

THUNDERWORD

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AANAPISI names May Lukens as new director



Page 8

Local theaters auditioning for upcoming productions



Page 9

Lexi Maison wins tennis championship, transfers



New student body officers lay out their vision for HC

By Mitchell Roland
Staff Reporter

Election season has officially ended at Highline, and students have elected a new president and vice president.

Students went to the polls last week, and elected Mohamed Jama as the new ASHC President and Yahya Abdulgani as the new ASHC Vice president.

A total of 377 ballots were cast as Jama received 218 votes, (58 percent) and Abdulgani received 230 votes (61 percent).

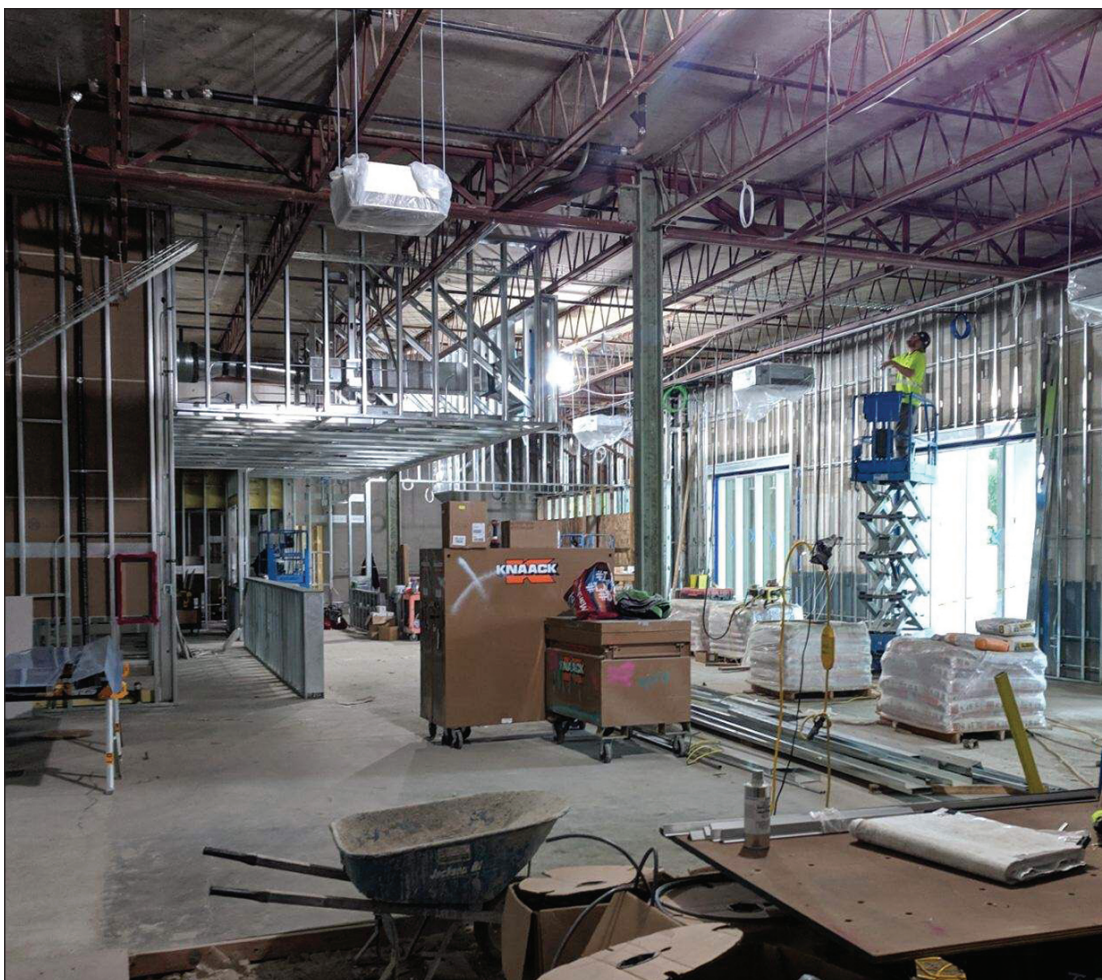
An additional 18 ballots that were cast were subsequently invalidated

during the verification process. These ballots were not counted for a variety of reasons, including students who logged into the voting portal but did not submit a ballot and students who voted more than one time.

Jama said that he and Abdulgani “have a unified vision” for the campus, and that they ran their campaigns as a ticket. The pair first met in Afro Society Club, where they are both involved.

“We kind of connected through Afro Society,” Abdul-

See Elections, page 15



The new fitness center located in Building 26 will be over twice the size as the current one.

New fitness center coming to renovated Building 26

By Melissa Wilson
Staff Reporter

Unbeknownst to many students, the remodel of Building 26 will include a new Fitness Center being constructed.

The new Fitness Center will be rebranded as the Wellness Center, said Darin Smith, a physical education instructor.

“Wellness is more of a broad term,” Smith said.

It encompasses being all around healthy, not just working out, he said.

It’s projected to open at the beginning of Winter Quarter 2020, Smith said.

Building 26 was originally scheduled to open for Fall Quarter 2019, but because of weather and some other setbacks it has been pushed back to Winter.

People think of Building 26 as just the Life Science Building, Physical Education Professor and Program Manager Timothy Vagen said.

“It will truly be the medical health and wellness building,” he said.

Smith was the Fitness Center manager and PE Department coordinator last year and he is now the Division Chair of Health, PE, and Education. As division chair he receives all the updates about the construction and is in the know about everything applying to the department.

He has been at Highline for 10 years. His first year here he was the Fitness Center manager. At that time it was in the same space it is now, in Building 21, but arranged very differently.

“I started adding things like sand bags and kettle bells and resistance bands,” he said.

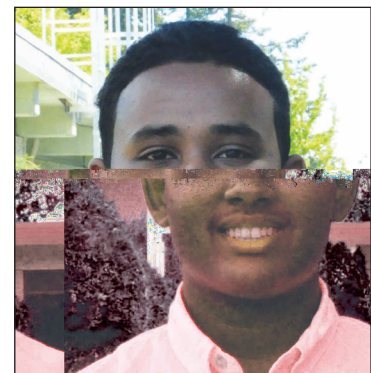
He replaced some pieces of equipment and “updated” and “rearranged” many others.

He uses the Highline Fitness Center for his own personal work-outs, so he is constantly experiencing the center the same way students do. He knows what needs improvement.

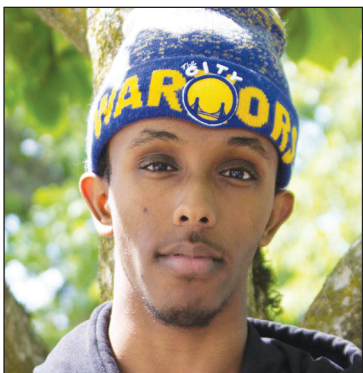
Vagen, a personal fitness trainer instructor, has 40 years of experience working as a personal fitness trainer in the private sector having once owned his own gym.

Ten years ago, when he was still in charge of his gym, Highline asked him to be on the ad-

See Building 26 page 16



Mohamed Jama



Yahya Abdulgani

VP candidate wants increased accessibility

By Feride Aydin
Staff Reporter

Highline is in search of a new vice president for Academic Affairs, and there are two likely candidates.

The college is seeking to replace Dr. Jeff Wagnitz who will retire next month. Dr. Wagnitz most recently served as interim president of the college prior to hiring Dr. John Mosby last year.

Last week on Thursday, Dr. Thomas Broxson had a chance



Dr. Thomas Broxson

to meet Highline faculty and staff with the intentions of persuading them to hire him for

See Candidate, page 15



Thieves target Building 6

By Aline Valiente
Staff Reporter

Building 6 was recently targeted by thieves on May 17. No time estimate or other information has been provided yet. This is the second time this quarter that a theft has been reported, with the first theft incident occurring on May 2 in Building 27. Both matters have been referred to law enforcement. Public Safety reminds everyone not to bring money or personal belongings on campus, as they can be targeted for theft.

Carrots crop up on campus — is it wabbits?

By Annas Ashoor
Staff Reporter

There they were in the bushes. Piles of carrots everywhere, with no explanation. Carrots in front of Building 6, 7, 14 and 16. One Public Safety office suggested that someone might be hunting wabbits on campus after finding a pile of cawwots in the bushes. If Elmer Fudd is looking to hunt down Bugs Bunny and his rabbit comrades on campus, hunting should be good. Rabbits are generally seen as the second most common type of rodents on campus after the squirrels. These rabbits are the ones that are generally seen around Washington. They are called the Eastern cottontails (*Sylvilagus floridanus*) which were introduced into Washington in the early 1930s. These are the rabbits you'll probably see in the park or your backyard. Barry Holldorf, the director of Facilities, said that the rabbits haven't been much of an issue in the past. "They've never been a problem," he said. But Holldorf also warned that they shouldn't be fed. When the rabbits are fed, the squirrels and rats will follow. "Good intentions, but bad outcome," Holldorf said. So if you go chasing wabbits, use your head. Heed his advice.

Goats and Gardening Summit

This free summit is open to all who want to make the most of a small urban garden. From growing herbs and grafting apple trees to keeping goats and chickens in the city, a two-day summit will explore several topics for budding and experienced gardeners alike. The event is made possible through the college's partnerships with organizations such as King Conservation District and is organized by Highline's Urban Agriculture program. Attendees will find experts, resources and hands-on workshops at the South King County Urban Agriculture Food Summit, on May 31 from 1 to 4 p.m., and June 1 from 9:30 a.m. to 3:50 p.m.

Arizona State University Lunch

If you're interested in going to Arizona State University, or just want to learn more about it, Highline's Lunch and Learn event will cover the ASU & Highline College Guaranteed Program for Admission, ASU Online & the Starbucks College Achievement Plan. ASU advisors will be here to answer your questions regarding the admissions requirements, majors offered, scholarship opportunities and more. Come by with your questions or just to learn more about ASU and the many educational opportunities available for Highline transfer students. You can stop by anytime between 12:45 pm and 2:30 pm to speak with the ASU advisors. Please pre-register for this event by sending an email (include your name) to: transfer@highline.edu This event will take place on Building 8 in the Mt. Constance room on the 1st floor.

Honors Program Symposium

The Honors Program has partnered with the Geology Department and Science Seminar to bring you Highline's inaugural Student Research and Creative Works Symposium. The symposium showcases students' academic accomplishments for the Highline community and the general public. It includes poster presentations and art exhibits. Light refreshments will be available at each event. The Symposium will be held in Building 8 in rooms Mt. Constance and Olympus on May 31 from 8:30 a.m. through 3 p.m.

This space could have been yours — buy an ad



Learn about Social Justice May 30

Decarceration Day seeks to bring awareness on social justice issues around incarceration, prisons, detention centers and immigration policy. Hosted by clubs Phi Theta Kappa and Justice Scholars Society of Change, their goal is to bring healing and restoration to communities while recognizing the damaging impacts that our justice system and immigration policies have on families and communities. Speakers from within the Highline College community, as well as the surrounding communities, will present lectures and workshops on this day. You can listen in and participate on May 30 from 9 a.m. to 3 p.m.

Dinner for MESA graduates

MESA would like to invite the Highline College community to the 2019 MESA/ASEM Graduation Dinner. They will celebrate MESA students who will be graduating or transfer-

ring to a four-year university. This event celebrates their accomplishments and provides insight on their next journey as they progress toward fulfilling their dreams. The Graduation Dinner will be held in Building 2 on May 29 from 5 to 8 p.m.

New degree to be introduced

Design choices that accommodate the greatest range of users are more equitable, serving people with diverse abilities. Teaching students how to make these design choices are at the foundation of a new applied bachelor's degree in integrated design at Highline College. Students will be able to combine their passion for visual design, technology and problem-solving with equity-based design. The degree will also include a focus on diversity and globalism studies, to help future designers understand the world and community in which they design for.

Celebrate with Back to Our Roots

"Back to Our Roots," is an event to celebrate culture and promote a higher learning of the Pacific Islander communities. Food will be provided along with music, performances, songs and stories from different islands. Everyone is in-

vited to attend. This event will take place on May 30 from 5-9 p.m. in Building 8, 1st floor, in Mt. Townsend.

