

Tuition plan would cut grants

By Adam Horner
Staff Reporter

Senate Republicans are still pushing a bill that would dramatically reduce college tuition at some cost to the institutions and to students themselves.

Sponsored by State Sen. Barbara Bailey, R-Oak Harbor, the College Affordability Act, SB 5954, would reduce annual

tuition to a specified percentage of the state's average wage. The bill has been twice rejected and returned to the Senate by the Democrat-led House of Representatives.

"The plan is to put money into lower tuition," Sen. Bailey said. "It is in our Senate budget."

Sen. Bailey cited the recession as a cause for increased tuition rates in recent years.

"Money was taken out of the schools," Sen. Bailey said. "This is just one small step to bring it [tuition] back in line and to reasonable levels."

According to the Office of Financial Management, Washington's current average wage is \$52,635.

See Tuition, page A16

Homeless at Highline

Building 99's lease is up in three months, leaving administration a small window of time to find a new building

By Bryce Sizemore
Staff Reporter

Members of Highline's administration may find themselves homeless when the lease for Building 99 ends this August.

Building 99 is home to administrative offices, Continuing Education programs and three classrooms. Located on the east edge of campus off Pacific Highway South, it is also the only building on campus that is not owned by Highline.

The building is owned by Mclean Property Investments, LLC and leased at a rate of \$24 per square foot annually, which equates to around \$800,000 a year. Highline is negotiating an extension of its 10-year lease on the structure.

College officials already negotiated the price down to \$24 per square foot; the owners wanted more.

However, this rate is not acceptable to the Washington Department of Enterprise Services, whose approval is required on any lease or building project undertaken by Highline. Enterprise Services requires the price

of the lease to be within the average rate for the area, which in the case of Highline is \$22 per square foot.

The owner said that the reason for the higher rate is because Building 99 was custom built to Highline's specifications.

Representatives from Mclean Property Investments could not be reached for comment.

Another point of contention is the length of the lease. Highline Vice President of Administration Michael Pham said the ideal lease would be for two years, as the school would have a better idea of the level of funding they have at that time. The building's owner would prefer a longer lease, and would be more likely to offer a lower rate if a longer lease is agreed upon.

If Highline is unable to agree on a lease or lease extension, the penalty clause in the contract would go into effect. That clause requires the school to pay 150 percent of its monthly rate for every month a new agreement is not in place.

See Lease, page A16

Jacqui Silva

Class of 2015 graduate has oceans of passion

By Jordan Mellott
Staff Reporter

As Jacqui Silva prepares for graduation, there is one thing at the front of her mind: Highline's Marine Science and Technology Center.

Silva began as a part-time student at Highline four years ago through the Running Start program.

She had originally been interested in drafting design, but after realizing there wasn't a suitable career for her in drafting, she began to worry a bit about what her major would be.

In 2012, Silva responded to an ad in the school newspaper that the MaST Center posted when seeking volunteers for their Jelly Team.

The Jelly Team is what the MaST Center calls their League of Gelatinous Macroplankton Aquaculturists, or LoGMA.

The Jelly Team is responsible for

See Silva, page A16

Photo illustration by Mai Lamb and Jessica Strand



Pisces is a fish that is protected by Poseidon, the God of the Sea.

Stars of Highline

See the inside scoop for more stories about the class of 2015

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Jessica Strand/ THUNDERWORD

Building 99 is located east of campus on Pacific Highway South. Several college administrative offices are housed there.

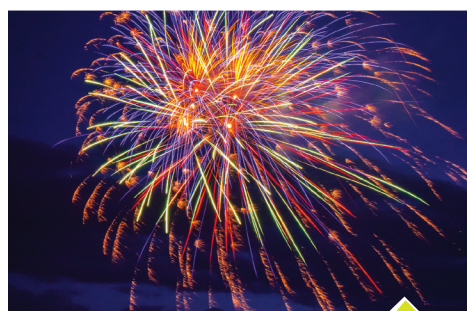
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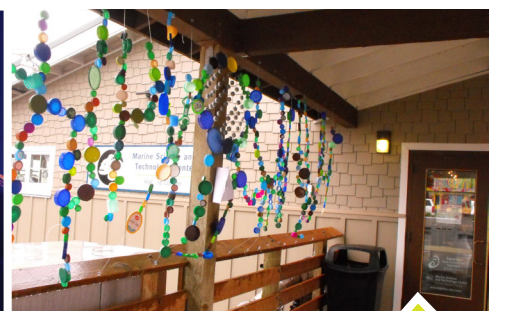
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The nice weather could be a threat to students' grades



