Genesis: New beginnings

Program aims to save women from the streets

By Adam Horner
Staff Reporter

A local non-profit organization is working to get women and girls out of prostitution. In operation since August 2011, the Genesis Project provides emergency housing for up to 72 hours, care facilities, counseling and rehabilitation for victims of prostitution, the prostitutes themselves.

"We provide hope for a new life," said Andrea Krook, marketing officer for the Genesis Project. "Most people in prostitution do not choose this life."

Multiple independent government agencies place average ages for entering the sex trade at 12 to 14 years old. With the average life expectancy for a prostitute at just seven years, some don’t see the age of 19.

"Many of my clients started in prostitution as minors," Krook said. "That makes it [licensing an underage prostitute] child rape."

A 2008 City of Seattle report estimated that 300-500 children were being commercially sexually exploited within the Seattle area. More than 1,000 women may be caught up in the trade.

Krook said that minors and young women are coerced, tricked and forced into prostitution by adults, often mid-20s males who claim to be in love with their victims.

Along with the emotional and physical abuse prostitutes cope with, many suffer substance abuse difficulties as well. Meth and heroin use is for "healthier food," Krook said. "That makes it [so-called] in prostitution as minors," Krook said. "It will encourage more businesses to come to Des Moines," Mayor Kaplan said.

The FAA has been looking to move its headquarters for the past three years.

"They wanted to consolidate their offices," Mayor Kaplan said.

They looked at 17 potential sites, where the cities had to submit proposals to the FAA about the relocation.

"We presented to the FAA in January. They were supposed to let us know in February, but they extended it," Mayor Kaplan said.

The General Services Administration assisted the FAA in choosing the site.

"The FAA did not choose the site, that was done by the General Services Administration," said Allen Kenitzer, FAA’s regional public affairs manager.

"GSA is working to finalize the contract as soon as possible, at which time specifics about the location and facility will be available," said Sally Mayberry, regional public affairs officer.

The headquarters will be north of South 216th Street and west of 24th Avenue South. The headquarters is project ed to open during the summer of 2017.

Time to bee sneezin’

As the weather gets warmer and flora start blossoming, so does pollen, creating a sneezing spell for many. See story, page 8.

Chartwells serves up changes

By Zach Nunez
Staff Reporter

Highline’s food service vendor will change no menu until you order it.

Despite persistent grousing about the food offered on campus, unless the vender hears about it directly, little will change, the manager said.

Chartwells, Highline’s food service vendor, can choose to stock Highline’s cafeteria with just about anything it wants, but the lack of student input leads it to make the decisions on its own.

The only requests it has received is for “healthier food.”

But as Director of Food Services Sandy Gonzales said, “Kids say they want healthy food, but I’m selling the most chicken strips I’ve ever have.”

Gonzales also said that despite persistent grousing leads it to make the decisions on its own.

While the FAA won’t greatly increase the tax base, city officials hope that the new facility will attract collateral businesses to Des Moines.

"We provide hope for a new life," said Andrea Krook, marketing officer for the Genesis Project. "Most people in prostitution do not choose this life."

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See Food, page 16

See Sex, page 15
Thefts see heft increase

By Bryce Sizemore
Staff Reporter

Theft of valuable items is a persistent problem both on and off campus, said Jim Baylor, director of Public Safety and Emergency Management.

“Theft is not going to be eradicated, but we can work within our capabilities to provide a safer campus,” Baylor said.

Textbooks, laptops and cell phones that are left unattended are targets for thieves. Students should be especially vigilant in Building 29, where a larger concentration of thefts occur.

If one of your possessions is stolen, do not pursue the thief.

“The potential is there for personal injury if you confront a threat,” said Baylor.

Instead of chasing a thief, contact the police or Public Safety.

Safety practiced on campus

A fire drill was successfully conducted in Building 26 on the afternoon of April 16.

Fire drills are done to ensure that staff and faculty are well rehearsed in procedures and students understand how to evacuate.

Public Safety conducts such drills on five or six randomly selected buildings throughout every quarter. Drills are not conducted on the first week of the quarter, during midterms or during final exams.

Public Safety Sergeant George Curtis said that fire alarms might not be used exclusively for fires. He said that in other emergencies, such as earthquakes, the fire alarm might be used to ensure the evacuation of students and the response of the fire department.

Incoherent man waits for bus

A Public Safety Officer was flagged down by a student who complained about a male yelling profanities at passersby near Building 29 on April 22. The man was standing at the bus stop and not on Highline property.

The individual boarded a bus shortly thereafter.

Application now available online

By Bogdan Koval
Staff Reporter

The deadline for students to submit their Highline Foundation scholarship application forms is May 8, for the 2015-16 academic year, that begins with the Fall Quarter and the process should be easier this year, since the scholarship application is now online. The scholarship is one way to help cover education costs and unlike a loan, does not have to be repaid. The scholarships vary in size and application requirements.

The scholarship application process is separate from the application for the federal and state financial aid and students can search for scholarships year round. Deadlines are spread throughout the year.

The purpose of the scholarship application going online was to help make the application easier for students and to increase number of applicants, said Rachel Jamison, development specialist. The money comes from private donors in the community. The donors are given the choice of selecting what field their money will be given to.

There are no minimal requirements beside some scholarships which need a minimal GPA average of 2.0.

“This scholarship is for people who require financial aid. It’s a merit-based program available even if you don’t possess the best GPA,” Jamison said.

Foundations scholarship applications are is available at http://www.funds.highline.org/scholarships.php.

Statistics are important in math, prof says

By Jenn S. Tran
Staff Reporter

Learning and understanding statistics is critical in helping understand higher levels of math, a Highline instructor told last week’s Science Seminar.

Dr. Helen Burn used a deck of cards and a penny to illustrate statistics and randomization. These aren’t popular areas of study, but it has been proven that statistics have become more needed as time has gone on, she said.

With the penny she provided, she had the audience flip the coin a total of 12 times, then after recording the data she asked “Why didn’t we get 50-50? If you only do things a few times, the pattern won’t show up,” Burn said.

The next example was to sort a deck of cards into piles of red cards and black cards then shuffle. Then taking that deck and randomly picking out 12 cards, the audience was asked to see how many of each color they would find in their stack. After recording data onto a point graph, she expressed the importance of statistics.

“They build understanding of core logic,” Burn said.

The next Science Seminar on May 1 will be about land slides in Washington, presented by Highline instructor Carla Whittington from 1:30-2:40 p.m. in Building 3, room 102.

Buy discounted wedding dresses

Brides for a Cause is hosting a Seattle Road Show on May 7 - 9 at the Des Moines Beach Park Auditorium.

The auditorium is at 22300 Cliff Ave. S., Des Moines.

The event will have more than 500 discounted wedding dresses for sale.