Calendar

- **Campus closed for Memorial Day on Monday, May 27.**
- **New Students: Summer/Fall Quarter Registration** - Summer and fall quarter class registration begins for new students on May 27.
- **Spring College Transfer Fair** - If you are planning to transfer to a four-year college or university in the future, be sure to attend this free college fair. This event will take place on May 28 from 9:30 a.m. to 12:30 p.m. in Building 8, 1st floor.
- **Ocean Acidification** - Learn all about Ocean Acidification Specialist and NOAA Pacific Marine Environmental Lab Liaison Washington Sea Grant at the MaST Center on June 1 from noon to 1 p.m, with free admission.
- **Get recognized for your achievements this fall** - Students interested in applying for the Achievement Award for Fall Quarter 2019 can now do so. Pick your applications up at Building 9. Running Start students, non-resident students, and international students are not eligible.

COLLEGE TRANSFER FAIR

START YOUR TRANSFER PLANNING TODAY !



-The Transfer Fair is YOUR opportunity to meet with Admissions representatives from over 25 four-year colleges and universities.

-Learn about application deadlines, majors, scholarships and more ! Pick up transfer materials & have your questions answered! This is a GREAT place to explore your transfer options !

-For a list of schools in attendance go to : <https://transfercenter.highline.edu/>



FREE

**Tuesday,
May 28th
9:30 A.M - 12:30 P.M**

Highline Student Union, Building 8, first floor

New director brings fresh changes

By Jonathan Beatima
Staff Reporter

As the Pacific Islander Club prepares to celebrate its roots this week, the new director of the AANAPISI program looks to enhance awareness of the Asian American, Native American, and Pacific Islander communities at Highline College.

The club will celebrate its culture with the third annual Back to Our Roots event on May 30. The new director hopes this could help the AANAPISI Program and its participants connect with the campus.

May Lukens was hired as the new AANAPISI director this month. She received a bachelor's degree in political science from the University of Washington - Seattle. As a daughter of Chinese immigrants, Lukens has taken a passion of helping other first generation students navigate through the collegiate system.

Lukens wrote the proposal for South Seattle College in 2008, which funded one of the first AANAPISI programs in the area. She worked independently as a consultant for other AANAPISI programs where she evaluated the needs of the program and made suggestions on what they could improve. These suggestions included an evaluation of the courses the program offered, facilities and spaces that they provide for the partici-



‘I want to focus on engaging the campus.’

-May Lukens

pants, student support services, and the program's connection to the community.

Lukens plans on using these experiences to help out with Highline's AANAPISI program. She said she hopes to encourage participants to advocate for the program.

"I want to focus on engaging the campus. The things we do currently don't involve the whole campus," Lukens said. "I want the classroom experience to be more reflective of this. Our students should be more engaged in the classroom."

Lukens also pointed out that she wants to foster an atmosphere of community amongst the AANAPISI participants, so the campus as whole can understand the cultures and values of the programs.

"As students, we're a whole person. It's about understanding who we are as an individual and acknowledging people's cultures and situations," Lukens

said. "I've had a student who had to step out for a quarter, because they had to redirect their energy towards family. The staff of the AANAPISI program checked in on the student periodically. Because of the connections he had built, he ended up coming to back to school. He understood that the staff cared about his success."

She has a particular affinity for watching students become successful.

"I love watching students succeed. Students who may not have felt the support of the education system in general. Students who have not been able to navigate the system," Lukens said. "I have watched a lot of students change and become campus leaders, because they knew we believed in them."

Lukens also helps faculty and staff interact better with AANAPISI students.

"I had faculty who learned how to better work with stu-

dents, because they learned how to act in a more holistic way," Lukens said. They learned how to be more responsive to Asian American and Pacific Islander culture."

The Highline AANAPISI program started in 2016 when Highline was awarded a 5-year, \$1.5 million grant to serve Asian American and Pacific Islander students. One of the goals the program is to fulfil its obligation to these students and apply for another grant in 2021. The new director said she hopes to create new instructional courses for the program and provide more student support.

"Our grant is a developmental grant to develop new programs that will become a part of the institution to better serve our AAPI students, and be doing so better support all students," Lukens said. "I'm thrilled to be here. It's been very welcoming."

Cookout is Friday for GSA

By Zoe Munroe
Staff Reporter

The Global Student Ambassadors will celebrate the end of a successful year with a barbecue potluck and games this Friday, May 24.

"There will be food like hot dogs, burgers, and authentic international cuisines" said Garvaundo Hamilton, International Engagement Adviser for the Center for Leadership and Service.

Attendees will have the chance to try authentic new foods from all around the world just by coming to this barbecue. This barbecue isn't about just eating; it's also about helping bridge the gap between new foreign students and students who are born and raised here, Hamilton said.

The event will be held on the rooftop of the college's new Campus View dormitory next to the north end of the East Parking Lot to help promote the newly opened facility.

Each individual who signed up is able to bring one extra person; whether or not that person goes to Highline, as long as they both bring their IDs.

Sign ups were closed last week. The event is rather popular, as it did exceed it's limit of signups quickly.

"There's already been over 100 sign-ups," Hamilton said.

Highline to honor fallen brave men and women

By Milaap Chahal
Staff Reporter

Highline will officially commemorate Memorial Day today. The ceremony will be from 10 a.m. to 1 p.m.

It will start with the laying of a wreath at the base of the flagpole in the veteran's plaza next to Building 6.

A bugler from AMVETS Post 1 in Tacoma will play the bugle then the crowd will be asked to observe a moment of silence.

Following the presentation on the plaza, participants will adjourn to Building 2 where Lourdes E. 'Alfie' Alvarado-Ramos, the director of Washington State Department of Veterans Affairs, will speak for a short period of time.

After the event, there will be hotdogs and hamburgers available to anyone who



Sam Hernandez/
THUNDERWORD

comes.

"Everybody's invited," said Kendall Evans, Highline's veteran's services adviser.

He did want to make a clarification concerning the holiday.

"It's important for us to re-

member that Veterans Day and Memorial Day are two different holidays. One, we're celebrating the veterans (Veterans Day) and the other we're remembering our deceased (Memorial Day)" Evans said.

Highline has more than 200 veterans on campus. Many of them are expected to be at the event.

Memorial Day has been recognized in one form or another since the years following the Civil War. In 1971 it became an official federal holiday.

Unofficially, it signifies the beginning of the summer season.

"We'd love for [everyone] to join us when we lay the wreath. We would like them to come and spend some time with us, that would be great," Evans said.

Veterans find some camaraderie

By Milaap Chahal
Staff Reporter

The Student Veterans of Highline College Club met on May 9 for their second meeting in the Veterans Office.

"The club is to get student veterans together and make a difference in the school, is the intent and to help each other out, support each other, cause in the military you got a bond, trying to get some of that comradery back in the school atmosphere but at the same time working together to make the school better" said Ezekiel Rodriguez, the vice president of the club.

Right now, only after one meeting, the club is 45 veterans strong, the organizers say they expect higher numbers with this meeting.

"We are the most diverse group of individuals that you will find on any campus, in every term. religious, ethnic, sexual identity, country of origin,

we do not care. We are highly motivated individuals, that have a background from everywhere," said Kendall Evans, the veteran's adviser.

"[These are] like-minded individuals getting together to share experiences and working together with a similar interest, the interest that each one of these individuals have is of military culture," said Evans.

So far, club members have gotten together for bowling events. They hold events to reclaim that sense of brotherhood.

But the club isn't just for veterans, "Civilians are more than welcome to join," said Rodriguez. "But everything we do going to be geared to the veteran." said Evans. It is a great idea to come because "[you] get exposed to some of our cultural norms, some of things that [veterans] say people sometimes take to seriously whereas to [them], it's nothing if you were in [their] seat," Said Kendall.

New adversity score is unfair to students

College Board, which administers the SAT’s to millions of anxious high schoolers every year, recently announced a plan to add a new “adversity score” to the test results that are sent to colleges.

While this score would not change a student’s grade on the test, it aims to give schools a snapshot of a student’s life while deciding on their applications.

This score would include factors such as the crime rate in an area, poverty rates, and other information about a student’s neighborhood and their school.

The score will be on a one to 100 level, with 50 being considered “average” adversity. Theoretically, the higher the score, the more adversity a student has faced in their life.

The problem with this plan is that privilege is not something that can be scored without ever meeting someone. Privilege is not something that can be scored at all.

The inherent flaw in this plan is that College Board has never met these students and knows nothing about their personal lives.

Maybe they’ve dealt with mental illness in life. Maybe their family life was rough growing up. Maybe they dealt with poverty even though their neighborhood suggests they are affluent. These are negative factors in a student’s life that will not be reflected in this new adversity score.

Privilege in America exists. Whether it is on the basis of gender, race, finances or anything else, students are not on an even playing field. But that doesn’t mean that this information can be quantified into a single number that shows how much adversity someone has faced.

Suppose there are two students: Student A and Student B. These two students are identical. Same life experiences, same grades and test scores, same family situation, same everything. The only difference between them is their high school.

Student A is a middle-class student that goes to a school in a more affluent area. Student B is also middle class, but they go a school in an area where 80 percent of the students are on free or reduced lunch.

In this scenario, Student A could be given a higher privilege score than Student B because Student B’s high school is better, which means that Student A would have faced more adversity. If a college is deciding between these two students, it could be making its decision based on something completely out of a student’s control.

College Board said in its announcement that it will not take individual data of a student’s life into consideration. While this score shouldn’t exist at all, the scores will be wildly inaccurate if they are not individualized for each student.

A wealthy student who lives in a more average wealth area will not be accurately scored, as the score takes median income into account. The score supposedly takes parental education into account, but again if there is no individual data in the score, that would be based off of average education level in a specific area.

The new adversity score treats serious life events and information as though they are scores in a video game, and it makes a mockery out of the adversity that students face in America.

Adversity and privilege are very real problems that negatively impact students, but they cannot be given a score like a handicap in golf.

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.



The reality of climate change

Global temperatures are rising, climate change is here, and there is no more denying it.

Scientists believe that global sea levels could rise far more than originally predicted due to the accelerated melting of ice caps in Greenland and Antarctica.

According to a science correspondent at BBC, between 1992 and 1997, the loss rate of ice were 2 billion tons per year and 12 billion tons per year, respectively. During the latter period of the survey (2012 to 2016), the rate rose to 55 billion tons and 76 billion tons per year.

These numbers are catastrophic and show the rate at which humankind has already impacted Mother Earth within just a quarter of a century.

From the smoky, haze-filled summers to blizzards in late February, it’s not hard to see in our own backyards how climate change is affecting our own weather systems.

There are numerous organizations and groups that have come together to fight climate change, but not nearly enough is being done to stop the problem at the rate at which it’s being created.

With carbon emissions being the biggest contributor to climate change, the New Green Deal was introduced to the U.S. Senate earlier this year.

The deal is geared towards de-

Knight’s Quest



SAMANTHA KNIGHT

veloping a sustainable economy that is environmentally sound, aiming to eliminate greenhouse gas emissions and replace them with 100 percent clean and renewable energy by 2030 and studies that have shown that the technology already exists to make that goal a reality.

Sadly, the bill did not pass due to how ambitious and extensive the it was. Many Republican party members found the deal far too radical.

According to the New York Times, Democrats say that the vote was a stunt because the Republican Senate leaders do not want to have a sincere debate about climate change.

This baffles me. The fact that some of the leaders in our country could so casually choose to turn their head and look the other way is appalling.

While the deal may have been a bit ambitious, instead

of dismissing it completely, the Republican Senate should have acknowledged the validity of the concerns that were being brought to the table.

Without addressing the issues of climate change, we are welcoming the consequences that come with it.

Temperatures will continue to rise, leading to more heat waves, droughts and famine.

Ice will continue to melt from arctic regions, causing sea levels to rise one to four inches by 2021 and creating millions of climate refugees.