Page A8

Find out what events are happening near you this summer



Page A15

The MaST Center promotes eco-friendliness with art



Student rushed to the hospital

By Bryce Sizemore
Staff Reporter

A student in Building 29 reporting abdominal pains was transported to the hospital at 10:35 a.m. on May 26. 911 was called at 10:07 a.m. South King Fire and Rescue arrived six minutes later, and the student was moved by ambulance to the hospital 28 minutes later.

Drunkard gets lost on campus

A man who was unable to find his way off campus called Public Safety for assistance at 4 a.m. on May 29. When a Public Safety officer arrived, he found that the man was intoxicated. The officer then successfully escorted the man off of campus.

Building 4 vandalized

Director of Public Safety Jim Baylor discovered the building identification sign for Building 4 had been kicked off its post at 9:15 a.m. on June 1. Those responsible for the act are not known.

Unknown car towed from lot

An abandoned blue Honda was impounded from the South Lot at 8:10 a.m. on June 1. The vehicle was determined to be abandoned because it had not moved in over a week, had a week-old parking citation. After checking with the Des Moines Police Department to determine the vehicle wasn't stolen, Public Safety had the vehicle towed.

Truck hits car in south lot

A student's car was scraped by a pickup truck pulling a trailer in the South Lot at 7:26 p.m. on May 26. Public Safety gave both parties collision report forms.

Leaders lead future leaders to lead

By Mark Kirylka
Staff Reporter

The idea and definition of what constitutes a leader has gotten people confused, a Highline administrator said last week. Highline students gathered together to discuss and delve deeper into the true meaning of leadership last Thursday. Dr. Allison Lau, the associate dean for Counseling and student conduct, led the Counseling Wisdom Series: Leading From Within. She reeled the group in by asking everyone to come up with a word that described leadership. After hearing the group's responses, Dr. Lau agreed and said, "It's what's true to you from within." Each person has a different

truth based on the stories people tell themselves, she said. The group watched a video called Everyday Leadership with speaker Drew Dudley who said he believes the definition of leadership is the process of taking opportunities everyday to make someone's life better. He shared a personal story of when he changed one girl's life by his actions. A girl wasn't sure about attending a university, but then she saw Dudley in a silly hat handing out lollipops for a cause. When he saw her, he asked the guy next to her to hand a lollipop to "the beautiful woman next to him." She decided at that moment that she would pull through and attend the university. Years later, she thanked Dudley for unknowingly changing

her life and invited him to her wedding to the stranger who gave her the lollipop. Dudley uses the idea of a "lollipop moment" to explain how he redefined leadership. It's "a moment where someone said or did something that you felt fundamentally made your life better," he said. Dr. Lau said that leadership is about "those small moments where you empower someone or they empower you." The group was given time to think of their own lollipop moments and share how someone impacted them or they impacted someone. For Dr. Lau it came when she was debating between accepting a position at a new job or stay at her current job that she loved. Her boss told her she needed

to go and experience different people and that someday she could end up working for Dr. Lau. "Someone whom I respected so much said they respected me too," Lau said. "Most of the time people see my light before I see my own." "Changing one person's understanding of how powerful an agent for change they can be can change everything," Dudley said. One thing Dr. Lau said leadership needed was pure intentions that come from a deep level of self-awareness. She said it's doing the right thing even when no one's there. "If our intentions are pure and it brings us to a higher self, then you can be a leader," Dr. Lau said.

New program to help low-income students

By Michael Muench
Staff Reporter

Low-income students will be able to receive support and education in financial matters through the Working Family Success Network. The Working Families Success Network has recently be-

come a part of Highline. Students who wish to apply for support will be able to contact representatives in their office located in Building 1, on the southeast side of campus. This support is made up of three core services that eligible recipients will receive. Eligible students will receive

financial coaching and education in order to learn how to build economic assets. They will be provided the benefit of employment opportunities and assistance in developing their careers. Eligible students will be given better access to public benefits and tax credits through the Working

Family Success Network. The Working Family Success Network is made up of national and local foundations, community colleges and community-based organizations. The network has located operating centers in 115 locations spanning more than 30 cities in a dozen states.