On May 7, a VIP sneak peak, where a bride plus one guest can come scope out dresses. Tickets for the sneak peak cost $20.

On May 8 and 9, starting at 10 a.m. and ending at 4 p.m., the sale begins.

DM councilwoman resigns her post

Jeanette Burrage resigns from the Des Moines City Council following allegations of her assaulting a special needs student that was riding the school bus Burrage was driving. She has been charged with assault.

Burrage resigned from the city council on April 22. The assault happened on March 10. Luna Bangs has filed to run for Burrage’s empty city council seat.

Learn about films in late start class

A 2-credit late start class is set to start May 4.

The class, Society in Film, meets on Mondays from 1:30 to perform a piece of writing.

If interested, the item number is 4298.

Show your skills off at open mic

Perform or just listen at the open mic hosted tonight from 6 to 8 p.m. in Building 8, the Mt. Constance and Mt. Olympus rooms.

The event will feature rapper Sharp Skills and local non-profit performing arts group, Fresh Roots.

Students, faculty, and staff are encouraged to come by and perform a piece of writing.

If interested, the item number is 4298.

MaST hosts writers

Show off your skills or gain some new insight at the MaST Center’s annual writers’ workshop on May 2 from noon to 12:45 p.m.

The MaST Center is at 24203 Beach Drive S. in Redondo S.

Hosted by Susan Landgraf, an English and journalism professor, the workshop will help writers find their voice by discussing connections.

Enjoy Mother’s Day with art

Celebrate Mother’s Day with the Elohist Club on May 4 and 5 in Building 10, rooms 205 and 206, from 1 to 4 p.m.

The club aims to spread the love of God the father and God the mother through weekly meetings.

Refreshments will be served as guests look at the art throughout the pop-up gallery.

“We’re expecting 200 people because we know people love their mother,” said Hope Viena, the club president.

Earning up to $770 in Amazon gift cards!

For more information:
Contact Project Transitions at the University of Washington by calling 206-543-0010, emailing litlife@u.washington.edu, or visiting blogs.u.washington.edu/litlife or facebook.com/PjTTransitions. See if you’re eligible by scanning the QR code to the right!

Application now available online

The purpose of the scholarship application going online was to help make the application easier for students and to increase number of applicants, said Rachel Jamison, development specialist. The money comes from private donors in the community. The donors are given the choice of selecting what field their money will be given to.

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Foundations scholarship applications are is available at http://www.funds.highline.org/scholarships.php.
Greenhouse gets greener with renovations

By Bryce Sizemore
Staff Reporter

Renovations to the Highline greenhouse will make the structure both more and less green.

The worn-down plastic greenhouse will be gutted and outfitted with modern facilities befitting of a top-notch health care education facility, Holldorf said.

Building 26 is not the only project on the college’s wish list for the next several years. Renovations for Buildings 23 and 25 are next on the agenda.

From 2020-2023, a single building to replace Buildings 6, 15, 17, and 18 could be designed and constructed. The building would be similar to Building 29, which houses faculty offices, classrooms and other programs in one large building.

The long-term plans for the college include the removal of almost all single-use buildings, and the construction of larger, multi-storied buildings that would leave more open areas on campus.

The new Building 26 would allow the college the chance to update or continue some of its older buildings.

Holldorf said that right now, Buildings 5 and 11 are in the worst condition of any on campus. Both buildings house faculty offices. Faculty would move from those buildings into new spaces in Building 26.

New student assembly areas are a part of a possible design for the building, where group-learning activities could take place. The construction of more faculty office spaces is also included in the plans.

The campus’s biology labs would be moved from their location in Building 12 to the third floor of the renovated building.

Chris Gan, coordinator of the Biology Department, said that increased biology space could lead to a larger program.

“Historically, we could have offered more sections of allied health classes, particularly BIOL 241 and 242, if we had another anatomy and physiology lab,” Gan said. “However that’s only part of the equation as we would also need to hire the faculty to teach those classes.”

“It’s very difficult to find qualified and vetted instructors, not to mention the funding to hire more faculty, specifically full-time faculty, as we rely far too heavily on underpaid adjuncts at the moment,” she said.

The Tutoring Center could also have a new home under the plan, Holldorf said. A minor renovation to the sixth floor of Building 25, the Library, could allow the center to move from its location in Building 26 to better facilities.

Highline had to request funds from the state capital budget to cover the cost of the Building 26 renovation.

The capital budget is voted on by the Legislature. It pays for construction projects and new equipment for all state agencies. Both the House and Senate have their own versions, and to pass a final version, disputes between both chambers must be resolved before Gov. Jay Inslee signs the final budget.

The design of the new Building 26 will cost $2.9 million, which is included in current versions of the capital budget.

“The cost for the renovation is projected to be $22.85 million,” said Holldorf.

“If you allow us to spend $25 million, we’ll come back at the end of 2019 and demolish 5 and 11,” Holldorf said.

Updated, energy efficient buildings are a big part of asking for funds, said Holldorf. He explained that upgrades to make the campus more energy-efficient often pay themselves back within one to six years in utility savings.

Holldorf said that after the University of Washington-Tacoma wrote a letter attesting Highline’s need for a renovation, it is possible that the university could have a presence on campus in Building 26, much in the way Central Washington University has a presence in Building 29.

This is the third time Highline has attempted to secure funds for the design of a new health and science building from the state, and the first time it has been on the final versions of both the House and Senate proposals.

International students face language barriers

By Yui Fujiwara
Staff Reporter

Ninety-seven new international students began to study at Highline this Spring Quarter. An International Student Program official said the majority of those new students are from Japan, with 42 Japanese students enrolled.

The total number of international students enrolled is 490.

The most popular major for them is Hospitality and Tourism Management, where international students make up a majority of those enrolled in the program.

Mina Ooka said Japanese students take hospitality classes because the major is not commonly taught in Japanese universities.

Most of those students want to work at hotels or airports. They want to improve their English communication skills and the notion is that studying abroad is great way to do it.

However, it can be difficult for international students to take classes taught in English.

“We need a TOEFL [Test of English as a Foreign Language] score, a TOEIC [Test of English for International Communication] score, GPA and an essay for studying abroad,” said student Nao Des.

Many are nervous about taking classes taught in English. They are not used to taking notes in the language, so it is difficult for them to catch all the important terms that a professor may use.

Another source of frustration for international students is being able to cope with the commute to the college.

Most of them participate in Homestay and do not have their own cars. Homestay students live with local families to learn about American culture in their daily lives.

The students spend time and money just getting to and from campus, with commutes of 30 minutes or more that involve heavily relying on public transportation.

College officials estimate living expenses for participants at $30 per quarter. The overall cost for an academic year is in the realm of $18,000. A student taking six quarters of study at $4,333 per quarter at Highline, which is included in current versions of the capital budget.