Not to mention that hurricanes will only grow more powerful and destructive, leaving many people homeless, powerless, and struggling to find food.

There is no more room to question the legitimacy of climate change. The facts are all there. Temperatures are rising and whether we like it or not, action needs to be taken in order to avoid the worst that is yet to come.

While it’s impossible to fix these kinds of issue overnight, it is crucial that we as a society shift our focus to how we can put systems in place that eliminate the production of greenhouse gasses and slow down Earth’s rising temperatures.

If we don’t take the necessary actions soon, the world as we know it could be extraordinarily different just 10 years from now.

THE STAFF

You don’t go to WinCo to feel safe.

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			Gene Achziger		

Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ **HOO BOY!**

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TRIVIA TEST
By Fifi Rodriguez

1. HISTORY: Which woman won the Nobel Peace Prize in 1979 for her work with the poor in Calcutta, India?
2. LITERATURE: What was the last known play written by Shakespeare?
3. LANGUAGE: "Cyborg" is a shortened version of which futuristic phrase?
4. GENERAL KNOWLEDGE: What men's haircut was named after a style adopted by college rowing teams?
5. MOVIES: Who wrote the screenplay for the original "The Heartbreak Kid" movie?
6. GEOGRAPHY: Which three countries mainly make up the Scandinavian Peninsula?

7. U.S. PRESIDENTS: Who was the only president to be awarded a Purple Heart?
8. U.S. STATES: Which state has the most active volcanoes?
9. ANATOMY: What is a more common name for enlargement of the thyroid gland?
10. GAMES: How many letters does each player draw to begin a game of Scrabble?

- Answers
1. Mother Teresa
2. "The Two Noble Kinsmen"
3. Cybernetic organism
4. The crew cut
5. Neil Simon
6. Sweden, Norway and Finland
7. John F. Kennedy was wounded in WWII.
8. Alaska
9. Götter
10. Seven

Puzzle answers on Page 15

GO FIGURE BY LINDA THISTLE

GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

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8		20		13	

1 2 3 4 4 5 6 8 9

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King Crossword

ACROSS

- 1 Macbeth's title
- 6 Hot dog side dish
- 11 Tar
- 12 Bay windows
- 14 Mr. Ed's owner
- 15 President Woodrow —
- 16 Suitable
- 17 Aristocratic
- 19 Pair
- 20 Fishing need
- 22 U.K. fliers
- 23 Ball of yarn
- 24 Gold-finger?
- 26 Copious oil wells
- 28 Water barrier
- 30 Mainlander's memento
- 31 Outstanding
- 35 Kitchen lure
- 39 Apiary house
- 40 Tease
- 42 Strait-laced
- 43 Commotion
- 44 Olympian's award
- 46 Mound stat
- 47 Infamous middle name
- 49 "Die Hard" star
- 51 Taxed
- 52 Loud sounds
- 53 Fight

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	53						54					

- 54 Villain's look
- 9 Get snug and cozy
- 32 Neatens (up)
- 33 Develop
- 10 Not as fast
- 34 Disencumber
- 11 Honey bunch?
- 36 Threatening conclusion
- 13 Hemingway's "The — of Kilimanjaro"
- 37 More like a mud pit
- 18 Satchel
- 38 Accumulate
- 21 Tureen accessory
- 41 Sunrises
- 23 Tweet
- 44 Encounter
- 25 7-Down's mule
- 45 Narnia's Aslan, e.g.
- 27 Red or Black
- 48 DIY buy
- 29 Copes
- 50 Perjurer's pronouncement
- 31 Wrap

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ARIES (March 21 to April 19) There's nothing an Aries Lamb likes less than having to tackle a humdrum task. But finding a creative way to do it can make all the difference. A more exciting time awaits you this weekend.

TAURUS (April 20 to May 20) Finishing up a job on time leaves you free to enjoy your weekend without any Taurean guilt pangs. A romantic attitude from an unlikely source could take you by surprise..

GEMINI (May 21 to June 20) Moving in a new career direction might be seen by some as risky. But if you have both the confidence to see it through and the facts to back you up, it could prove rewarding.

CANCER (June 21 to July 22) Holding back on a decision might be difficult, considering how long you've waited for this opportunity. But until you're able to resolve all doubts, it could be the wiser course to take.

LEO (July 23 to August 22) You still need to move carefully where financial matters are concerned. Bet-



ter for the Lion to move slowly than pounce on a "promising" prospect that doesn't keep its promises.

VIRGO (August 23 to September 22) A rejection of an idea you believe in can be upsetting. But don't let it discourage you. Get yourself back on track and use what you've learned from the experience to try again.

LIBRA (September 23 to October 22) The early part of the week could find you looking to balance your priorities between your family obligations and your career responsibilities. Pressures begin to ease by week's end.

SCORPIO (October 23 to November 21) An associate's problem could cause unavoidable delays in moving ahead with your joint venture. If so, use the time to look into another project you had previously set aside.

SAGITTARIUS (November 22 to December 21) Although

a financial problem could be very close to being resolved in your favor, it's still a good idea to avoid unnecessary spending for at least a little while longer.

CAPRICORN (December 22 to January 19) Support for some unwellcome workplace decisions begins to show up, and continues to build, so that by week's end, the gregarious Goat is as popular as ever.

AQUARIUS (January 20 to February 18) Congratulations. Deciding to attend a social function you might have earlier tried to avoid could turn out to be one of the best decisions you've made in a long time.

PISCES (February 19 to March 20) Getting into a new situation could prove to be a more difficult experience than you expected. Don't hesitate to ask for advice in coping with some of the more irksome challenges.

BORN THIS WEEK: Your strong sense of duty makes you a valued and trusted member of your community. Have you considered a career in law enforcement?

2019 King Features

Celebrate warmer days with summer recipes

By Reuben Gonzales
Staff Reporter

The sun is shining and the weather is starting to warm up and with this, we can finally start grilling outdoors.

The options for your menu can seem almost endless and for some first-time cooks, it can seem somewhat troubling to handle.

Well, don't let this stop you and your friends from having a good day relaxing at the beach, grab a few small supplies and have a good time.

The first thing is the snacks. Any good barbeque has a nice but light pre-game platter to keep your guests from starting a riot.

Simple can go a long way and also keeps your guest from over stuffing, letting them eat more later.

Start things off with a fresh watermelon salsa that can be used on just about anything from pita chips to street tacos.

Watermelon Salsa

- 1 1/2 teaspoons lime zest (about 1 lime)
- 1/4 cup fresh lime juice (3 limes)
- 1 tablespoon sugar
- Freshly ground pepper
- 3 cups seeded and small cubed watermelon
- 1 cucumber, peeled, seeded and diced
- 1 mango, peeled and diced
- 1 jalapeno pepper, seeded and minced
- 1 small red onion, finely chopped
- 1/2 teaspoon garlic salt

1. Stir together the lime zest, lime juice, sugar and 3/4 teaspoon pepper in a bowl.
2. Add the watermelon, cucumber, mango, jalapeno, onion and toss gently.
3. Chill the salsa until ready



Taste of Home

Spice up a summer meal with fresh watermelon salsa, a twist on the traditional condiment

to serve.

4. Add the garlic salt just before serving.

This simple recipe can serve about 4-5 of your friends, so if you need more, go ahead and double it.

For your main dish try some light yet filling Grilled Halibut Tacos topped with your watermelon salsa.

You can find halibut at your local grocery store in either frozen pre-cut steaks or at the butcher counter.

If you buy the frozen fish, try to buy it the day before hand so you can let it thaw out overnight in the refrigerator.

If this is a last-minute idea, have no fear.

For fast thawing, you can place your frozen fish in a large bowl and submerge it in cold water for about an hour.

The overnight thaw is the best as it helps the fish retain the most flavor and hold together better.

When you are ready to season the fish make sure you lay it

out on a flat surface and gently pat the steaks dry with a napkin.

Grilled Halibut Tacos

- 1 pound of Halibut
- 1 tsp Salt
- 1 tsp Pepper
- 1 lime
- 1/2 tsp cayenne pepper
- Olive oil (Avocado oil can be used for more flavor)
- Corn or Flour tortillas

1. Preheat outdoor grill, drizzle halibut with olive oil (or Avocado oil) to keep fish from sticking to the grill.

2. Season fish with salt and pepper, to your taste.

3. Grill fish 4 to 5 minutes on each side or until opaque.

If you happen to get thicker cut halibut, use the ten-minute rule for cooking fish.

The rule is measure the thickest part of your fish. For every inch cook it ten minutes flipping it halfway through the cooking time.

4. Roll the lime on the countertop and cut the lime in half. Set aside for later.

5. Squeeze the juice of 1 lime down over the fish right before it is finished.

6. Remove fish from the grill and slice fish into nice equal flakes onto a separate plate.

7. Warm your tortillas on the grill after removing your fish.

While relaxing on these warm days, drinks are always a must to keep you and your guests nice and cool. To help in with this, we have a pair of cocktails for you to show off with.

White Sangria

- 1 bottle white wine
- 1 bottle champagne
- 1 orange thinly sliced
- 1 lemon thinly sliced
- 1 cup of white grapes
- 1 1/2 cups strawberries halved
- 1 cup of orange juice

1. Combine orange juice and fruit in a large pitcher, slowly

adding white wine and champagne.

2. Stir and refrigerate for a few hours for a crisp taste.

3. When you serve, add a few pieces of fruit the bottom of the jug to the bottom to the glass.

Other fruit can be used or even added if you would like.

Non-Alcoholic Sangria

- 4 cups white grape juice
- 1/2 cup of orange juice
- 1 pear sliced
- 1 orange thinly sliced

Combine all these ingredients in a large pitcher and refrigerate for a few hours. You can add other fruit if you would like. This is just a simple drink recipe for those of you who cannot drink.

Banana Pudding Pie

- 1 pre-made pie crust
- 1 box of instant banana pudding
- 1 banana
- 1 box of vanilla wafers
- 2 1/4 cups of milk
- 1 can of whip cream

1. Slice bananas to desired thickness and crush up a cup of wafers.

2. In a large bowl, mix milk and pudding mix with a whisk for 2 minutes or until thickened.

3. Spoon 3/4 cup pudding into pie shell. Top with half the crushed vanilla wafer cookies and half the banana slices.

4. Repeat this over layering until you run out of pudding mixture, refrigerate for 3 hours.

5. Just before serving, top each serving with a dollop of whipped topping and a whole vanilla wafer cookie.

Fresh, vegetable-rich recipes make eating healthier a breeze

Corkscrews With Spring Veggies

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

1. Cut off roots and leaf ends from leeks. Discard any tough outer leaves. Cut each leek lengthwise in half, then crosswise into 1/4-inch-wide slices. Place leeks in large bowl of cold water; with hand,

GOOD HOUSEKEEPING

swish leeks around to remove any sand. Transfer leeks to colander. Repeat process, changing water several times, until all sand is removed. Drain well.

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

3. In nonstick 12-inch skillet, melt margarine or butter over medium heat. Add leeks and cook until almost tender, about 5 minutes, stirring often. Stir in asparagus, 3/4 teaspoon salt and 1/4 teaspoon coarsely ground black pep-

per; cook 5 minutes longer, stirring often. Add 1/3 cup water; cover and cook 3 to 5 minutes, until asparagus is tender-crisp.

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

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

Spring Soup With Noodles, Ham and Asparagus

- 2 teaspoons vegetable oil
- 1 large red pepper, thinly sliced
- 1 pound asparagus, trimmed and cut diagonally into 2-inch pieces
- 4 ounces sliced deli baked ham, cut into 1/2-inch-wide strips
- 2 packages (3 ounces each) chicken-flavor ramen noodle soup mix
- 2 teaspoons Asian sesame oil

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

2. In nonstick 12-inch skillet, heat oil over medium-high

heat until hot. Add red pepper and asparagus and cook 7 minutes or until vegetables are tender-crisp. Stir in ham and cook 1 minute or until ham is heated through.

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

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

The 5th Avenue revisits the West Side

The 5th Avenue Theater is taking the audience back to the gangs of New York with a Broadway classic.

West Side Story comes to the 5th Ave on May 31.