Study sea life at MaST seminar

Learn about sea slugs in Puget Sound at a free event hosted by the MaST Center on June 6 from noon to 12:45 p.m. The title of the event is "Nudibranchs of the Mast Center: A Snapshot of Opisthobranchs in Puget Sound." Hosted by Eugene Dinsey, a program assistant at the MaST Center, the event will teach guests about sea slugs commonly found in Puget Sound. The MaST Center has been following sea slugs in the area since Fall 2013. In addition to teaching about sea slugs, the event will teach guests about how to collect their own data on sea slugs in Puget Sound.

Improve writing skills at workshop

Hone in on your writing skills at a writing workshop hosted by the Writing Center on June 4 from 9 to 9:50 a.m. The Writing Center is located

in Building 26, room 319i. The workshop will teach students how to write assessments of their work and how to write strong cover letters. For English 91, 98 and 101 students, it's recommended that they bring drafts of their final portfolio. For more information about this workshop or upcoming workshops, email the Writing Center at writingcenter@highline.edu. Campus earns cash for math

Highline has been awarded a \$150,000 grant by College Spark Washington to help improve math placement practices. College Spark Washington is a program that funds college programs directed towards helping low-income residents graduate. The grant will go towards improving the math placement process. Highline's goal is to have students begin in college-level math classes, instead of classes that don't go towards degree requirements.

Leaders to inspire students

Attend the Final Say, the last

First Friday, where select students, staff and faculty will be speaking on inspirational leadership. Celebrate the contributions to student engagement on campus in the Mt. Constance Room in Building 8 on June 5 from 2-4 p.m. Politician awarded for good deeds

Rep. Tina Orwall, D-Des Moines has received the Allies in Action State Award for her leadership in expanding suicide prevention and mental health initiatives throughout the state. Rep. Orwall introduced two bills this session that focused on

preventing self-harm. One was HB 1138, which established a task force on mental health and suicide prevention in higher education. Rep. Orwall has an office in downtown Des Moines.

Book discusses human rights

Activist, lawyer and writer Lucha Castro will discuss her new graphic novel on June 4 from 2:30 to 4:30 p.m. in Building 7. The graphic novel is titled *La Lucha: The Story of Lucha Castro and Human Rights in Mexico*. It's available on amazon.com.



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We are looking for men and women aged 18 - 20 years old in the Seattle area to participate in a study on health behaviors. **Earn up to \$150 in amazon.com gift cards!**

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Campus aims to be more inclusive

By Jon Albers
Staff Reporter

The college may make a change to its cultural diversity policy for the first time in nine years.

The new policy adds the terms biological sex, gender identity and expression, national origin, military and veteran status, ability, language, and culture.

The terminology in the current policy seems too ambiguous, leaving out a lot of groups

on campus, said Natasha Burrowes, the director of Multicultural Affairs and Leadership.

The current diversity policy is: “Highline College actively promotes and supports a learning and work environment which ensures social justice, mutual respect, understanding, civility, and non-violence. Highline College is committed to the elimination of discrimination based on sex, race, class, economic status, ethnic background, sexual orientation, age, physical ability, and

cultural and religious background.”

The policy that is being proposed is: “Highline College actively promotes and supports a learning and work environment which ensures social justice, mutual respect, understanding, civility, and nonviolence. Highline College is committed to the elimination of discrimination based on biological sex, gender identity and expression, sexual orientation, race, ethnic background, national origin, class,

economic status, age, military and veteran status, ability, language, culture, and religious background.”

“I think that it [a change in the policy] would help us be more reflective in our language of the diversity of our students’ identities and our faculty and staff identities,” Burrowes said.

If you are not inclusive in your process, you will not be inclusive in your product, Burrowes said.

A lot of groups on campus

helped develop the proposed policy. A total of about 60-70 people have worked on it, she said.

In order for the proposal to become official policy it will have to go through the president, the Policy Development Committee and the Board of Trustees, said Toni Castro, the vice president for Student Services.

The proposal will likely begin the process of being made official in the next year, Burrowes said.



Mathew Roland/THUNDERWORD

The veteran’s plaza is one of many projects being done on campus. Since it wasn’t completed by Memorial Day, a dedication ceremony for the plaza is expected to happen in Fall Quarter.