With plant propagation made much easier, the college may offer more botany-based classes, Barclay said. The improvements mean that the annual plant sale could resume next spring.

“This is a great opportunity for students to take plant classes,” said Barclay.
Puzzles

**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 3-by-3 square contains all of the numbers from one to nine.

**DIFFICULTY THIS WEEK:** ★★☆☆☆

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**King Crossword**

ACROSS

1. Binge
2. Founded (on)
3. Stir-fry need
4. Eggs
5. Scent
6. Rich
7. Quasi-modo’s workplace
8. Shelter, at sea
9. Flightless bird
10. Kevin of “SNL” fame
11. They give one pause
12. Faucet problem
16. Skier’s hill
17. Protein-rich beans
18. Felon’s flight
19. Move back and forth
20. Lifts to test the weight
21. Thanksgiving veggie
22. Adam’s mate
23. Meinows
24. Went sightseeing
25. Ink stain, e.g.
26. Aries
27. King’s stars
28. Corolla
29. Macadamize
30. Watched
32.尿布

DOWN

1. Task
2. St. crosser
3. Guy’s companion
4. Bruce
5.alter ego
6. Stirring
7. Boar’s mate
8. Candle count
9. Oboliterate
10. Hockey surface
11. Parking lot device
12. Deity
13. Sandwich cookie
14. Acute
15. Moon vehicle
16. Has a bug
17. Moondog
18. Reed
19. Instrument
20. How pilgrims progressed?
21. Remuneration

Answers:

1. A bale
2. Astronomy
3. Scotland
4. Louis XIV
5. Nine
6. John F. Kennedy
7. Charlie Chaplin
8. Penultimate
9. Shoulder blade

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**Trivia Test**

8. MOVIES: What early movie star made a career based on his portrayal of “The Tramp”? 9. LANGUAGE: What word describes the next-to-last event or item?

**Answers:**

1. A bale
2. Astronomy
3. Scotland
4. Louis XIV
5. Nine
6. John F. Kennedy
7. Charlie Chaplin
8. Penultimate
9. Shoulder blade

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**GO FIGURE!**

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:** ★★☆☆☆

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**Weekly Astrology**

ARIES (March 21 to April 19) The Lamb is usually excited about taking on a new challenge. But if that’s a touch of doubt you’re feeling, may-be it’s you telling yourself to go slow on this until you learn more about it.

TAURUS (April 20 to May 20) Accepting new commitments when you haven’t yet finished the batch on hand could be a bit rash. Better to ease up on the new ones until you get further along with your current lot.

GEMINI (May 21 to June 20) Reward yourself for what’s sure to be a dynamic week with a getaway to someplace wonderful, hopefully with a wonderful someone. You’ll return refreshed and ready for what’s ahead.

CANCER (June 21 to July 22) Some people might be anxious about your plans. So you need to take time to explain what you expect to do and how you expect it to. Don’t forget to ask for suggestions.

LEO (July 23 to August 22) Dealing with an unfamiliar problem can be difficult. The wisest course you can take is to ask for advice from those who have been where you are and have come through it. Good luck.

VIRGO (August 23 to September 22) Tackle a frustrating job problem by considering possibilities you might have ignored before. This reassures colleagues you’re serious about finding a solution, even if it’s not totally yours.

LIBRA (September 23 to October 22) Your balanced approach to life proves to be helpful this week when someone you care for needs your spiritual comfort, while someone else benefits from your tough-love practicality.

SCORPIO (October 23 to November 21) Once again, you’re likely to be asked to keep a secret for someone. But do you really want to do so? Be honest with yourself and with your needs before you make any such commitment.

SAGITTARIUS (November 22 to December 21) Taking a more direct approach from the more diplomatic one you’ve used before could make a difference in finally resolving a too-long-held disagreement. Try it.

CAPRICORN (December 22 to January 19) Being asked for advice is flattering to the Sea Goat, who has a habit of saying the right thing. This time, expect someone to be especially interested and to act on that sentiment.

AQUARIUS (January 20 to February 18) With a number of pressures easing, your project could be making a lot more progress than you expected by this time. That’s great news. But don’t let yourself be distracted; stay with it.

PISCES (February 19 to March 20) An interesting challenge looms that could be exactly what you’ve been looking for. Discuss this with colleagues who could have much to contribute and who might want to join with you.

BORN THIS WEEK: Your heart is always open to offer loving concern for others. And they, in turn, reach out to complete the circle.
City brings songs of summer

By Angelica Somera
Staff Reporter

The kickoff of Des Moines’ annual Summer Concert Series will be somewhat of a homecoming, for the first time.

Joey Jewell, who retired after working for the city for 37 years, will return to present his crooning style at the July 1 series kickoff beginning at 7 p.m.

Jewell will perform songs by Frank Sinatra, Bobby Darin and Michael Bublé.

He enjoys playing the outdoor concerts because, he said, most are free to the public and many people will get to attend who otherwise might not be able to afford to see a show.

And he is excited to come back to Des Moines and reconnect with old friends.

I’ve played many shows in the area, especially in Des Moines. I worked for the City of Des Moines for 37 years at the marina and was involved in many special events over the years,” he said. “I’m really looking forward to performing in Des Moines again and see old friends.”

Jewell’s lounge act sound will give way to another act with Des Moines connections, this one featuring City Councilman Matt Pina.

A spokesman for the high-energy classic rock band, Uncle Ernie, said, “[they] love Des Moines” and are excited to play at the Beach Park venue on July 8.

The spokesman said it is the band’s first time performing at this particular venue.

“Outdoor shows have more of a concert feel. That’s what makes them fun,” he said.

The band wants its audience to know that the Tubaluba performance is that participation is 100 percent encouraged.

“It’s going to be fun and participatory. We try to make our shows a bit of a celebration. Everyone is encouraged to dance, sing and parade. You can definitely sit and take it all in, but we encourage participation,” he said.

Playing outdoors can be different than playing inside in a club, he said.

“The atmosphere is different playing outside. People tend to be ready to hang out and take in the usually beautiful Washington summer night,” Wilson said.

For Tubaluba, the audience also has an effect on what kind of music it plays.

“It’s way more likely there will be a wider range of ages than in a club, which means we will play more things geared towards older and younger people,” Wilson said.

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Any interested in participating in the program can contact Hilton at THilton@highline.edu.
Dr. Glover teaches value of opera

By Clara Bell
Staff Reporter

Dr. Sandra Glover once had grand dreams of becoming a professional opera singer, but motherhood got in the way.

Her dream dashed, she was able to finish her schooling with a degree in vocal pedagogy and for the last 15 years here at Highline she has been helping students realize their dreams, whether it be as professional artists, lawyers, or CEOs.