A retelling of Shakespeare’s *Romeo and Juliet*, *West Side Story* follows lovers Tony, a former gang member, and Maria, whose brother leads a rival gang.

Set in mid-century New York City, *West Side Story* speaks to race relations between white Americans and immigrants, exploring what it means to have rights and be respected.

West Side Story is a commonly produced show; the 5th Ave’s last production was in 2007 and was directed by Bill Berry. The choice to revisit the piece is part of the theater’s season goal of presenting older and better-known scripts that relate to today’s society.

But while hoping to make the old script feel new, the production is keeping some staples of previous productions. Berry has since been promoted to Artistic Director for the 5th but is returning to remount the show.

Another returning element is Jerome Robbins iconic choreography.

Robbins, a prolific choreog-



Cassandra Bell

Danielle Gonzales (left) and Rebbekah Vega-Romero (right) prepare for 5th Avenue Theater’s upcoming production of *West Side Story*, opening on May 31.



ding modern movement, and social dance. In combination with Lenard Bernstein’s jazz and Latin score, the result is an ultra-stylized, recognizable feel in Robbins’ choreography.

Since then, the original choreography has been honored like ballet traditions – Robbins’ choreography has been used in near every major production of

West Side Story, being modified but modeled after the original. For the 5th Avenue, Bob Richard aims to reproduce the original.

To perform Robbins’ work to its full potential, the 5th Avenue Theater is partnering with Spectrum Dance theater, a Seattle dance company led by Artistic Director Donald Byrd.

Spectrum’s partnership is

part of the company’s 20th Century Masters Series, performing Robbin’s choreography to commemorate centenary of his birth.

Additionally, this may be Robbins’ last hurrah. A new film production is currently underway to remake *West Side Story*, directed by Steven Spielberg. This new production is set to be choreographed by Justin Peck, a rising star in the dance community whose work is radically different from Robbins’. The next time the script is performed at the 5th, Robbins’ work may be replaced with a new classic.

Continuing the incorporation of both old and new, the production’s cast is lead by returning actor CJ Eldred as Tony and newcomer Rebbekah Vega-Romero, who is making her 5th Avenue debut as Maria.

The cast also includes Danielle Gonzales as Anita, Sophie Franco as Rosalia, Alexander Gil Cruz as Bernardo, Sean G. Griffin as Doc, and Richard Gray as Officer Krupke.

Tickets start at \$29. The address for the 5th Avenue is 1308 5th Ave., Seattle.

For more information and tickets, visit <https://www.5thavenue.org/show/west-side-story/#overview>.

‘Resident Evil’ franchise jumps back to Nintendo

Resident Evil HD, *Resident Evil Zero*, *Resident Evil 4*, published by Capcom Single-player, action-adventure, survival horror. Available on PlayStation 4 \$30 Standard Edition.

The undead are have taken over the Nintendo Switch this week.

Resident Evil has made its way to Nintendo again with a series of three ports of the franchise’s biggest titles- *Resident Evil HD*, *Resident Evil Zero*, and *Resident Evil 4*.

Resident Evil Zero is a prequel to the original *Resident Evil*, taking place in Raccoon City. You play as Rebecca Chambers, a new member of S.T.A.R.S. elite special forces team.

The team has been dispatched to investigate some issues, leading to a train out in the middle of a lonely forest. This brings some frightening jump scares and a mystery that leads to more questions than answers.

Resident Evil picks up with Alpha team going to the edge of the forest to see what happen to Bravo Team. As they arrive, they quickly realize things are not what they seem and are attacked by some rather strange dogs.

The team makes their way to an ominous mansion in the



Three Resident Evil ports are coming to the Nintendo Switch on May 31.



woods, and what they find there is fresh out of a nightmare factory.

Now Chris and Jill will have to work together if they want to

make it out of this bizarre place.

Resident Evil 4 will have players once again play as Leon Kennedy from *Resident Evil 2*.

The port finds itself still the same fantastic game as the original version, with little to no changes made.

As with most of the ports from Capcom, the games handle really well during hand held mode. Being able to take *Resident Evil* on the go is by far the biggest appeal, but the graphics

increase is also refreshing for the older games.

So if you miss the feeling of being scared in the dark or you are a new fan, *Resident Evil Zero*, *Resident Evil*, and *Resident Evil 4* came out May 21.

Gaming coming together?

Earlier this week, Microsoft and Sony announced a plan to

develop future cloud solutions. The two giant companies will use Microsoft’s Azure cloud service.

The idea is to help with content creators, but they also are looking to help each other with artificial intelligence.

“Our mission is to seamlessly evolve this platform as one that continues to deliver the best and most immersive entertainment experiences, together with a cloud environment that ensures the best possible experience, anytime, anywhere. For many years, Microsoft has been a key business partner for us, though of course the two companies have also been competing in some areas,” said Sony President Kenichiro Yoshida in the announcement. “I believe that our joint development of future cloud solutions will contribute greatly to the advancement of interactive content.”

This announcement comes just a few months after Sony had a very public outcry due to their unwillingness to allow cross platform play.

At one point, Sony would not even allow Fortnite players to sync progress or their items.

This is a very new announcement, so knowing if anything comes from this will take time.

Calling all performers:

Theaters present opportunities for students to get involved

By **Melissa Wilson**
Staff Reporter

In the Seattle area there are many community theater opportunities for students. Here is some information about just a few of these theaters and how you can audition for them.

At the Burien Actor’s Theatre, they are gearing up for *Native Gardens*. *Native Gardens* is a comedy about a feud between neighbors over one neighbor’s garden.

Auditions will be held sometime in June but a firm date is currently unannounced. Rehearsals will begin in late July and the show will open in September.

All of the information about auditions and performance dates will be posted on BAT’s website (www.burienactorstheatre.org) sometime soon.

Anyone can audition for these shows. Unless it is absolutely necessary to the production, they don’t base casting on race or sexual orientation, said Eric Dickman, BAT artistic director.

“We try to be as open as we can,” he said.

They are currently unsure of the exact audition requirements, Dickman said, but they usually ask for people to prepare two contrasting monologues (one drama and one comedy) of one-and-a-half to two-minute length each. Sometimes they also ask people to read small sections from the script of the show.

There are also a lot of opportunities for people to work backstage during BAT’s shows.

If someone wants to work backstage, they just have to email the theater at info@burienactorstheatre.org and let them know that they are interested. The theater will then contact them the next time they need someone.



Facebook photo

Performers take a bow at Burien Actor’s Theater’s Playwright Festival. BAT is one of the theaters in the area with upcoming auditions.

The unusual thing about BAT is they do almost entirely modern shows, Dickman said. They frequently perform the West Coast or Puget Sound premieres of shows.

“We’re just a fun place to work,” Dickman said. He described the theater as being like a family. Dickman also said that they tried hard to make it a respectful place for actors to work and expand their talent.

For the majority of BAT’s shows, anyone can get half-priced tickets for the first Saturday performance. The first Sunday there are usually \$7 tickets, and the consistent price for students is only \$10.

Burien Actor’s Theatre is at 14501 4th Ave SW, Seattle, WA 98166.

At Tacoma Little Theatre, they are getting ready to hold auditions for *Calendar Girls*, a contemporary play about two

friends who decide to raise money for a hospital by creating a nude calendar with several of their other friends.

Auditions for this show will be held on June 30 and July 1.

Auditioners are asked to prepare a one to two-minute monolog in the dramatic comedy style of the show.

Do your homework about the show, said Chris Serface, the managing artistic director. Find out what it’s about and come ready to show that you can act in that style, he said.

He also said to have your monolog well prepared and to dress for success.

The theater fosters a great sense of community, Serface said. “[We have] such a great talent pool,” he said.

More information about this show and the rest of TLT’s 2019-2020 season can be found at www.tacomalittletheatre.com.

Tacoma Little Theatre is at 210 N I St, Tacoma, WA 98403.

At Act 1 Theatre, they are getting ready for *Nunsense II: The Second Coming*. This is a goofy show about humble nuns getting ready for a music festival.

Auditions for *Nunsense II* will be held on July 8 and 9. As it is about nuns, it requires an all female cast.

Auditioners should come prepared with a monolog and 18 measures of a song to sing.

Audition appointments can be made by emailing info@act1theatre.org to say you are interested.

People interested in set-painting/construction, costuming, make-up, or other backstage jobs can also email the theater at the same address, said Petra Karr, the theater’s artistic director.

Act 1 is currently in the process of relocating to Tacoma so they don’t have their next season confirmed past *Nunsense II*.

If possible, auditioners should bring a headshot and resume to their audition, though it’s not required, Karr said.

The auditions are held in their office in Auburn at 32511 107th Ave SE Auburn, WA 98092.

Unlike some other community theaters, they don’t just cast the same leads in every show, Karr said. They put everyone on an even playing field when they cast.

“We love to welcome new people,” she said.

After being a teacher for many years, Karr emphasizes her willingness to take people without much theater experience as long as they are willing to learn.

The theater provides a gas stipend for cast members who have to drive 30 or more miles to get to the theater, Karr said. They also encourage carpools, she said.

More information about Act 1 Theatre can be found at www.act1theatre.org.



Facebook photo

Performers gather in Tacoma Little Theater’s production of *Godspell*. TLT is planning to start auditions for *Nunsense II* on June 1.

A woman with long dark hair is sitting at a desk, working on a laptop. She is looking down at the screen. There is a water bottle on the desk next to her.

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T-Birds star freshman Lexi Maison is one-and-done after bringing home title

By Calvin Domingo
Staff Reporter

After a wildly successful first year at Highline which culminated in a Championship in No. 2 singles play as a well as a second-place finish in doubles, freshman sensation Lexi Maison will be one-and-done.

“One of the toughest things about coaching at a Community College is the short time I get with the athletes,” Head Coach Laura Rosa said. “But, it is also a testament to our program when they are recruited by high-level four-year programs after just one year playing for us.”

Coach Rosa also added that Lexi is in exclusive company, as she joins the likes of other great tennis players who have been one and done at Highline in the past.

“Lexi will be joining the ranks of other T-Bird greats like Megan Hagerty and Amila Gogalija who were also recruited after just one year at Highline and are both now playing at NCAA D2 Cal State Stanislaus,” Coach Rosa said. “Lexi came in and made her mark quickly in the conference which ultimately lead to this incredible opportunity. I couldn’t be prouder and more excited for her.”

What’s ironic is that at one point, Maison herself wasn’t even sure if she was going to be playing college level tennis.

“Honestly, I had stuff happen at home,” Maison said. “At that time, I was staying home and was going to attend [Yakima Valley Community College] in the fall, so when [Coach] Laura gave me this opportunity, I took it because I thought it would be cool to go away and try something new.”

“Lexi was unsure about playing college tennis until the summer after she graduated, but the minute she committed, she was all-in,” Coach Rosa said. “Lexi trained incredibly hard both on and off season for this opportunity and it paid off big time.”

Not only was the freshman a star on the court, she was an even better teammate who brought an unrivaled set of intangibles to the table that sim-



Freshman Lexi Maison, who had a stellar season for the T-Birds, will be transferring over to a four-year school next year to continue her athletic and academic career after just one year at Highline.

ply can’t be coached. “As a teammate, she brought so much laughter and humor,” team captain and sophomore Danielle Mendoza said. “Even through tough matches, she would find a way to lighten the mood. We can always count on her to lift our spirits.”

Coach Rosa mentioned that Maison’s will and desire to win is second to none and part of that stems from the unsatisfaction of finishing in second place.

“Lexi brings an intensity and quiet leadership to this team that will be missed,” she added.

As for what caught her eye while she was recruiting, Coach Rosa said that while watching Maison at the 4A high school state tournament, she saw potential.

“She was in a couple of really close matches and I liked her toughness and intensity,” she said. “I saw the potential immediately and to this day, am glad that she decided to trust and believe in me as a coach.”

Maison elaborated just a bit further into exactly how the recruitment went down.

“I found [Coach] Laura at my senior year tennis state championship,” she said. “I was actually playing her daughter in doubles and she came up to me and [asked] ‘you want to come

to Highline?’ I honestly had no clue where Highline was.”