Fall Quarter will witness benefits of summer remodels

By Jon Albers
Staff Reporter

Returning students will notice a few physical changes on campus come Fall Quarter. Highline’s Facilities Department will be overseeing construction during the summer and fall.

The remodel of Building 16 will be completed, making way for four new classrooms. The new rooms will be used for the Art Department, and will include two Mac labs, said Barry Holldorf, the director of Facilities.

Capital funding is being used to do the work on Building 16, and it should be ready in time for Fall Quarter.

The Washington Legislature supplies capital funding in its own dedicated budget. The capital budget is used for long-term institutional improvements, such as construction

projects or acquisition of new equipment.

Regency Northwest is doing the work, Holdorf said.

Building 24A will be under construction during Fall Quarter. Half of the building will be demolished this summer in order to make way for a new maintenance facility. The project will be locally funded using money from the college, Holdorf said.

Parking lot repairs will also begin this summer and should be done in time for Fall Quarter.

“We will be doing as much patching as possible [in the parking lots] and whatever striping we can with the budget in the East Lot,” Holldorf said.

Repairs will include fixing slumps in the parking lot, putting down new blacktop, and re-striping in the East Parking Lot.

The repairs will only be done in areas where they are



Yui Fujiwara/THUNDERWORD

The renovations of Building 16 are well under way. Four new classrooms are being added, including two new Mac labs. The rooms will be ready for Fall Quarter.

needed, and the leftover funding will be used to pay for re-striping. Work in the East Parking Lot will also include the installation of new light poles.

Funding for the project will come from parking permit fees and the college, Holldorf said.

No means no; words should have meaning

Take care of your words and actions because someone could take it as sexual harassment.

Many people think sexual harassment is when you're actually having physical contact with someone.

However this is not true.

Sexual harassment occurs when someone makes a sexual advance or remark toward someone else that is unwanted.

Sexual harassment can happen to male or female but is predominately made toward women.

Sexual harassment can happen anywhere, whether it is at a friend's house, or at work and even here on campus.

Highline defines sexual harassment as, "The inappropriate introduction of sexual activities or comments into the work or learning situation, the creation of relationships of unequal power and/or elements of coercion, such as requests for sexual favors as a criterion for granting work, study, or grading benefits."

It doesn't matter how you view sexual harassment or what you think sexual harassment looks like.

If a student or employee makes a sexual harassment complaint here at a Highline a long process follows.

An investigation has to take place.

A lot of different people get involved and the investigated person's reputation could be tarnished forever.

According to Highline's Title IX Policy and Procedure, "Sexual harassment is a form of sex discrimination."

Sex discrimination is strictly prohibited here on campus.

If you feel that you are being sexually harassed here on campus, let public safety know right away.

Call 206-592-3601 and request the Chief Human Resources Officer or email hrstaff@highline.edu and indicate to the attention of the Chief Human Resources Officer.

You should go have some fun this summer

The quarter is nearly over and the relief is setting in.

There is no other season like summer.

The sun is out more so you can take advantage of some water fun.

Some people wait all year for summer so they can tan or travel.

The main perk of summer is no school.

Highline does offer a Summer Quarter but it is the shortest quarter all year.

Kids who are in K-12 don't have school unless they have to take summer school.

Plan something fun for the summer.

Make it a priority to do something new and adventurous this summer.

Enjoy yourself because everyday is not promised.

The phrase "live today like it's your last" is very true.

Hopefully you will plan safe fun.

Not getting drunk and passing out on the beach.

That can turn dangerous real fast.

Don't do something that could change your life forever in a negative way.

If you can, take a trip to another state.

