

"I believe we can strengthen our collaboration between departments across divisions of the college," he said. "There is always room to build on our work together as a college."

Dr. Mosby said that these changes will help the college fulfill "our commitment to serving students and maximize our resources for our staff and faculty to assist students."

This isn't Dr. Mosby's first shake up in Student Services. In the fall, he replaced Vice President of Student Services Toni Castro. Dr. Sy Ear was later chosen as the acting vice president, as the search for a permanent replacement con-

Dr. Mosby said that even though Dr. Ear is only at Highline temporarily, he has confidence in his abilities.

"I believe Dr. Ear, with the support of the college and my office, will be able to implement the new structure," he said.

Dr. Mosby said that the new structure was designed after consulting students, staff and faculty on campus.

"The structure is partially based on the feedback in speaking with numerous students, staff and faculty that deeply care about Highline and what they want to see in the college moving forward," he said.

Dr. Mosby said this adjustment will have no impact on the search for a new VP.

Election

continued from page 1

that running is a great networking opportunity.

They encourage students to run even if it's not something they would do ussually.

"Don't let what you don't understand keep you from pursuing leadership and growth," Thompson said.

"Take a step out of your comfort zone and take advantage of opportunities," Brown said.

They also said that they grew and learned a lot this year. They both agreed that they learned how to be more organized and to plan ahead.

Although they don't have any set duties, they are responsible for lots of committees and planning what happens with the 10 percent of students' tuitions that student government oversees.

There are several important dates in the run-up to the elections that candidates need to keep in mind.

On April 29, the election application packets are due.

On April 30, there is a mandatory candidates' meeting.

And on May 7, there will be a candidates' forum.

Lecture set on the challenge of being a first-generation student

By Alejandro Chavez Staff reporter

A presenter who is the first person in her family to attend college will encourage and challenge first-generation students to take a step back, reflect, and honor the strengths they bring to the college environment.

Victoria Benavides will present her lecture — Owning Your Strengths — from 11 a.m. to 12:30 p.m. today in the Mt. Constance room, of the Student Union.

Benavides said she wants to encourage others to see that first-generation students are also creators and scholars.

The lecture it will involve poetry, dialogue, and creative expression to explore the strengths of first-generation students, she said.

Benavides has a master's degree in Student Development Administration from Seattle

University, a master's in Mexican American Studies from the University of Arizona, and a double bachelor's in Ethnic Studies and Chicana Studies from UC Berkeley.

Looking to connect research and practice, Benavides serves as a coordinator of First-Generation College Student Support Services at the University of Arizona, where she is currently completing her doctoral degree.

First-generation college students experience many obstacles, she said, but one such burden is particularly difficult.

The self-imposed burden of being determined to make their parents proud provides a lot of pressure.

First-generation student Karen Garcia says "Being a first-gen student to me, comes with a lot of pressure because I'm scared to fail. Even though my parents say that me getting an education isn't about them, they are my biggest motivation. I want to make it far for them. [I want] to make them extremely proud."

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King Crossword -**Answers**

Solution time: 21 mins.

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Weekly SUDOKU -

Answer

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

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