Maison added, “I took a couple days and without visiting or anything, I said yes and I’m glad

I did because I had an awesome first year of tennis and met some super cool people.”

While her time with Highline has unfortunately come

to an end, Maison plans on attending Lewis and Clark State College, a public four-year University in Lewiston, Idaho to continue her bright future in the sport of tennis.

“I am looking forward to playing at a higher division,” she said.

The Warriors’ newest recruit, however, was very close to not returning to play tennis at all next season.

“I didn’t know what I was going to do next year,” Maison said. “I thought about not playing tennis and just going to [Washington State University], but when we lost the doubles championship, I cried, but it made me realize [that] I really do want to keep playing.”

As for how she hopes to leave her legacy at Highline, the champion in No. 2 singles kept it simple, albeit cliché.

“I want people to remember me as a hard worker,” she said. “I was goofy, but when it was time to be serious, then I was serious.”

5

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Smith: The art of the start

By Eddie Mabanglo
Staff Reporter

For freshman pitcher Kalea Smith, her 100-strikeout season is just the beginning, yet still a milestone in a long softball career.

Highline’s softball season has concluded after 39 games, 188 runs, 14 wins and 25 losses. Smith had the start for 25 of those games, and pitched 161 innings in her first year with Highline, ending with an ERA of 6.13.

While Smith started playing T-Ball at a young age, it wasn’t until the tee was taken away when she fell in love with softball through the art of pitching.

“I started in t-ball and I have been playing ever since,” Smith said. “I think when I first realized that I loved playing was when I started pitching and things started to get more competitive.”

As kids get older, they eventually have to stop hitting off of a tee and start hitting pitches from an opposing player. In baseball and softball alike, this is when the concept of true opposition is introduced to youthful batters.

From an early age, Smith enjoyed observing the constant, game-long battle between batter and pitcher.

“I liked watching the older girls pitch,” Smith said. “I always thought it was cool that they got to be involved in the game the whole time.”

It is no secret that the pitcher is a lonesome position, it is a position that is both unrewarding and demanding. Those that get their strikes and outs unfailingly are merely doing their job, but when the inevitable hits and runs are allowed, the outing is branded as a failure.

Smith says that the manner in which pitchers embrace and overcome failure is what sets



Stephen Glover/THUNDERWORD
Kalea Smith got the start in 25 games this season

them ahead.

“When things don’t go my way I really try to not concentrate on the negative part of it,” Smith said. “It’s really important not to let things go to my head so when that happens I usually just shake it off and focus on what I can do better in the future.”

This attitude was best demonstrated in Smith’s senior year of high school, when her Payson Longhorns lost 12-5 against a rival team.

Smith and the team put the game behind them and moved forward in a big way, winning the next game against Fountain Hills 16-0 and pitching in a combined no-hitter in the process.

In the game, Smith went 2-2 and had 2 RBIs, on the mound, she struck out three.

Smith earned All-3A East First Team and 3A All-State Second Team honors in her junior year of high school. She had a record of 17-11, a 2.81

ERA and 187 strikeouts in 157 innings pitched that year.

In college, she has averaged about 5 strikeouts per game. Smith has appeared in 30 games and started 25. She has also pitched 18 complete games this season. Smith says that the secret to a strong outing on the mound is preparation and a lot of practice.

“Throughout my career I have pitched in a lot of games that I have been in and I have gone through a lot of pitching lessons and practices on and off the field,” Smith said.

“I think that the extra work that I put in and keeping my head strong through the process has been a big reason why I am able to last so long,” Smith said. “When I am able to work my sequence correctly and I am able to hit my spots it makes things much easier.”

Smith practiced with some serious talent. While playing for the AZ Killer Bees, an Ari-

zona-based travel team, Smith would sometimes take pitches from professional softball player Dallas Escobedo. Smith has considered Escobedo a role model of sorts over the years.

“I have always looked up to [her],” Smith said.

Escobedo played for the Arizona State Sun Devils from 2011-2014, winning the 2011 NCAA Women’s College World Series as well as the Most Outstanding Player Award. She also was the Pac-10 Freshman of the Year in 2011.

Smith was able to attend some of Escobedo’s games while she was at ASU, as Smith used to live just outside of the metro Phoenix area.

“I was able to go to a few of her games and watch her pitch,” Smith said. “She also used to come to some of my travel ball practices and pitch to us during batting practice.”

Escobedo played National Pro Fastpitch with the Pennsylvania Rebellion from 2014-2016, the Texas Charge in 2017, and Scrap Yard Fast Pitch from 2018 to present.

She also is the pitching coach at Cal State Fullerton, and pitched for the Mexican National Team in the 2016 Softball World Cup.

“I just really like the way she carries herself and how talented she is,” Smith said.

Smith finished her freshman season at Highline with a record of 11-9, she says that her first season of college has taught her a lot about herself and is looking forward to what she and her fellow returning Thunderbirds can do next season.

“I have learned a lot about myself and my pitching abilities and what I need to work on,” Smith said. “I also learned a lot about the other girls and that once we all get on the same page we can go very far.”



Final Softball Standings

NORTH		
Team	League	Season
Bellevue	29-3	42-7
Edmonds	26-6	41-10
Douglas	23-9	37-12
Olympic	17-15	21-23
Highline	12-20	14-25
Skagit Valley	12-20	13-25
Everett	10-22	13-25
Shoreline Pierce	8-24	9-28
	7-25	11-29
EAST		
Team	League	Season
North Idaho*	27-5	38-9
Big Bend	25-7	34-13
Walla Walla	22-10	31-16
Wenatchee Valley	21-11	22-16
Spokane	16-16	21-22
Columbia Basin	14-18	17-21
Treasure Valley	13-19	16-31
Blue Mountain	6-26	6-34
Yakima Valley	0-32	2-35
SOUTH		
Team	League	Season
Mt. Hood	26-2	33-9
Centralia	21-7	30-13
Lower Columbia	19-9	30-13
Clackamas	15-13	27-27
SW Oregon	13-15	18-27
Clark	10-18	12-25
Chemeketa	5-23	11-34
Grays Harbor	3-25	3-31

*North Idaho wins NWAC

Individual Leaders

BATTING AVERAGE

Name	Team	AVG
M Schorn	Clark	.550
B Hocket	Centrailia	.533
O Dean	Centralia	.531
K Jantzi	Mt Hood	.525
T Dow	Bellevue	.515

RUNS BATTED IN

Name	Team	RBI
K Jantzi	Mt Hood	93
D Brooks	Centralia	86
T Dow	Bellevue	85
T McDowell	Bellevue	83
P Kaimi-Montira	Edmonds	79

EARNED RUN AVERAGE

Name	Team	ERA
M Mott	North Idaho	1.61
C McDowell	Bellevue	3.18
J Podskalny	Douglas	3.37
R Harris	Bellevue	3.55
A Giles	Walla Walla	3.81

WINS

Name	Team	W
M Pierce	Mt Hood	32
J Podskalny	Douglas	27
M Mott	North Idaho	25
C Robbins	Edmonds	22
D Brooks	Centrailia	22

‘Best team effort of the year’ for golf

By Grace Ellis
Staff Reporter

Highline’s golf team saved its best for last.

Recently, Highline’s golf team travelled to Dupont for the Northwest Athletics Conference League Championships and emerged with its best team score of the season.

The match took place May 19-20 at The Home Course in Dupont Wash.

All four of Highline’s players played at the match: Jenna Muller, Alyssa Metzger, Paige Mellum, and Shylee McConnell.

Mellum was able to recover

from her recently resurfaced knee injury, and played both rounds of the match.

Highline placed eighth out of the 10 teams, with an overall score of 527. Columbia Basin College won the tournament with an overall score of 469. Highline missed the seventh spot to Walla Walla by just three strokes.

Muller scored an 87 on Sunday, and an 84 on Monday. Metzger scored a 93 on Sunday, and an 89 on Monday. McConnell scored an 89 on Sunday, and a 94 on Monday. Mellum scored a 99 on Sunday, and an 85 on Monday.

McConnell’s score of 89 on Sunday was her lowest personal

score in competition this season. Mellum’s score of 85 on Monday was also her lowest personal score in competition this season.

Muller was named to the second team at the tournament after placing 20th out of all the female players, missing the first team by only a few strokes.

“[It was] the best team effort of the year,” Coach Steve Turcotte said.

“I had my best tournament round yet, and I’m happy to end the season on that,” McConnell said.

This was Muller and Metzger’s last season on the team as they will graduate from Highline this year.

“We all ended strong and had a great last experience to our season,” Metzger said.

The tournament also wraps up the golf team’s third year as an established Highline sports team. The coach anticipates entering the coming season with six players.

He has already recruited two more players for the coming fall season, and is hoping to recruit two more. The team starts practice in August.

“We’ll get them to train for the summer, and hopefully come fall, they will be ready,” Turcotte said. “We want to become a top five team,” he said.

2019 Legacy Awards announced last night

Every year, the Center for Leadership and Service hosts the Student Legacy Awards to honor the contributions students have created at Highline through their achievement as scholars and leaders.

The award winners were honored last night at a dinner in the Student Union that included friends and families of the recipients. The winners were:

Legacy Leader Award and Department, Program or Club

- Jonathan Williams**, #HorrorLife Club
- ELizabeth Gomez-Morales**, ACHIEVE
- Stephen Glover**, ACHIEVE
- Jullianne Plummer**, ACHIEVE Peer Navigator
- Selia Sosa**, ACHIEVE Peer Navigator
- Paras Singh**, Business Club
- Daniela Esan**, CASE
- Fereita Afereti**, CASE
- Chalisa Thompson**, CLS/MCA Student of the Year
- Cindy Arias**, Community Leadership Consultant
- Helen Mattson**, Community Leadership Consultant
- Nhung Nguyen**, Community Resource Consultant
- Jenna Yee**, Computer Science Club
- Melissa Wilson**, CRU Club
- Andrew Canino**, Cyber Competition Club
- James Watts**, Global Student Ambassadors
- Villinney Ea**, Global Student Ambassadors
- Justin Fokkema**, Health and Life Sciences Club
- Ricky Leung**, Health and Life Sciences Club
- Raghdah Alanae**, Highline Arabic Club
- Samara Fathi**, Highline Arabic Club
- Helen Pham**, Highline Navigator Program
- Caleb Chang**, Highline Table Tennis Club
- Thanh Vo**, Highline Table Tennis Club
- Bernadette Sheran**, ICC Peer Facilitator
- Louis Ihrig**, JSSOC Club
- Jasmin Contreras-Guevara**, Puente Club
- Leo Ramirez**, LatinX Student Association
- Maria Peña-Aguilar**, LatinX Student Association
- Fuifui Ah Kuoi**, LDSSA Club
- Jiatai Liu**, Math Resource Center
- Thuan Thi My Nguyen**, Math Resource Center
- Aby Colmenares**, MESA
- Gaebriel Wilson**, MOD Consultant
- Nga Nguyen**, MOD Consultant
- Jean Mulamba**, Model United Nations
- Noah Dorsey**, Model United Nations
- Dylan Pleasants**, Placement and Testing Center
- Murphy Diep**, Placement and Testing Center
- Lily Luu**, Public Speaking Center
- Mia Raygoza**, Public Speaking Center
- Jasmin Contreras-Guevara**, Puente
- Mary Kiando**, Registration
- Shalia Horne**, Registration
- Catherine Hauschild**, Respiratory Care
- Florence Bien-Aime**, Student Employee of the Year
- Michael Kimball**, Students Allied for Israel Club
- Lolita Washington**, SVA Highline Chapter
- Isabella Anderson**, Thunderword
- Reuben Gonzales**, Thunderword
- Emanuel Villafuerte**, TRiO
- Jan Mislang**, TRiO
- Adria Sutliff**, Tutoring Center
- Ngan Pham**, Tutoring Center
- Kim Brainard**, Unified Sports
- Micheal Zunick**, Unified Sports
- Alicia Nguyen**, Vietnamese Student Association Club
- Ngo Bao Huy**, VSA
- Nazar Pekhotin**, Way Truth Life Club
- Karina Hernandez-Diaz**, WISE
- Briana Kemple**, Women in Science and Engineering

Legacy Scholar Award and Department, Program or Club

- Jazmen Wright**, ACHIEVE
- Malia Thompson**, ACHIEVE
- Ricky Leung**, Health and Life Sciences Club
- German Platonov**, BSTEC
- Hassan Mohamud**, BSTEC
- Abbas Raouf**, Business
- Daniela Esan**, Hospitality & Tourism Management
- Emi Sueoka**, Hospitality & Tourism Management
- Faith Elder**, Journalism
- Mitchell Roland**, Journalism
- Xiuxiang Wu**, Mathematics
- Reece Keller**, MESA
- Ryne Maloney-Risner**, Respiratory Care
- Louis Ihrig**, Veteran Services

Sled dogs race to help during tough times

By Feride Aydin
Staff Reporter

It seems every dog owner believes that their dog is the best, but how many can say that their dog(s) have saved lives?