These days she concentrates on mothering the ambitions of budding musicians and using her knowledge of opera to advance an appreciation of the arts.

Several of her students have achieved their dreams of becoming professional artists.

One student Dr. Glover is particularly proud of is Kel by Ferguson, a soprano now in the Young Artist Program at San Francisco Conservatory of Music.

Out of 638 singers to apply to the prestigious school, Fer guson was one of only 14 applicants accepted.

Dr. Glover’s emphasis on using opera to expose her stu dents to various arts is appar ently paying off.

Wings N Things soar into Auburn Ave Theater

By Jeff Rowden
Staff Reporter

The music of Paul McCa rtney and Wings fly into the Auburn Avenue Theater in Auburn this weekend.

Wings N Things is a local tribute band that performs the music of rock-and-roll icon Paul McCartney. McCartney is famously known for his role as bassist, vocalist, and co-writer of Wings as well as having a vast solo career and fronting the rock band Wings.

Wings N Things is a five piece rock tribute band based out of the Shoreline area and has been playing together since 2010.

“Wings were already so many Beatles tribute bands out there, but nobody has really covered Wings,” said Marc Mongagnino, vocalist of the band. Mongagnino is a huge Beatles fan and was inspired to start the band after attending a Wings concert.

“Wings are a great band, but they are not as well known as the Beatles,” Mongagnino said. “But Wings N Things is more than just a Beatles tribute band. We perform a wide variety of music, from classic rock to pop to country.

“Wings N Things is a Paul McCartney tribute band who perform music spanning his entire career. We aim to capture the essence of his music and bring it to life for our audience.”

Meanwhile, the performance of Romeo and Juliet is revived in a thrilling musical presentation of the tragic love story, incorporating all aspects of the arts, giving students the chance to expand their vision whether music related or not,” she said.

Opera began as a means of presenting Greek tragedies and continues to evolve as older productions such as Romeo and Juliet are presented with modern translations utilizing modern technology to make them more accessible and digestible to today’s audiences.

Dr. Glover recently sent her students on an assignment to see a production of Romeo and Juliet at Tacoma’s Pantages Theatre. It featured a cast of local professional performers as well as "one of the most beautifully designed sets, particularly the lighting," that Dr. Glover described as "absolutely stunning."

"Beyond the sets, what makes opera unique is the time spent drawing out single emotions," she said.

"Everything is bigger than life," Dr. Glover said.

Dr. Glover is showing that attending such shows encourages students to expand their horizons. They are able to observe and enhance their techniques in the arts by watching and taking note of how the professionals do it.

With that in mind, Dr. Glover plans to continue taking her students to various shows in the region, and not just limiting them to performances in Tacoma, but planning to attend the Seattle Symphony, local universities, and high schools.

She does not give up hope on the ever changing next generation of student performers. Somewhere amongst those beginning students, may be the next Pavarotti.

Students interested in attending future shows can visit Dr. Glover in her office in Building 4, room 103.

Dr. Glover teaches the value of seeing and understanding opera.

"Many students say they love going to the opera because it incorporates all aspects of the arts, giving students the chance to expand their vision whether music related or not," she said.

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April 30, 2015 | Highline College | Arts
Get healthy: Stand up and fight ‘sitting disease’

By Darin Smith

Historically, humans were built to move.

Our early ancestors weren’t as fast or agile as the four-legged animals that they hunted for food, but they were excellent at walking. They learned that they could use their greater endurance to outwalk their faster prey until they were worn down and easy to kill. Allergy season is at its peak during the springtime and the reason is because “more plants are having sex,” said Woody Meses, professor of biology and environmental science at Highline.

“Pollen is plant sperm,” said Gerry Barclay, professor of biology at Highline.

“In order for many plants to reproduce, pollen must be transported from a male plant to a female plant to fertilize the female plant’s eggs. Pollen can be carried between male and female plants by wind, bugs, or birds. This act is essentially plant intercourse, and the origin of the term “the birds and the bees,” Moses said.

“The plants that give us the most problems are the ones that are produced by wind,” Barclay said.

“From the end of winter to early spring is the time that tree pollen is most heavily in the air. ‘Trees are tall and large, so when pollen is released, it’s kind of like a fog,” said Dr. Frank S. Virant, Allergy Division chief of Seattle Children’s Hospital.

“Trees are covered with yellow/green pollen,” he said.

“Pollen is plant sperm,” said Pemberton.

“The levels of pollen in the air from trees can be 30 to 50 times higher than the pollen from grass and weeds during their season of pollination, Dr. Virant said.

“Allergies are your body’s immune system responding to foreign elements,” Moses said.

“When the body is exposed to an allergen, it releases chemicals like histamine that trigger immediate reactions.”

“Histamines causes the typical clear runny nose, sneezing, itching associated with exposure to pollens,” Dr. Virant said.

“It is unknown what causes allergies, but allergies can be genetic.

“If one parent has allergy, the risk for a newborn is 10 percent. If both parents have allergy the risk is doubled to about 80 percent,” Dr. Virant said.

“This is when everyone’s car is covered with yellow/green dust,” he said.

“The pollen we’re wearing down and easy to kill. We don’t have to work as hard to survive, we have more free time than previous generations, and we’ve advanced our technology to the point where we don’t need to lift a finger to do anything.

“...70 percent of the waking day for many people may be spent in a sitting behavior. Almost half of the U.S. population reports sitting for more than six hours a day.

“According to the Centers for Disease Control, only 48.8 percent of adults meet minimum physical activity recommendations, 37.5 percent engage in insufficient activity, and 13.5 percent are considered completely inactive.”

“Even our kids are inactive. Only one in three children are physically active every day." Researchers have found a strong association between prolonged sedentary behavior and a long list of negative health outcomes and risks for chronic diseases. Many medical professionals have referred to this link between sedentary behavior and poor health as “sitting disease.”

“Sedentary behavior can cause heart disease, which is the No. 1 cause of death in the U.S.” Prolonged sitting leads to suppression of an enzyme known as lipoprotein lipase, which results in elevated triglycerides (blood fats), blood glucose, and LDL (bad) cholesterol levels. Combined with greater risks for obesity and high blood pressure from the lack of physical activity, these factors contribute to damage to the heart and blood vessels that may cause heart disease, heart attacks, and strokes.

“In addition, sedentary behavior has been linked with increased risk of certain cancers, type 2 diabetes, obesity, poor circulation, muscle/bone/joint problems, poor mental health, and shorter lifespan.

“Research carried out by Biswas et al. (2015) determined that “Prolonged sedentary time was independently associated with deleterious health outcomes regardless of physical activity.”

“Many have called prolonged sedentary behavior “the new smoking.”

“Exercise may not counteract the negative effects of sitting all day.”