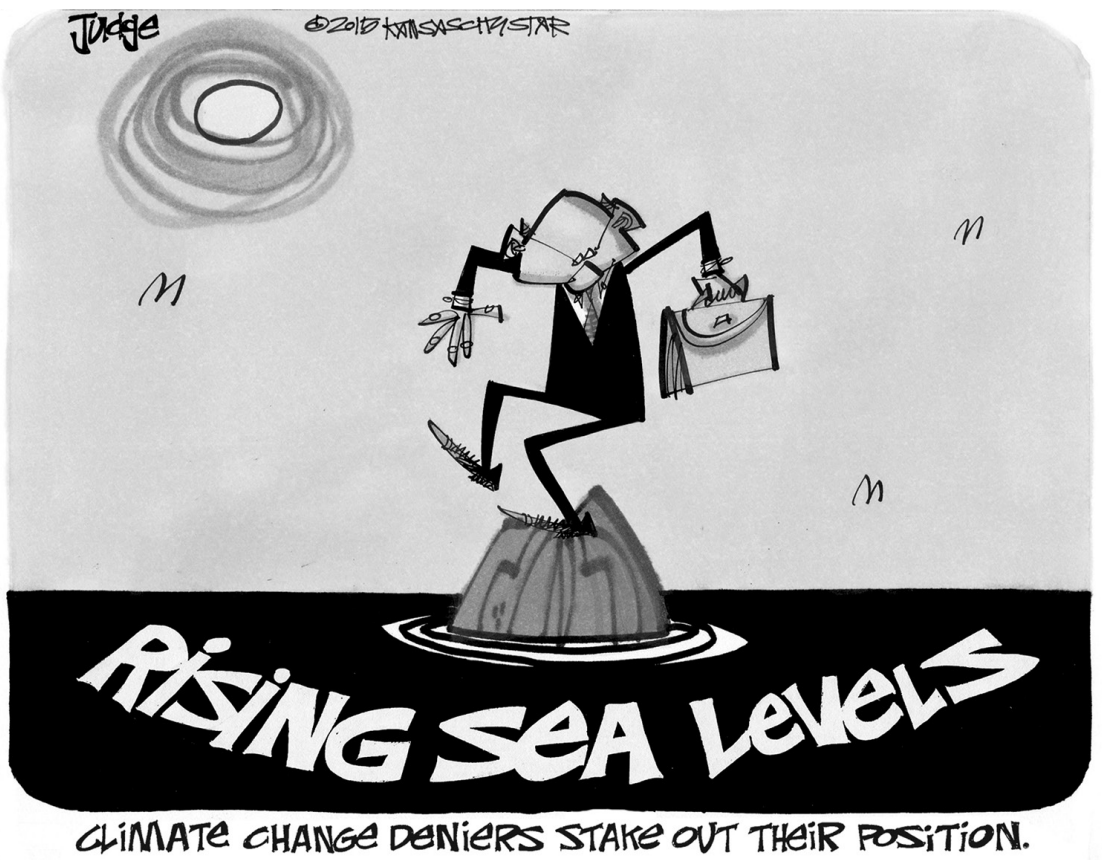
Or even another country.

But take someone with you for two times the fun.

Anything is possible.

Graduating students should definitely have fun because their celebrating their accomplishment.

So have fun, be safe and enjoy this summer.



Thank you for the experience

Highline has taught me a lot these past three years, but so has the Thunderword. In many ways, the Thunderword has taught me more.

Without the Thunderword I wouldn't have met some of the people I regard as my closest friends. I also wouldn't have met my professors.

I thank the journalism gods for gifting me with professors who are veteran journalists, with decades of experience under their suspenders and lack of hair.

The fact is, they didn't go easy on me. They had high expectations and because of that I learned things that may have taken me years to learn as a journalist, early.

For example, I learned that a good editorial must have great research behind it. I also learned that a good column is a result of having a good story to tell. I also know that I may someday look back at a column I wrote and realize it wasn't a very good story.

So let me tell you a very, very good story about some professors I once had. Let's just call the first one That Man.

That Man once told me that I should "learn from this." To be honest, he told me that a lot. But it's true, the best way to fix a mistake is to learn from it so to prevent it in the future.

That Man also said that it was in his profession to not give up on students. Despite some

The Lemon Squeeze



Agatha Pacheco

not showing up, forgetting assignments, or talking too much, he just won't give up on students. And this is from the man whose Rate My Professor review says "he wants to see students fail." Obviously, not true.

That Man also taught me that sometimes an unpopular opinion may get a whole state to hate you, but that doesn't make the opinion any less true.

Thank you to That Man, who

has dutifully prepared me for my journey ahead.

Let's not forget my other professor. Let's just call him Uncle Bean (it rhymes.)

Although brief, his small history of journalism lessons and facts sparked my curiosity. So, I read some books, did some research and alas my spark turned into a fire. Thank you, Uncle Bean.