The topic at the History Seminar was Balto and the Great Alaskan Diphtheria Vaccine Run.

This seminar was on May 8. History Seminar is a weekly event at which Highline faculty, staff or guests speak on various topics of interest.

Ann Korn told her audience that the 1925 Serum Run to Nome, Alaska was 674 miles temperatures in negative degrees.

Nome, which is 143 miles from the Arctic Circle, has very cold and long winters. Their summers are brief and cool, Korn said.

“You can’t drive to Nome son,” Korn said, repeating an old saying about how brutal the weather can be.

After “three lucky Swedes” discovered gold in Nome in 1898, the town’s population skyrocketed to 10,000 people in 1899.

After the gold ran out, Nome’s population went back down to about 2,000.

Since then the population has been steady.

In 2010 it was reported that the population to be at about 3,598, Korn said.

In December 1924, one of the coldest winters on record, Dr. Curtis Welch placed an order for Diphtheria anti-toxin after discovering that the town’s supply had expired.

Sadly, his order did not come in on the last ship of the winter.

After several kids became sick, Dr. Welch became worried.

“Several kids came down with sore throats, which was not uncommon, and Dr. Welch thought it was tonsillitis, also not uncommon,” Korn said.

“Diphtheria was dismissed because it just didn’t seem like enough kids were getting sick. However, the next few weeks more cases came in and four of the children died,” Korn said.

After sending a telegraph to the White House asking for 1 million units of diphtheria anti-toxins, they realized that they would not be getting them in time.

Information came in that in a couple towns over they had the anti-toxin and were willing to give some to the people of Nome.

After having a town meeting, they decided to put Nome into



centralpark.com

A statue in Central Park, New York City, commemorates Balto for helping save many lives by sledding hundreds of miles to retrieve Diphtheria vaccines.

quarantine and do a marathon dogsled run to Anchorage Railroad Hospital.

There were a 20 more confirmed cases by the end of January, 1925.

“So, it was a unanimous vote for the dogs,” Korn said.

This emergency effort went on to be known as the The Great Serum Race of Mercy.

“The trip from Nulato to Nome usually took 30 days, although the record was nine days,” Korn said.

The record of nine days was not done in winter.

The mushers, who are the dogsled operators, only had about six days to make the trip before the serum would go bad.

“The serum was projected to last only six days before it would be bad because of the rural temperatures,” Korn said.

The temperatures, which were at a 20-year low would dip all the way down to -15 degrees or more.

The beginning of the run started at Nenana which is about 674 miles away from Nome. The first leg of the run was done by Wild Bill Shannon.

Lots of dogs died before they could even make it to their relay points and the mushers were injured.

After the serums were passed off from musher to musher, in the end Gunnar Kaasen got a

hold of the serums and when it came to his turn to pass it on to the next musher, he decided not to wake the musher up and finish the rest of the run.

They finished the run in a record-breaking five and a half days.

Kaasen and his dog Balto quickly became famous and labeled heroes, Korn said.

Despite being nationally recognized, Kaasen was met with backlash.

Many people believed that what Kaasen did was irresponsible and stupid.

Kaasen had a reputation among locals for being a “show off” and they believed that Kaasen put his sled dogs in danger for the fame.

It’s also believed that Balto was not the real hero but rather Togo, the lead dog of the first musher, is because they faced the harshest of the weather and due to the dog being 12 years old at the time of the run.

Despite the controversies, all the mushers and dogs were seen as heroes and Balto, when he died, was stuffed and remains in the Cleveland Museum of Natural History, the most prominent hero of the dogsled race that saved the children of Nome.

The next History Seminar is on May 29, and will be given by Teri Balkenende on Minoan Civilization.

Highline opens up with events on refugees

From refugee to migrant

By **Melissa Wilson**
Staff Reporter

Officially, there are no refugees in Asia. But you don't have to look hard to see that Asia is actually full of them.

Dr. Cabeiri deBergh Robinson gave a lecture on this topic last Thursday as part of Highline Welcomes the World Week. The lecture was titled No Refugees in Asia: How Some Forcibly Displaced People Became 'Migrants' instead of 'Refugees' at the end of World War II... and Why This Matters Today.

Robinson is an associate professor at the University of Washington - Seattle. There are a lot of refugees in Asia, just not according to the law, Robinson said.

She was very passionate about the topic and paced the stage in Building 7 as she talked.

The United Nations created its first Refugee Convention in 1951 in response to all the refugees created by World War II.

Some of the convention's members were worried that they wouldn't be representing all refugees. Unfortunately, they were correct, Robinson said.

This convention set up a standard for what makes a refugee. Unfortunately, this standard made it so basically the only people being recognized as refugees were those who had fled to Europe.

Robinson said that people usually think of refugees as negatively affecting Europe and the United States when they move in. But people don't realize the number of refugees moving south.

There are 65.6 million refugees globally, and most of them are in the global South.

While the convention was good and began to provide help to the refugees in Europe, there were millions of refugees in Asia and the Middle East who weren't even being recognized.

Asia's refugees were written off as labor migrants and not in the convention.

Some members of the convention argued that they shouldn't include Middle East-



ern refugees because that would make their scope too wide and bring too many people into the equation.

The convention decided that people with multiple nationalities didn't count as refugees because even if they were pushed out of one country they could theoretically still go to another.

The states of Punjab and Pakistan created a program to support 10 million refugees, but only for six months. After that they were refugees again.

The Red Cross and many religiously based organizations took on the job of caring for the refugees who the convention was unwilling to shoulder. They helped with resettling and documenting these people. They also set up camps for them to live in.

India and Pakistan have worked together a lot, Robinson said, in trying to find homes for their refugees. They have tried to restore refugees to their original homes. They even developed a new set of laws to help with this.

It has been a complicated process, but they are doing their best, Robinson said.

To this day, many of the refugees have not found homes. If no other country is willing to take in refugee groups, they remain homeless and roaming.

Robinson had two messages that she said she wanted attendees to come away with. The first was that displaced people need protection and rights. The second was that the unrecognized refugees need to be recognized.

Simulation shows trials and tribulations for refugees

By **Jesse Kindred**
Staff Reporter

Navigating the refugee process can be difficult at best, horrendous at worst a group of Highline students learned last week during a simulation hosted by Phi Theta Kappa.

The simulation was part of the Highline Welcome to the World Week in which students were encouraged to learn about the trials and tribulations faced by people fleeing their homelands due to war, political upheaval, or natural disaster.

To accomplish this goal, Phi Theta Kappa encouraged students to participate in a host of common issues faced by refugees every year. These issues included such things as family separations, language barriers, uncomfortable living conditions, and dealing with authorities.

Attendees began by learning how war and natural disaster can affect the lives of people's ordinary people.

The simulation had students separated into families and blindfolded. They were then spread about the room and on command expected to figure out some way to find each other.

This simulated the fear and uncertainty during power outages due to combat situations or sudden disasters like floods, earthquakes, large storms, and often simple poverty.

The next lesson learned was that living conditions are generally cramped and uncomfortable. Food and water tend to be unappetizing and scarce, respectively.

To illustrate this, the simulation put students in a crudely, but poignantly, constructed shelter. Under the cramped covered desk was a blanket just thick enough to soften the unforgiving floor.

This was coupled with the fact that students had to shift uncomfortably to fit around what limited supplies there

were. The supplies themselves were lackluster, being only one small can of tuna fish with unrecognizable writing, a can of spinach, and a bottle of water barely a quarter full.

As Highline students continued a day in a refugee's shoes they learned that crossing borders is a difficult business with many unforeseen complications.

Students were then asked to pick cards with subjectively important items on it. These things included items such as extra food and water, medical supplies, jewelry, sentimental heirlooms, a small stockpile of money, identification needed to cross the border, and more.

However, students learned life as a refugee isn't all that easy and as an example one important item had to be taken away.

This put refugee life in perspective for many students. One family lost all their money and another group had to make do without the medical supplies they needed to care for their elderly grandfather. This made students wonder how they themselves could possibly survive such a long journey.

However, students then discovered that crossing the border is only the first step in a long and arduous process.

The border was represented by a piece of string that separated the students from the large display of pizza, salad, fruit and other assorted snacks. These snacks were guarded by two Phi Theta Kappa members and reserved only for people who had finished the course.

This simulation helped students understand why many refugees feel uneasy around authorities and why they are so eager to get past the border. Attendees were enthusiastic about getting to the food, but unsure if they would have the requirements to get past the guards.

The hardship only surmounted as student families learned that their passports had to be confiscated. This meant that certain families wouldn't be able to cross the border in the first place even though they had gone through the entire course.

Students then began to feel what it is like to be stuck in an unfamiliar land far away from home and their original destination.

The process of integrating into a new country is often made more difficult by the fact that language barriers are often a major hindrance for people fleeing their homelands.

This final step proved the point by having the surviving families report to a student who spoke to them in entirely in the Russian language.

Students could not comprehend anything she said. Most students relied on hand gestures and body language to interpret her message. Others just smiled and nodded politely hoping that if they agreed with what she said then they would finally get to the pizza party.

In retrospect, she had been trying to tell students congratulations on passing the course and to enjoy the food. However, due of the language barrier, students just stood there in awkward silence hoping for some recognizable form of instruction.

This made students feel more sympathetic towards people who speak other languages. Language and the ability to communicate ideas is essential to human progress and many students looked absolutely helpless when confronted with an unfamiliar way of speaking.

Ultimately, the drop-in simulation helped attending students begin to understand that a refugee's life is one fraught with danger, uncertainty, and hardship, and yet filled with a great deal of courage and perseverance.

Continue the conversation on gender and sexual orientation

By **Dong Zual**
Staff Reporter

Queer Visions continues its celebration today, where anyone can engage in performance art and listen to voices on gender and sexual orientation diversity.

The first day of the two-day event was yesterday.

Queer Visions is part of a collaborative inquiry project exploring LGBTQIA+ inclusion

and empowerment at Highline.

The goal for Queer Visions is to get the campus talking about LGBT and making sure that students and faculties are comfortable by expressing who they are while at work.

"[We want to make sure] that we are not missing things that the community speaks out on — conversation, growth, and change," said Amy Rider, a mentor with the Pathway to

College program.

One of the many goals is to hear from these voices that might not be speaking out or have space to speak out and then find out specifically from this project what can be changed, she said.

"For example, should all the staff and faculty go to Safe Zone training or should [just] the students go?" Rider asked.

Queer Visions offers space to students, to explore themselves

and express their sexuality.

"It helps students feel more free to express themselves and also learn something, learn things about other queer folks too because it's such a wide spectrum we might just focus on a certain group but when you get to do a group project, you get to learn about different perspective," said Chino Gonzales, a former student and assistant teacher for Pathway.

The role that Pathway plays in the LGBTQIA+ community at Highline is important. It gives students space to explore their sexuality, express who they are and connect with others.

"For me, when I was going here it felt really unsafe, like I wasn't sure if I could be open and be out and it took a long time to get comfortable," Gonzales said.

The event is at 2 p.m. in Building 7.