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“The good news is that there are plenty of things you can do to avoid sitting disease.

• Reduce sedentary time. Identify your sedentary behaviors throughout your daily life and see if you can reduce or eliminate them.

• Take frequent activity breaks during the day (at least 5-10 minutes every hour). Studies have shown that incorporating small periods of standing, stretching, or physical activity can effectively break up periods of sustained sitting and can help remove some of the dangers of sitting disease.

• Stand when using the phone, tablet, or TV. Get in the habit of standing or actively moving when engaging in these day-to-day sedentary activities. At work, request a standing desk so you don’t spend 6-8 hours a day glued to a chair.

• Build some fun into your routine to learn to dislike inactivity and embrace your nervous energy.

• Incorporate more "lifestyle physical activity." Park farther away, walk or bike to work or the store if possible, find more active hobbies and recreational pursuits, and of course, always take the stairs instead of the elevator.

• Get more exercise. Recommendations vary, but the 2008 Physical Activity Guidelines for Americans recommends that adults participate in at least two hours and 30 minutes (150 minutes) a week of moderate-intensity aerobic physical activity and at least two or more times a week of muscle-strengthening activities for health benefits.

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Darin Smith teaches physical education at Highline.
By Charles Prater
Staff Reporter

The softball team moved up to third from fourth place in the West Division after winning three of their last four games.

Hayline, 8-4 (13-15 overall), went 3-1 over the weekend in conference play to move closer at a chance for a spot in the playoffs.

The T-Birds played a doubleheader against Grays Harbor, 3-7 (3-17 overall), winning a close first game with a score of 7-6.

The second three innings of the game for the Chokers were scoreless as Highlines’ defense and pitcher Emma Seymar did a great job.

And to score the only run in the six inning was very important for the T-Birds.

With a runner on third, Hay hit a sacrifice fly to allow Cheyanne Haas and Craddock.

Grays Harbor came back in the fourth inning to score three innings to tie the game.

As both teams scored three runs in the seventh inning, the sixth inning was very important for the T-Birds.

With a runner on third, Haas hit a sacrifice fly to allow Seymar to score the only run in the inning.

Paige Hughes was walked, giving yet another score to Highline, with Hass coming in.

Two more singles were hit by both Hayley Craddock and Emma Seymar before Sperlich was up at plate only to be walked again.

Grades Craddock went home to score Highlines’ first run before their third out of the inning.

“We came into the game with a really good attitude,” said Rippingham.

“We knew we could beat them so we just did enough in the first game to win,” said Rippingham.

“In the second game, we stuck together, kept our eye on the prize and got the win,” said Rippingham.

The T-Birds have a rough schedule ahead of them, playing in six road games.

Grays Harbor is the first doubleheader for Highline, Friday, May 1 at 1 p.m. and 5 p.m.

The next doubleheader is against South Puget Sound on Saturday, May 2 at 1 p.m. and 3 p.m., with the last one against Green River on Tuesday, May 5 at 2 p.m. and 4 p.m.

“Get to win, we have to stick together and play as a team and not as individuals,” said Rippingham.

Writer says race and class play huge part in sports

By Charles Prater and Zachary Nunez
Staff Reporters

Whether it was “optics” or social class that led to the Seahawks Super Bowl loss, Dave Zirin believes they both played a part.

Zirin is a political sports writer and an editor for The Nation Magazine, who came to Highline on Tuesday to give a lecture on how race, gender, and class affects sports today.

and the Seahawks’ last play in the Super Bowl.

“How many people know the Seahawks and watched the Super Bowl?” asked Zirin to start off the lecture.

Zirin went on to talk about how as sports fans, people are emotionally invested in our teams.

When the hometown team wins, people say, “We won,” not “They won.”

“Because we are so emotionally invested into our teams, the news and conspiracy theories hold a lot of power over us,” said Zirin.

“The third inning saw the T-Birds at their best, scoring six runs, the most they have scored in an inning all season.

The Grays Harbor pitcher struggled against the T-Birds in the third inning, walking five players.

Highline’s Sam Sperlich started things off by being walked and advancing to second after a wild pitch.

Jordyn Summers was next at bat, connecting on a double, driving in Sperlich.

Cheyanne Hass was walked and Rippingham hit a single to load the bases.

T-Bird Daysha Felipe was also walking, giving Highline another score with bases loaded again.

T-Bird Daysha Felipe was also walking, giving Highline another score with bases loaded again.

Hayley Craddock wins up for a pitch in the game against Pierce.

The second game against the Chokers saw the biggest output from the T-Birds this season since scoring 15 runs in a losing effort to Edmonds back in March.

Grays Harbor scored two runs in the sixth and seventh innings to make it 13-10, but Highline closed them out, scoring three more runs in the seventh inning, winning 16-10.

The T-Birds wasted no time in the second game, scoring six runs in the first inning.

Daysha Felipe hit a single to home plate to score Highline’s first run before their third out of the inning.

“We came into the game with a really good attitude,” said Rippingham.

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“Get to win, we have to stick together and play as a team and not as individuals,” said Rippingham.
Northwest Majors 7 attracted hundreds of gamers to Highline over the weekend, including a few local pro gamers.

Otto Bisno, also known as Silent Wolf in the Melee community, is ranked No. 1 in Washington and ranked 15th in the world.

Bisno won first place for the Melee singles tournament, fighting his way up the winners bracket.

“I feel amazing,” said Bisno soon after his win against PewpewU, a pro player from California, adding that he was still coming down from the excitement of his win.

Bisno, who grew up in Tukwila and went to Foster High School, has been playing games from the Smash Bros. series since he was in elementary school.

“I have come to three Northwest Majors and the regionals this is my first time winning a tournament of this size,” said Bisno.

Super Smash Bros. Melee is the second installment from Nintendo’s fighting game series, where popular Nintendo characters like Mario, Donkey Kong, and Link face off in an arena-style brawl. The game came out in 2001.

Kashan “Chillindude” Khan, who has been in the Melee fighting scene since its beginnings, said the game is still popular due its dynamic play style.

“The special thing about Melee is that it’s so unique. You see situations that you’ve never seen before every time you play,” he said.

Despite there being only a handful of characters used in the professional scene Khan said that there’s no end to the meta game and it’s constantly changing.

The meta game is a term used in e-sports to describe the current strategy used during play that has the best outcome.

Khan made an appearance in a 2013 mini-documentary series called The Smash Brothers, which examines the competitive scene of Super Smash Bros. Melee and its top eight players.

Khan is ranked 26th in the nation and placed seventh at Northwest Majors in the Super Smash Bros. single tournament.

“They [Nintendo developers] did not intend for it to be this deep,” he said.

Otto Bisno said even though the game has been out for more than a decade, it’s never too late to get into.