I learned journalism isn't just about telling stories, it's about telling the story that needs to be told. It's about having a moral compass.

People say journalists don't make much, but it's what journalism represents that makes it all the worthwhile.

Uncle Bean also taught me that years of writing headlines will one day make you a master at puns, a punner. I guess I'm not there yet.

And lastly, thank you Highline, for hiring the best professors I could have asked for.

Agatha Pacheco is editor of the Thunderword.

Have something to say?

Have something you want to say to the student body?

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

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

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

Write to us!

the Staff “

I got my chili back.

” E-Mail: tword@highline.edu

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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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1. GEOGRAPHY: What two nations does the 38th parallel divide?
2. BUSINESS: What beer company is headquartered in Golden, Colorado?
3. HISTORY: The Jacobins were a radical group of which movement?
4. MOVIES: When was *The Muppet Movie* released?
5. MUSIC: What rock group had a hit with the single *Message in a Bottle*?
6. SPORTS: When was the last year the Dodgers played in Brooklyn?
7. COMICS: In the *Archie* comics, which of Archie's girlfriends had blond hair?
8. U.S. PRESIDENTS: Which presidents' faces are on Mount Rushmore?
9. MYTHOLOGY: In

Greek mythology, what was the name of the hunter who was killed by his own hounds?

10. ASTRONOMY: How often does Mercury orbit the Sun?

Answers

1. North and South Korea
2. Coors
3. French Revolution
4. 1979
5. The Police
6. 1957
7. Betty
8. George Washington, Thomas Jefferson, Abraham Lincoln and Theodore Roosevelt
9. Actaeon
10. About 88 Earth days

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Puzzle answers on Page 12

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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King Crossword

ACROSS

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6 Lab containers
11 So far
12 Proof reader's worries
14 Convertible
15 Honcho
16 Salt Lake athlete
17 Crenshaw, for one
19 "CSI" evidence
20 Inmate's weapon
22 2006 Nintendo debut
23 Leak slowly
24 Doctrine
26 Dueler's warning
28 Young bloke
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39 Taking care of business
40 Symbol of intrigue
42 Winnow
43 Grecian vessel
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5 Cartoon skunk Pepe
6 Nixon's nixing?
7 Unyielding
8 Dadaist Jean
9 House painter's need
10 Severely pelted
11 Have faith in
13 Open-mouthed
18 Whopper
21 African grassland
23 Epsom —
25 Pitch
27 "Wow!"
29 Grande

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ARIES (March 21 to April 19) Still operating under a full head of self-esteem makes you want to tackle a matter you had shied away from. OK. But be sure to arm yourself with facts before you make a move.

TAURUS (April 20 to May 20) That smart move you recently made caught the attention of a lot of people, including some with financial deals to offer. Use your Taurean wariness to check them out thoroughly.

GEMINI (May 21 to June 20) Shyness might keep you from asking for more information on a potentially important matter. But your curiosity grows stronger by midweek and gives you the impetus for data-gathering.

CANCER (June 21 to July 22) Taking on too many tasks may not be the wise thing to do at this time. You might overspend both your physical and emotional energy reserves, and have to miss out on some upcoming events.

LEO (July 23 to Aug. 22) Try to keep your spending at an affordable level. Splurging now — especially on credit —



could create a problem if your finances are too low for you to take advantage of a possible opportunity.

VIRGO (Aug. 23 to Sept. 22) You might not approve of a colleague's behavior during much of the week. But don't play the judgmental Virgo card here. As always, check the facts before you assume the worst.

LIBRA (Sept. 23 to Oct. 22) Coping with an old issue that has suddenly re-emerged could take a big toll on your emotional energies. Decide whether you really want to pursue the possibilities here.

SCORPIO (Oct. 23 to Nov. 21) For all your skill in keeping your secrets safe, you could be unwittingly letting one slip out by the way you're behaving in that new relationship. Are congratulations soon to be in order?

SAGITTARIUS (Nov. 22 to Dec. 21) Good old-fashioned

horse sense could help you get around those who unknowingly or deliberately put obstacles in your way. Ignore the confusion and follow your own lead.

CAPRICORN (Dec. 22 to Jan. 19) A puzzling attitude change in a colleague from friendly to chilly might stem from a long-hidden resentment suddenly bubbling up. An open and honest talk should resolve the problem.