HIGHLINE WELCOMES THE WORLD



BELONGING

Samuel Hernandez/THUNDERWORD

International education benefits all

By Alejandro Chavez
Staff Reporter

A lot of the cultural problems America faces today would benefit from an international education, Highline instructor and former Fulbright scholar said last week.

Samad Chakour teaches business on campus, and spoke during last week's Highline Welcomes the World presentation on refugee and immigrant experiences, and the benefits of learning from other cultures.

"The more we learn about each other and the more we learn about different cultures, it would be better to solve problem," Chakour said.

Chakour was a part of the Fulbright program and got to teach in Morocco.

He was part of a group of 25 people that taught in that area.

The Fulbright Exchange Program offers opportunities for students and faculty to begin study, research or teach worldwide.

He said he was very surprised and impressed by the students there.

They had good knowledge of not only what was going on in their country, but also around the world he said.

"As far as their global and

cultural awareness, they were very aware. They knew a lot about different cultures from around the world. They had a very sophisticated global perspective, so I was very surprised," Chakour said.

Chakour also had some struggles while getting used to their culture. They are very formal with their professors, so it was hard for them to open up to him, he said.

"Their relationship with their professors is very formal, and disciplined. I'm coming here trying to laugh with them treat them as friends, but I would face resistance from them," he said.

Chakour talked about how international education is important and how it should be thought of in the United States.

"We are lacking behind compared to European curriculums and some Asian curriculums. We need [students] to think with an international perspective. It's one of the best ways to build cross-cultural bridges and understanding," Chakour said.

To apply for Fulbright, you must already have a four-year degree.

Travel, food, and housing is all covered by the Fulbright program.

Day of events sheds light on life after incarceration

By Zyair Dillon
Staff Reporter

When individuals are sent away to prison for abhorrent behavior, they are expected to change their ways.

But society doesn't then make it easy for those who have paid the price and are trying to transition back in, one Highline student says.

And that can have a profound effect on both the individual and their family.

Decarceration Day, on May 30, will be a daylong event intended to bring to light the effects that incarceration has on families and the individual.

The event will host many speakers, who will highlight different aspects on incarceration.

"Incarceration is damaging to the mental health of the individual, causes disruption in the family and ripples into the community," said Louis Ihrig, president of the Justice Scholars Society of Change club, who are coordinating Decarceration Day.

"It's a punitive and retributive system... we are trying to shine light and show the issues that these systems are having on our society and also find some way to solve these issues because there is no element of restoration."

Ihrig said he thinks that our prison system needs a complete overhaul.

"We are trying to put Band-Aids on things that require stitches. Little fixes here and there won't fix the problem," he said. "We need a big sentencing reform because our goal shouldn't be too fill up prisons. If that's our goal, then that's not justice. We need to have a clear perspective of what justice is."

Ihrig said the current system takes a person out of their social network and puts them in a hostile environment where they can't heal or try to make up for their mistakes.

"Right now, we are putting people in prison and taking them out of their social networks and later try to reintegrate them into society," he said.

Ihrig wants to try to combat this by instead trying to rehabilitate them within their social networks or even just "to reduce sentencing."

"Right now, our system is set up with huge sentences and that's not tough on crimes, it's overkill. Justice is about balancing the crime and not about overkill with large sentences," he said. "One of the main reasons I started this club was not just to help people that were coming out of prison but also to give support to the families of the prisoners to help with



'We need to have a clear perspective of what justice is.'

-Louis Ihrig

the healing process."

"I don't think that victims shouldn't have a voice, but their needs to be room for healing and restoration and not just on the criminal's side, on the victim's side as well," he said.

"Most people eventually will get out of prison and the condition they will come out in is the scary part," Ihrig said. "We want a safer community, but we aren't doing anything to rehabilitate them and make sure they won't do it again."

Ihrig talked about some of the struggles that he had faced while he was incarcerated.

"I was incarcerated for eight years and one of the hardest things was seeing my family struggle and not being able to do a thing about it."

The United States has the world's highest prison population with 1 in 3 adults having been through the system in their lifetime.

"Other countries prefer not to put anyone in prison. They try to rehabilitate them within society instead of removing them from their social structures," Ihrig said.

Some organizations such as Boeing, Macy's and Nintendo profit from people going to jail through cheap prison labor and not only is it legal, but it is heavily encouraged by the government, he said.

"There are some organizations that profit off of detention centers and incarceration and to me making money from someone's confinement is wrong," Ihrig said.

Ihrig said that he faced many challenges in getting the event set up, but that "our biggest obstacle is time."

"My fear was that we wouldn't have enough people participating but we have a lot of people coming together to support this event," he said.

But he projects that Decarceration Day will be a huge success due to the effort the organizers are investing in the event.

"The thing that is the point of the most pride to me is that Decarceration Day is complete-

ly student-led by those who are directly impacted. And it's important for it to be that way," said Mary Weir, a criminal justice professor at Highline.

"Another great thing about this program is that you don't have to be an ex-prisoner to join the club, you could have a family member in prison or just know someone who was affected by the prison system," Weir said.

This first-ever Decarceration Day will take place next Thursday from 9 a.m. to 4 p.m.

There will be seven guest speakers who will talk, present workshops, and construct displays throughout campus.

Chet Hunter's talk, "The Remaking of a Man," will be in Building 7 from 9 to 9:50 a.m.

"Bridges of Life," presented by Judy Dutcher, will also be in Building 7, 10 to 11:20 a.m.

Tarra Simmons will give her presentation "From Prison to Lawyer: A Quest to End Mass Incarceration," from 11:15 a.m. to 12:15 p.m. in Building 25, room 513.

Lunch will be in Building 3, room 102 from 12:30 to 1:15 p.m.

Weir will give her presentation, "history of Education Inside Prison" in Building 2, from 1:15 to 2 p.m.

"From Slave System to Prison System" will be a workshop by Villainus from 2:10 to 3:10 p.m. in Building 2.

Speaker Che Dawson will talk on "Incarceration vs. Detention: Liberty in the Criminal and Immigration Context" in Building 2, from 3:20 to 4 p.m.

Finally, Amanda Diaz will be a backup speaker, for her presentation "Inside our Backyard: Immigration and Detention in Tacoma."

There will also be other colleges attending this event.

Lake Washington Technical and Tacoma Community College are just two of many that have indicated that they plan to attend.

"My fear was that we wouldn't have enough people participating, but we have a lot of people coming together to support this event," Ihrig said.

SOURCE shows off scholarly work

By Emmitt Sevores
Staff Reporter

Research by students and faculty at Central Washington University-Des Moines is exposing serious flaws in local school districts.

And on a lighter note, some research shows how to increase a dog's chances of being adopted from the local animal shelter.

These were just a few of the projects exhibited at CWU-Des Moines annual SOURCE event.

On May 14, CWU and Highline students, faculty and staff showed off their scholarly work for the Symposium of University Research and Creative Expression that was held in Building 2.

One presentation, by Chelsea Rivas, was called Accessibility Studies Capstone Research Project and it covered schools emergence response plans for fires, specifically for physically and mentally disabled students.

She conducted her research on schools in the Snoqualmie School District and found out some pretty alarming things.

One of the middle schools had a very troublesome plan for physically disabled kids in the event of an evacuation incident.

The plan is that kids with a physical disability must be



Chelsea Rivas

moved to the stairwell in the school and be left in somewhat of a safe zone.

They will be left at the top of the stairs while the sprinklers are on and will be forced to wait for emergency medical services to be extracted.

One parent who Rivas had talked to while conducting her research told her that she had given a certain staff member permission to pick their child up out of their wheelchair and carry them outside because they felt that was safer than being left inside the building.

"How is this legal?" Rivas asked multiple times throughout the presentation.

The Snoqualmie high schools plan was not any better.

It has six "chairs" around

stairwells in the school and students with physical disabilities would be removed from their wheelchair or scooter and put in the device then would proceed to be jolted down the stairs which puts their body in even more risk.

"These policies take away the child's sense of freedom... being removed from their chair or scooter feels like taking away their freedom," Rivas said.

Rivas said "The problem is that the buildings are made cheap and easy."

Rivas' proposed solution is to build a spiral ramp, like a parking garage, in the school to make it accessible.

Helping people with disabilities seemed to be a common theme throughout the presentations.

Jennifer Dopps did her presentation on why children from kindergarten through 12th grade who have experienced some sort of severe trauma need support.

James Richmond, a para educator in the Kent School District had a very particular focus on his presentation — Somali immigrants with autism.

His goal is to help deepen the Somali community's understanding of autism and how to be better prepared.

Dr. Grace Blum and Dr. Eric Hougan used their presentation time to talk about the lack of



Dr. Eric Hougan

teachers of color in the United States and specifically Washington state.

Less than 20 percent of the nation's teachers are teachers of color and Washington state fails to meet average only having 11 percent of teachers being a minority.

"Our studies have shown that students of color have been positively impacted by teachers of color," Blum said.

There were a variety of topics being presented. One of the those that stood out came from student Hikaru Shiraishi, who did his study on Dog Barking Frequency in Regional Animal Services of King County.

He studied four dogs at the Animal Service of King County to test his hypothesis that dogs

will bark less in a 10-minute period if they have a certain dog toy in the kennel with them. He decided to do this because of his love for dogs.

His hypothesis was proven correct with the results.

They showed that with a toy, dogs bark 84 percent less than the same dog without a toy.

Shiraishi said that people are less likely to adopt a dog that is barking in the kennel than a dog that is not because people want the more "well behaved dog."

The Regional Animal Service of King County is going to use Hikaru's idea in an effort to get more dogs adopted.

"It was fun to do my SOURCE project on something that was fun and that I found interesting," Shiraishi said.

"It gives students a very good opportunity to show off work that some had been working on for months if not a year," said Griff Tester, the director of SOURCE for CWU and associate professor in the Department of Sociology.

Tester said he believes that students were also able to improve on their communications skills because of how they had to present, especially with the poster presentations having to figure out proper responses to follow up questions.

SOURCE will return in the spring of 2020.

First-generation college grad talks about her struggles and triumphs through school years

By Alejandro Chavez
Staff Reporter

A first-generation college graduate recently spoke about her struggles being the first in her family to go to college and talked about how to overcome some of those obstacles.

Victoria Benavides spoke at the Owning Your Strengths lecture last Thursday.

Benavides is a chicana and a first-generation college graduate from Fresno, Calif. She has various degrees and is currently completing her doctoral degree at the University of Arizona.

She encouraged students not to be scared and to be active students.

She said that she felt like a different person when she was at school as opposed to being at home with family who had no college experience.

"Sometimes I would go home and talk about college with my

family and unfortunately sometimes the conversations would lead to things like, 'oh you think because you're in college that you know everything now,'" Benavides said.

She found that talking to her family about her school life was hard because they haven't gone to college.

Benavides asked her audience: "What motivates you?" She then had people turn and talk to others around them and answer this question.

Many people answered that family motivates them, but one woman answered that being at college she had an opportunity and she could achieve her dreams while using this college opportunity so, that is what motivates her.

There were various activities at the lecture. One was about writing a poem.

Students had 10 minutes to complete this poem and if they



'Don't stifle energy ... Listen to our students. We need to clear paths.'

-Victoria Benavides

wanted to they could share their poem with everyone.

"I am from the voice of reason, I stand up for people and animals," Willow Rainforest said, while sharing her poem.

At the end of the lecture Benavides spoke directly to the educators who were in the room. She let them know how to support their students.

She said educators need to help students, support them, guide them through tough times, and not to put obstacles in their paths.

"Don't stifle their energy. Don't [prevent them from using] the same tools that we want them to use. Listen to our students. We need to clear paths. Guide [students]," Benavides

said.

Benavides ended the lecture by introducing the hashtag #mijaswhocollege.

Mijas directly translates to daughters in English.

The hashtag means "daughters who college."

Benavides uses this hashtag to talk about the topics she used in the lecture.

Elections continued from page 1

“We kind of connected through afro society,” Abdulgani said.

Jama said that he hopes to inspire more people on campus to be involved, and that clubs shouldn’t be the only ones with a voice.

“Club leaders shouldn’t be the only people that are representing students,” Jama said. “You don’t have to be in a club to be a leader at Highline.”