“It’s an art form. But I know people who thought it was too late to get into the competitive scene seven years ago,” Bisno said.

“There’s always going to be people at your level. There is still new players barely starting,” said Bisno.

Bisno is currently attending the University of Washington in Seattle and is sponsored by Game Clucks, a local video game tournament organization based out of Lynnwood.
DeVry leaving Federal Way

By Agatha Pacheco
Staff Reporter

Federal Way’s only college, DeVry University, will be leaving its location by the end of the year, but Federal Way leaders have not lost hope of attracting another college to the city. DeVry will be joining Highline, which also closed its Federal Way campus in 2009.

City Councilwoman Kelly Maloney has spoken out in support of the news that DeVry leaving does not cast any doubts on attracting new colleges to the city. “Everything is on the table,” said Maloney.

DeVry spokeswoman Susie White said that the announcement of its departure is due to a transition to an online-only education model. Maloney said that Federal Way officials are already in contact with city residents with the advice of Highline and DeVry.

“We’ve reached out to Highline for what were calling the University Initiative. We’d be looking at different programs than DeVry was offering,” she said. DeVry University’s Federal Way campus offered 44 degree programs which consisted of four associates of arts, 13 bachelor’s degrees, 10 master’s degrees and 13 graduate certificates. “It’s a part of a refocus on online only education. It is pending on the review of The Washington State Apprenticeship Council and The Higher Learning Commission,” said White.

DeVry has two locations in Washington, in Federal Way campus and in Lynnwood. Both are closing. Between both campuses there is 528 students total. “Fifty percent of students exclusively take online classes,” said White. “Approximately 15 percent of students take classes exclusively on-site at the DeVry University Federal Way campus.”

White said DeVry will not guide its students through the transition as best as they can.

Calm and relaxing view is a Highline campus perk

By Adam Horner
Staff Reporter

A King County Councilman says the Link light rail should reach Highline by following Interstate 5.

“I am supporting having the tracks cut over to I-5 and come back,” said Dave Upthegrove, District 5.

Light rail is a form of public transportation using trams that operate in municipal areas. Link light rail currently stretches from Westlake in downtown Seattle to Seattle-Tacoma International Airport. An elevated extension from the airport to South 200th Street is under construction and is expected to be complete late in the summer or early in the fall of 2016.

The extension is expected to cost between $1.3 and $1.8 billion.

“Voters voted a number of years ago to fund light rail,” said Upthegrove, who is a member of the Sound Transit Board of Directors. “We have the money and the voter approval to go further.”

Upthegrove said that a challenge facing the construction of an extension from South 200th is the tracks will take to get to the college.

Sound Transit, the regional transit authority that manages light rail, has two options. The line could either run down Pacific Highway South, or cut over to the I-5 corridor for 40 blocks and then back over to the Highline.

“We’re in the process of making that decision,” Upthegrove said.

Upthegrove said that the I-5 route would not increase travel time, would be cheaper to build and would have less of an impact on residents and business people Pacific Highway South.

A route down Pacific Highway South would impact 34 businesses, whereas an I-5 route would only displace nine businesses, Upthegrove said.

Impacted residents would not be left out to dry in the event that they lose their homes to construction.

Upthegrove explained that Sound Transit will pay to move those residents into comparable housing, and will cover up to 72 months of payments for the new residence.

No matter what path the line takes, it will be clear and it will end up at the college.

“We’re going to have a station right here at the college,” Upthegrove said. “In my ideal world, it (the campus station) would be on the west side of Pacific Highway.”

Establishing a light rail line in the Seattle-area has faced other challenges beyond impact. “We’re so late at this,” Upthegrove said. “Everything’s so expensive.”

Most major cities already have rail transit systems.

Upthegrove said that once the line to Highline is completed and the line extensions in north Seattle are complete, it will be possible to catch a train from the college to the University of Washington every 15 minutes.

The City of Des Moines is hosting an open house this evening at 5:30 at city hall regarding the route options.

Sound Transit will conduct an official public hearing on the matter on May 7 at 5:30 p.m. in the Highline Student Union.
Chamber seeks more input from Des Moines

By Sam McCullough  
Staff Reporter

As part of its effort to promote the economic development of Des Moines, the Southwestern King County Chamber of Commerce will host quarterly meetings to solicit public input.

The meeting is May 7, from 8 to 9 a.m., at Anthony’s Homeport, at 421 S. 227th St. in the Marina.

“This [the round-table] is brand-new. We expect them to be quarterly,” said Carol Kolson, president and chief executive officer of the chamber.

The round-table events were created to involve the community.

“We wanted the events so the community can take part in discussing their community,” Kolson said.

The chamber is a private non-profit organization that aims to further businesses in particular communities.

“Our first and foremost piece of the commerce is economic development, to help the community economically,” Kolson said.

The topics discussed will include community safety and city council updates, according to the commerce website.

“The topics on the flyer may or may not be discussed. The meeting is only an hour long so all topics will not be discussed,” Kolson said.

To attend, you must visit www.swkcc.org, click on the calendar event for the Des Moines Round Table, and click on “register now.”

“We hope the community participates,” Kolson said.

Gonorrhea cases in Washington rise

OLYMPIA (AP) State health officials say gonorrhea is spreading in Washington.

The number of gonorrhea cases diagnosed rose by nearly 40 percent in 2014, from 4,395 cases in 2013 to 6,136 cases in 2014, and a 33 percent increase from 2012 to 2013.

Gonorrhea is the second most common sexually transmitted disease in the state.

Rates of infection have been going up since 2009. State health officials say they have yet to determine the reason for the increase, but they say increases have been seen in most counties of the state, in both men and women of various age groups. Young adults are the most affected.

Wally’s expands to meet demand

By Jenn S. Tran  
Staff Reporter

If you’re native to Des Moines or have been on the waterfront here, then you probably have heard of Wally’s Chowder House Broiler, a small local restaurant.

Emphasis on the small.

But due to its popularity, Wally’s owners have decided to get bigger.

Organizer Mike Nordean confirmed recently that Wally’s will be undergoing construction immediately to add space, but will remain open during construction.

And if the frequent lineups outside the restaurant are any indication, it can use the space.

Tight spaces and customers enduring long waits were the impetus for the decision.

Kayla Dickson/THUNDERWORD

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By Anna Trinh
Staff Reporter

If you think that your college path isn’t looking so bright and clear because you have no idea what you want to do after college, you’re not alone.

Many students start their studies with one focus and end up doing something completely different.

University of Washington and Highline alumnus Michelle Venetucci Harvey told her story to a recent Honors Colloquy audience via Google Hangouts. She talked about how she started out working at the UW Farm, an urban agriculture program at the Seattle campus.