AQUARIUS (Jan. 20 to Feb. 18) This week, many ever-generous Aquarians might find themselves feeling an acquisitive urge. If so, indulge it. You've earned the right to treat yourself to wonderful things.

PISCES (Feb. 19 to March 20) Expect to get a lot of advice on how to go about implementing your plans. But once you've sorted it all out, you'll probably find that, once again, your way will be the best way.

BORN THIS WEEK: You enjoy the quiet times of your life, but when you're in the mood, you can throw a party everyone will want to go to.

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Nicer weather can cause distractions

By Endalkachew Abebaw
Staff Reporter

If you found yourself being more distracted and less productive during this spring quarter, you may have a case of spring fever.

Spring fever can be described as a feeling of restlessness and excitement during spring that can be attributed to an increase in temperature.

“It’s very difficult to know the specific cause of any behavior [such as] restlessness and [being] energized,” said Garth Neufeld, psychology professor. “Because all behavior is a result of complex interactions between nature genes and biology, and nurture experiences.”

“In the Diagnosis Manual for Psychological Disorders, there is a type of major depressive disorder that has a seasonal pattern,” Neufeld said.

“That is, some individuals fall into a clinical depression during winter months, but their moods improve during the spring,” he said.

Younger college students in Washington would be at a higher risk for this disorder than the general public because young adults who reside at higher northern and southern latitude see less daylight hours, Neufeld said.

A short survey of Highline students and faculty showed



Jessica Strand/ THUNDERWORD

As the weather gets warmer, students can be seen studying outside in the sun. The nice weather can sometimes distract students, otherwise known as spring fever.

that students are more socially oriented and tempted to miss classes in the spring.

“As participation in classrooms is concerned during spring, students are lively and talkative. They are also more comfortable and willing to be vocal to advocate for themselves,” said Laura Rosa, athletic adviser at Highline.

Highline students Gaire Mamaril and Christine Bacani said they are more tempted to

hang out with friends and miss classes during spring because of the increase in temperature.

“My productivity depends on the classes I am taking rather than the weather,” Bacani said.

“But there are more distractions during spring because of the increase in temperature, I tend to want to go outside and hang with friends rather than finish class assignments,” she said.

“I tend to accomplish more when the weather is warmer be-

cause I feel more energetic and motivated to try new things,” Mamaril said.

Even though students are lively in classrooms, they are often tempted to use most of their time and focus outside for social gatherings and enjoy a pleasant day.

“There are a series of University of Michigan studies that have found that when people spend as little as 30 minutes outside on a pleasant day, they are happier, have less stress, and are

more optimistic,” Neufeld said.

“What we may be observing in students is an instinctive desire to get out and enjoy the long, beautiful days in order to experience increased happiness,” Neufeld said.

“Being stuck indoors during this time of year may, in some respects, feel internally punishing,” he said.

Stephanie Espinoza, English professor at Highline, said there are a lot of pressures and distractions on students during spring. Besides their daily assignments they must also manage transferring process to a four-year university and additional outside distractions.

Rosa and Espinoza both said attendance is consistent throughout each quarter and does not fluctuate in the spring, but both have noticed students are more anxious toward the end of spring because of summer break.

Not all students are susceptible to the temptation of spring fever. Many students tend to work better in the spring and want to be more social, Espinoza said.

“To be less susceptible to spring months, students should work hard to better structure their schedules in order to leave time for study and time outside,” Neufeld said. “This will likely lead to increased success and happiness.”

Zombies unite for charity

By Antonina Valiere
Staff Reporter

Normandy Park’s Zombie Fest is still undead.

To kick off the upcoming fall and holiday season, Normandy Park will host its fourth annual Zombie Fest at Normandy Park Towne Center from 3 to 8 p.m. on Sept. 19.

“People want to have fun and they’re fascinated with zombies, so we decided to combine the two, call it Zombie Fest and have a blast,” said Normandy Park Mayor Susan West.

The event is a free, all-ages event designed to raise awareness for emergency and disaster preparedness; money for the Highline Schools Foundation Excel Grant program; the Highline Food Bank; the Des Moines area Food Bank; and the Friends of Normandy Park Foundation.

Zombie Fest attracts people from different counties and last year they hit a record-breaking attendance of 2,500 people.