Jama aims to find more

representation for students on campus, and said that when he was campaigning, he found that a lot of students didn’t even know that the Associated Students of Highline College existed.

Abdulgani said that he hopes to accomplish this by having “more festivities and workshops” that will bring students together on campus.

“More engagement,” Jama said. “Our vision is finding authentic representation.”

Jama said that he also wants to go into classes and try to recruit future leaders at Highline.

Neither Jama or Abdulgani will have input into the S&A budget for the 2019-2020 school year, but they will be involved in budget planning for the following year. The S&A budget is the students and activities budgets, and it funds student programs on campus from athletics to the Thunderword.

Jama said that while he hasn’t had a formal sit down for advice with current president Max Brown and Vice President Chalissa Thompson, they did give him tips when he decided to run for office.

For an ASHC council meet-

ing to officially begin, there must be at least five club leaders in attendance. Before their meeting on Tuesday, Brown and Thompson went around the Student Union to round up enough club leaders.

Jama said he hopes to change that in the future, so that more people can be involved in the meetings and will attend them.

But above all else, they said that he wants to work to help students on campus find their voice.

“It’s not us being their voice, it’s us helping them find their voice,” Abdulgani said.

Candidate continued from page 1

the new vice president of academic Affairs.

Dr. Broxson is the district dean of Natural Sciences and Mathematics at Pierce College in Lakewood.

Dr. Broxson said his biggest goal as a vice president would be to make sure that the community knew that they are welcome, even if it takes constant work.

“My vision for academic affairs is to increase access,” Dr. Broxson said.

Dr. Broxson said that the reason he chose Highline is No. 1 because of the diversity.

“Highline is the most diverse college in the country,” he said.

Dr Broxson is also big on providing the resources that people might need.

“It’s about treating people according to what they need. And it’s about taking the limited resources we have and tar-

geting them to the places where it’s needed, so everybody has an opportunity,” Dr. Broxson said.

After sharing his mission with Highline, he invited questions from the audience.

Many of the faculty and staff asked him questions about their fields, asking about how he could help them specifically.

After listening intently to their questions, Dr. Broxson answered their questions as generally as he could, without making in promises.

Something Dr. Broxson was adamant about was that he would have to investigate the issues more directly to go into more detail about fixing them.

He then asked the faculty and staff what they were most proud of and what they could work on as a college.

Most said that they were proud of how they worked as a team. Something they admitted they could work on in is that resources available to one group of people are not given to others.

Back to Our Roots tells the stories of Pacific Islanders and Native Americans

By Jonathan Beatima and Charvy Srey Staff Reporters

The Pacific Islander Club hopes to spark interest for the Asian American and Native American Pacific Islander Serving Institutions program with its third annual Back to Our Roots event on May 30.

The goal is to show students what their cultures are all about and them together as one. This will be accomplished through food, music, performances, songs and stories from different Pacific Islands. Friends and family are welcome.

“To present our roots of the Pacific Island culture, we tell stories of our homeland through dancing and singing,” Jedidiah Gera said.

“A lot of people don’t know who we really are and they tend to stereotype us when there’s way more to learn about who we are,” Moeifaga Kereti said.

Back to Our Roots will feature the Highline Pacific Islander Club and similar clubs from Pacific Middle School and Green River College.

The event will be catered by Lancer and feature traditional Polynesian recipes to submitted by club members.

The theme this year is: Stories of our Homeland. Participants will share myths, stories, and legends of the Pacific.

“Usually [it’s] just the Polyne-

sian islands, but this year we’re trying to include the Micronesian and Melanesian islands as well,” Club President Tevita Tupou said. “Performances will include skits, songs, stories, dances, and narratives.”

Highline Native American Storytelling Professor Roger Hernandez will give the opening speech.

It will be on the first floor of Student Union in the Mt. Townsend room, and admission is free. The event will be from 5 to 9 p.m. with doors opening at 4 o’clock.

The Highline Asian American and Pacific Islander Student Ambassadors, along with Tupou, have been heavily involved with the planning of the event this year.

Planning the event this year has been a little harder due to a shortage in faculty. Tupou said students have taken on more responsibilities such as ordering clothes, handling finances, and figuring out the catering situation.

Those efforts have shown the student ambassadors what it’s like to be a staff member of the school, Tupou said. They’ve learned a lot of responsibilities such as giving proper proposals for budgets and creating professional relationships with other organizations.

Highline’s Pacific Island Club communicates with similar clubs from Pacific Middle School and the University of Washington, Tacoma.

Malalelupe Samifua, AANAPISI’s retention specialist, also shared that they are involved

with the Polynesian Student Alliance at the University of Washington Seattle and the Pacific Islander Student Alliance of Green River College.

Tupou said the program has helped him personally stay engaged in school. The aspect he likes most about AANAPISI is the

comradery he has built with his peers.

“It’s been very enjoyable. It’s helped me through a lot of personal things. It’s like a family,” Tupou said. “Everyone is trying to support each other. We try to be vulnerable to build stronger community.”

Go Figure! answers

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King Crossword Answers

Solution time: 24 mins.

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Weekly SUDOKU Answer

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

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Building 26

continued from page 1

visory committee for work on the current Fitness Center. A few years later they asked him to teach one class. Now, he is a fulltime professor and the head of the PFT (Personal Fitness Trainer) program.

Vagen had originally gotten his undergraduate degree in education so “it actually worked out great,” he said. He said he loves teaching because he has gained so much knowledge from his years of work in the private sector.

“I need to share that before I forget it,” he said. “[I am] adding my input from the PFT side of the things.”

He is very intentional about addressing the needs of the PFT students.

“A lot of the equipment [in the current Fitness Center] has been my suggestion,” Vagen said.

His goal has been to make it more attractive to students.

“All three of us [Vagen, Smith, and another professor, Keith Paton] spent a lot of time thinking about what would fit the needs of our programs and classes,” Smith said.

They also investigated the needs of athletics and the general student and faculty population.

They visited other similar centers and met with equipment vendors.

They have tried to provide the most useful variety of equipment for the campus, Smith said.

“We’re opening to listening to requests [from students] for certain equipment,” he said.

Smith said the current space is, “very small. But I’ve tried to make it as functional as possible,” he said.

“[There is] just not enough space,” Vagen said. “[It is] overcrowded very easily.”

In the new center there will be, “a lot more space and a lot more opportunity to do a variety of workouts,” Smith said.

Smith said that the while the current center feels crowded with 25 to 30 people working out, the new center will be twice the size and able to hold many more people.

There is currently no room for what Smith called a “functional area.” This would be an open area for exercises that took up more floor space. The new center’s floor plan allows for this space.

In this area in the new center there will be a hanging punching bag, a TRX suspension system for suspended body weight exercises, weight sleds, battling ropes, medicine balls, and kettle bells.

Right now they are limited with how much equipment they can have Smith said. In the new center there will be room for much more.

“Space is the biggest factor,” he said.

In the new center there will be all new equipment for cardio and weight training, Smith said. This will include two rowing machines and two power rack lifting areas for squats and Olympic-style lifting.

Smith said that the current Fitness Center is “functional,” but a lot of the equipment is up to 25 years old.

There are currently limited options and accessibility for students with disabilities.

They are working on making everything in the new center meet all the safety and Americans with Disabilities Act (ADA) regulations with their spacing (such as providing room for wheelchairs to maneuver through the center).

They are adding new weight training equipment that will be accessible to people in wheelchairs. The seats on the equipment swing out to make room for a wheelchair and the controls are lower.

In the new center there will be an outdoor turf area for working out when weather permits.

“There were a lot of things we wanted and [we] very quickly realized that the space was still limited,” Smith said.

“It’s still gonna be too small,” Vagen said. “I would’ve wanted it even larger, but that space just doesn’t exist.”

No matter how big it is, it will still get crowded because there are so many people on campus, Vagen said.

The new Wellness Center will be very useful for the college’s athletes, Vagen said.

There will be all brand new equipment in the Wellness Center.

“Everybody likes new stuff,” Vagen said.

The current equipment is “pretty beat up,” he said, so he is excited about getting new equipment.

There are no changing rooms in the current center. But in the new center there will be one ADA accessible changing room and one traditional changing room.

In the current center there are no lockers and no secure place for students to put their bags and backpacks while they work out. But in the new center there will be secure resettable lockers.

This will make it more convenient, Smith said.

The current center is far from the gym and locker rooms which makes it inconvenient for students to go down and take a shower after they work out.

“We’re kind of far away right now,” Smith said. The new center will be much closer to Building 27 where the showers are.

Vagen, however, said that the current Fitness Center is convenient because it is in the middle of campus and “easy to use.”

“Because of its location we get every kind of student there; [we get to] see the diversity of our campus,” Vagen said.

“When it comes to fitness, guess what’s under the skin,” Vagen said. “It doesn’t matter, we can all work out.”

“I think a lot of students just aren’t aware about [the current Fitness Center],” Smith said.

To use the center you either have to be enrolled in a fitness class or register at fitnesscenter.highline.edu for open hours (1 to 5 p.m. Monday through Friday). Use of the Fitness Center is included in student fees, so it doesn’t cost any extra for students to use it.

The center is open to both Highline students and Central Washington University students.

Smith said that it is something students should “take advantage of.”

It is important for students to know that it’s open to everybody, Vagen said. He wanted students to know that they could ask questions in the center when they don’t know what to do.

Smith also stressed the im-

portance of people wearing appropriate workout attire when they came to the Fitness Center, especially with shoes.

Any level of exercise is great for people and it’ll help them be better students, Vagen said. He is a firm believer in the idea that being more physically fit makes you more intellectually fit.

In Building 26 there will also be a new PFT Lab that’s separate from the Wellness Center, Smith said. It will be an instruction space for the PFT students.

Vagen has been the main adviser in planning out what they need for the PFT students.

“I’ve been adding input to what we need [in Building 26] based on the PFT program,” he said.

Smith also wants PFT students to work as staff in the Wellness Center.

“I think I’ll be able to get the PFT students more involved in the Wellness Center than they are currently,” Vagen said.

He wants these students to be interacting with the center earlier in their program than they are at present.

They are also going to start

providing opportunities for PFT students to hold their own classes and demonstrations. They would do demonstrations for other students of how to do certain exercises.

“[It will be] good experience for them and good for students to learn from that,” Smith said.

Vagen said that they’ll also be able to utilize the new Wellness Center more for the PFT classes since there will be more space.

Smith said that there haven’t really been any setbacks and that “students have been very supportive.”

He also said that the Associated Students of Highline College (student government) have been very supportive in providing funding.

The architects and facilities people have been “very communicative,” he said.

“I’d like to say how exciting it is for our department to promote fitness and wellness on campus – [it will provide] great opportunities for students to take advantage of to improve their health,” Smith said.

“We are just dying for it to open,” Vagen said.

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STUDENT RESEARCH & Creative Works SYMPOSIUM

FRIDAY, MAY 31
Mt. Constance & Mt. Olympus

The Research and Creative Works Symposium is a celebration of Highline students’ work. The symposium showcases students’ academic accomplishments for the Highline community and the general public. It includes poster presentations and art exhibits.

GEOLOGY POSTER SESSION
8:30 am–2:45 pm

Join Highline students from geoscience classes as they exhibit their end of year projects. Topics include a variety of geologic issues such as local natural hazards, alternative energy, superfund cleanups, and Northwest rocks and minerals.

HONORS POSTER SESSION
12:15–1:15 pm

Stop by the Honors Poster Session, and show your support for honors students, as they share their individual and/or collaborative interdisciplinary research, creative expressions, and/or professional projects with the greater Highline College community. During the session, students chat with Highline community members about their projects.

SCIENCE SEMINAR
1:20–2:35 pm

Science Seminar is a weekly set of presentations by Highline faculty about an area in their field of expertise. The presentations are designed to illustrate the cutting edge of science, technology and medicine for a general audience. We invite you to attend the last Science Seminar, as we all engage with students and their scientific posters, as part of our end-of-year celebration of science at Highline.

Light refreshments will be available at each event

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