Harvey found herself doing a little CSS and HTML coding websites on the side for the UW Farm. Harvey said she realized that she didn’t want to plant carrots all her life. She had created many small projects relating to web design during the time she was working at the UW Farm, but was never paid for them. She simply enjoyed doing them. It didn’t hit her until later that she wanted to do this as a career. “I knew I wanted a job at some point, but as wonderful as school is, a lot of what you learn in school a little bit theoretical,” Harvey said. So, along with her food studies, “I ended up double majoring in anthropology.”

She is now working at a consulting company called Thoughtbot, where she helps create websites and iPhone apps for early stage companies. She told her audience to look her up, and check out her recent app and website, one of which is dedicated specifically for restaurants that have Nutella dishes.

It is called sevendouche.com. The Honors Colloquy class at Highline helped her apply for UW programs.

“It helped me out a lot,” Harvey said.

Next week’s Honors Colloquy on, May 6, will feature Highline paralegal professor and men’s basketball coach Che Dawson who will talk about how he started off as a practicing attorney before transitioning to a career in education. Honors Colloquy meets every Wednesday from 12:15 to 1:20 p.m. in Building 10, room 205.

History shows that Germany caused the United States to go into World War I

By Angelica Somera
Staff Reporter

Germany’s resumption of sinking U.S. cargo ships and a plot to entice Mexico into attacking its neighbor to the north finally overcame America’s three-year resistance to participating in World War I, a history professor told at last week’s History Seminar.

Professor Tim McMannon focused his presentation on America’s entry into World War I nearly a century ago, with an emphasis on the sinking of the RMS Lusitania on May 7, 1915.

“It’s fun to look back at the many anniversaries of history,” he said.

Since the beginning of World War I in 1914, the United States under President Woodrow Wilson, had maintained strict neutrality, other than providing material assistance to the Allies, McMannon said.

But one year later, Germany’s unrestricted submarine warfare was taking its toll on American ships, both cargo and passenger, were sunk with increasing frequency.

“In May 1915, a German submarine sank the Lusitania, killing 128 American citizens out of a total 1,200 dead. (Still) the United States, though in uproar, remained neutral,” he said.

It did so because Germany backed off on its unrestricted submarine warfare.

But a short time later Germany resumed sinking U.S. ships and by 1917 the situation had changed significantly. Neutrality no longer seemed possible for the United States.

Meanwhile, Germany was plotting to blunt the effect of any potential entry of U.S. forces into the war.

Germany’s attempt to entice Mexico into attacking its neighbor to the north was exposed with the decoding of the Zimmermann telegram outlining the plot, which further convinced the American public that the European war was threatening American interests.

Finally, on April 2, 1917, Wilson appeared before Congress and requested a declaration of war. Congress responded within days, officially declaring war on Germany on April 6, 1917.

The entry of the US into the war doomed the Central Powers and the war was over a year and a half later.

The next History Seminar will be presented by Maureen Murphy Nutting on May 6, in Building 3, room 102 with a discussion on Women in American Higher Education.
Bridge opens up after construction

By Michael Muench
Staff Reporter

The Saltwater Park Bridge on Marine View Drive South is expected to open next month on May 29, after a six-month seismic retrofit.

The project was expected to have been finished at the end of April, but due to weather conditions and administrative delays, the project has been extended another month, said Andrew Merges, the project manager.

Marine View Drive has been closed from 252nd Street to the south end of the bridge since Oct. 27 of last year.

Traffic so far has been detoured six blocks each way over to 16th Avenue South.

The construction cost is $2.9 million and the cost of managing the project is $459,000, Merges said.

The Federal Highway Administration is covering 91 percent of the construction project’s costs.

The purpose of the construction is to bring the bridge up to current codes and to repair minor damage caused naturally over time and by the 2001 Nisqually earthquake.

The contractor, Road Construction Northwest, plans to fill minor cracks, repair portions of concrete and reconstruct bridge footings along with minor improvements.

City gears up to fix damaged boardwalk

By Jon Albers
Staff Reporter

The city of Des Moines is gearing up to re-build the Redondo Beach boardwalk, heavily damaged by a freak storm last Nov. 30.

The storm winds last November came from the North-west as opposed to the regular prevailing Southwest winds.

The stretch of water from Bainbridge Island to Redondo Beach is the longest fetch in Puget Sound. A fetch is an area of open water. The boardwalk was not designed to withstand wave damage from the northwest.

The city has already secured $1,825,800 of the needed $2,705,800 from federal emergency funding, and will be working on permitting with the Washington State Department of Transportation in the summer in order to begin construction in the fall, said Andrew Merges, a transportation engineer in the Public Works Department.

The design phase will begin this summer, Merges said.

The damage to the boardwalk included structural steel failure on the deck, timber frame failure, concrete curb ramp failure, and deck failure. The plan is to have the boardwalk opened to the public again by early 2016, Merges said.

Charges filed against teen in school shooting

SEATTLE (AP) Prosecutors have filed five charges in juvenile court against the 16-year-old accused of firing a gun inside his Washington State high school.

No one was injured in Monday’s shooting at North Thurston High School in Lacey.

A fast-acting teacher tackled the boy after he fired two shots.

The charges filed Wednesday include theft of a firearm, felony harassment, unlawful possession of a firearm, possession of a firearm on school property and illegally discharging a firearm.

Senior Deputy Prosecutor Wayne Graham said these charges carry a standard sentencing range of six to 12 months.

Graham anticipates there will be further charges filed once the investigation is complete.

“We have many layers of the onion still to get through,” Graham said Wednesday.

For now, the investigation is focused on the school and school victims, he said.

Police have 500 witnesses to interview and have been flooded with phone calls from parents and students, Graham said. Once all the interviews are done, they will reassess the charges, he said.

The boy, a recent transfer to the school, reportedly told detectives that he didn’t intend to hurt any other students.

Dining hall open for business

By Diana Prikhodko
Staff Reporter

Des Moines will celebrate the opening of its restored Beach Park Dining Hall with a ceremony, barbeque, and concert.

On Wednesday, July 1, the Covenant Bible Camp Historic District (known generically as Beach Park) will be the site of a ribbon-cutting ceremony from 4-6 p.m.

The ribbon cutting will be at 5 p.m. followed by a community barbeque and a concert performed by Joey Jewell at 7 p.m.

The dining hall is a historical landmark and has been in reconstruction since 2006, said Shannon Kirchberg, the facility and events coordinator for Des Moines Parks and Recreation.

She said that the Covenant Bible Camp was sold to the city in the mid-1980s where they started the Covenant Bible Camp Historic District Rehabilitation Program.

The first building to be remodeled was the chapel, which was transformed into an auditorium.

According to the Washington State Heritage Capital Projects Fund, the restoration project of the Beach Park Dining Hall cost a total of $2.8 million.

Patrice Thorell, Des Moines Parks and Recreation director, said that the buildings of Beach Park could hold about 800 people, “all on the water.”

She said the weddings, receptions, corporate meetings, and special events “draw thousands of people to Des Moines, giving the city a great economic advantage. “Everybody wants to get to the beach,” Thorell said.
Sex

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among drugs most used. Counseling for these issues are a part of the program at the Genesis Project.

“We’re not just talking marijuana,” Krook said. “I wish we were. And they do smoke a lot of dope.”

Clients cannot be high when they come to Genesis for help, but there is no requirement for them to be sober for a given amount of time.

Many prostitutes lack basic education and job skills. Part of the service provided by the project includes skill training. The organization operates a coffee stand called GP Java where recovering prostitutes may make a wage and provide some additional funding.

Krook said the No. 1 threat to a prostitute’s life is the sex buyer, commonly referred to as a John. The next biggest threat is the pimp who runs them.

“Pimps can be quite harmful to our clients,” Krook said. Physical and emotional abuse by pimps is commonplace in the life of a prostitute.

It is for this reason that the Genesis Project’s location is undisclosed.

In spite of the seeming disconnect to have been sober of a prostitute and the rest of the world, sex trafficking hits close to home.

Pacific Highway South has been, and still is an area where sex trafficking takes place. Signs designating Stay Out Areas of Prostitution dot the highway.

“That actually means it’s happening there, or there would be no need for the signs,” Krook said.

At one time, Pacific Highway South was the hunting grounds for Gary Ridgeway, the Green River Killer, who confessed in 2003 to the murder of 48 female prostitutes. He was sentenced to life in prison without parole.

Highline’s grounds themselves have been, and may still be used for activities related to prostitution.

Kendall Evans is a Highline student pursuing his bachelor’s degree. He is also a self-admitted reformed John.

“Prostitution is occurring in our parking lots,” Evans said. Evans said he had used the Highline parking lots for sexual encounters with prostitutes.

In the past eight years, Evans has dedicated himself to both his education and spreading awareness of sex trafficking at Highline.

“When we go to our classes, such as sociology and philosophy, and we throw around phrases like basic human rights [their violation], we think of it as another country,” Evans said. “It’s happening right here. It’s our problem.”

“Unless we look at this as a community, we’ll lose this battle,” said Des Moines Police Chief George Delgado.

Chief Delgado said that he has not observed any prostitution on campus, but that he has heard about it from victims.

Jim Baylor, director of Public Safety at Highline, is similarly unaware of any such activities on campus.

“It would not be too far out to imagine this,” Baylor said, considering Highline’s proximity to Pacific Highway South and the availability of parking. Public Safety does close the gates to the parking lots around midnight.

Baylor said that the college coordinates with other institutions throughout the country to identify patterns in suspicious activities on campus, such as young men approaching female students.

A former law enforcement officer, Baylor said that prostitution recruiters look for a profile in the young women they target for sex trafficking. He said that shy young women with low self-esteem tend to be targeted more.

Baylor explained that recruiters might appear to be romantically interested in young women to approach them and slowly introduce them to the sex industry.

Highline has resources for students who may be going through sex trafficking. The Counseling Center, Women’s Programs and Public Safety are areas where a victim may get help.

Baylor said that he is appreciative for facilities like the Genesis Project.

“Safe havens. These people [prostitutes] who are caught up in it really have nowhere to go,” Baylor said.

Baylor’s thought may be indicative of a shift in the attitudes of law enforcement agencies regarding prostitutes themselves. More and more in just the last decade, agencies have started referring to them as victims rather than criminals.

“I’m not really sure, personally, what flipped them,” Des Moines Chief Delgado said.

This change in attitude is part of what led King County Sheriff’s Deputy Any Conner to found the Genesis Project.

Deputy Conner founded the project to help the prostitutes he had arrested numerous times escape their lifestyle.

The catalyst came after he suggested to a 16-year-old prostitute he had arrested numerous times that she just get out her line of work. When she asked for his help, Deputy Conner discovered that there were no major recovery and rehabilitation centers for prostitutes in the area.

The current Genesis Project location opened in 2011. The Genesis Project is funded by private individuals and grants. The organization would like to look into residential housing facilities, but will need more funding before that happens.

The Genesis Project may be contacted by phone at 206-592-2362 or by email at info@gs-ajob.com. More information

Mai Lam/THUNDERWORD

ROUGH TRADE

Des Moines Police Chief George Delgado

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Applications due: May 18th

April 30, 2015 | Highline College | News
Legislature returns to craft state budget

By Derrick Nunnally
Associated Press

OLYMPIA — Washington lawmakers have returned to work after a four-day break for a special session to resolve the state's budget debate and other matters.

The House and Senate each opened business at noon Wednesday for a special session called by Gov. Jay Inslee. Their agenda includes resolving the competing visions Democrats and Republicans have for state spending, including a state Supreme Court mandate to put more money into public schools.

Budget negotiators resumed meeting Monday ahead of the formal start of the special session.

Other issues lawmakers want to take up include taxes on recreational marijuana sales and the state's first big-ticket transportation package in years. The special session is scheduled to last up to 30 days.

The session’s rules require each chamber to take new votes on bills previously passed that did not make it to Inslee’s desk, so lawmakers in both chambers slotted a series of bills for mostly procedural action in the next few days.

Senators moved a series of bills connected to their budget proposal through committee. Both the Senate and the House scheduled a series of bills for floor votes Wednesday afternoon that were expected to attract little debate.

House leaders laid out a schedule that calls for only brief sessions Thursday and Friday before breaking for the weekend. Members of both parties said their results will dictate much of what comes out of the special session.

“Until there’s some agreement on the total size of spending, a lot of this is just going through the motions,” said Sen. Michael Baumgartner, R-Spokane.

Food

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Chartwells does a lot of healthy food options. In the cafeteria, there are salads, fish, tofu, hummus and pita, fruit, and black bean burgers.

Though some people like to complain about Highline’s food service, they were probably not here before Gonzales came into leadership.

When she arrived, Gonzales brought a couple changes with her: fresher food by making it to order and in smaller batches, friendlier employees, more gluten-free food, fresher food, extended hours from 8 to 11 am, to 8 to noon, and she has helped clean up the kitchen.

Chartwells hosted a focus group on April 20, where it took student input about what they wanted. It will be reviewing the results in about 20 days.

There have been a few changes in the Bistro, located on the second floor of the Student Union.

Chartwells has added a new Granita machine, offering fruit smoothies and Frappucci-like mochas.

They are also in the process of fixing the pizza oven.

“Look for improved pizza soon,” Gonzales said.

Chartwells is also working on getting nutrition facts available on all the core items on the menu that will be available by Dec. 1, at the latest.