“This year, the Zombie Fest organizers are looking into



File Photo

ZombieFest welcomes all ghouls, trolls, goblins, werewolves and vampires.

bringing in a Zombie Marching Band,” West said.

And, apparently, you can’t kill the fan favorites.

Zombie Fest organizers plan on keeping attractions attendees enjoy such as the flash mob by the Seattle Thrillers, exercising (or is it exorcising?) at the Zombie Zumbathon and the Zombification booth featuring event appropriate face-painting.

Local market offers fresh produce and entertainment with a view

By Bogdan Koval
Staff Reporter

The Waterfront Farmers Market at the Des Moines Marina will introduce a new Sunset Market on Wednesdays along with the usual Saturday events starting this summer.

The market provides Des Moines and surrounding areas a large selection of vegetables, fruit, honey, cheeses, crafts, flowers, meat and fish, ready-to-eat foods, education, information and entertainment.

It also offers music, food tastings, and provides discount tokens to seniors through a grant program.

The Farmers Market schedule for Saturdays will be 10 a.m. to 2 p.m. from June 6 to Oct 31. The schedule for Wednesdays will be 3 to 7 p.m. from July 1 to Aug 26.

The market is home to more than 50 vendors who rotate each time the market is held, which means this farmers mar-

ket has new food all the time and “it’s amazing” said Rikki Marohl, the market manager.

“The community should come to the market to support local farms, know where their food comes from, and get to know the farmers who grow their food,” Marohl said.

The Farmers Market is a place for the community to gather and the people come to hang out, engage in conversations with new people, and spend time together outside, which makes the market a great place, Marohl said.

On Opening Day, June 6, there will be more than 10 food trucks at the marina serving many types of food. The market attracts 5,000 people a week, Marohl said.

“The parking isn’t too bad and there are shuttles to give rides from one end to the other of the Marina. When people park a little further away, they have a nice little walk and they enjoy it,” Marohl said.

People rush to the marina market, as it’s the only waterfront farmers market in the area that offers people a chance to experience the fresh riches of the local land.

The new added Wednesday Sunset Market this year will give potential for people to experience the market when they can’t make the Saturday times and it’s primarily “low cost,” Marohl said. The vendors at both accept Senior and Women, Infant and Children vouchers for fresh fruit and vegetables. Also accepted is the EBT Program, or food stamps.

This year’s event list is:

- June 6: Opening Day
- June 27: Clutter to Cash
- July 1: First Wednesday market
- July 4: Fourth of July Market
- Aug 8: Health and Fitness Day
- Sept 12: Kids’ Day
- Oct 31: Chili Cook-off to end the season



- Highline magazine Arcturus will have readings of the newest edition. Attending one of the readings is the only definite way of receiving a copy of the magazine. Snacks will be provided and raffles will be held at the readings to win prizes. There are two readings on June 5, one at 11 a.m. in Building 8 in the Mt. Constance room followed by a 6:30 p.m. reading in Building 7.

- *9 to 5: the Musical* comes to the Auburn Ave Theater. This musical adaptation based on the 1980 hit movie is brought to the stage featuring local talented actors of the Auburn Community Players. Set in the late 1970s, *9 to 5* is a story of friendship and revenge in the Rolodex era. Outrageous, thought-provoking, and even a little romantic, *9 to 5* is about teaming up and taking care of business. Based on a book by Patricia Resnick and music and lyrics by Dolly Parton, the story follows three female co-workers who concoct a plan to get even with the sexist, egotistical, lying, hypocritical they call their boss. June 5, 6, 12, 13, 19 & 20, 7:30 p.m. and June 14, 2 p.m.

- *Threesome* debuts at ACT Theatre. Egyptian Americans attempt to solve their relationship issues by inviting a stranger into their bedroom. What begins as a hilariously awkward evening soon becomes an experience fraught with secrets, raising issues of sexism, possession and independence. Written by award-winning local playwright Yussef El Guindi. Age Recommendation: 16+ for language, mature content, nudity, and sexual themes. *Threesome* runs June 5- 28 and tickets are available at www.acttheatre.org.

- *The Boy Friend* comes to Renton Civic Theatre June 12 - 27. The Jazz Age lives on in this light, romantic spoof of 1920s musical comedy. Set in the French Riviera, an English heiress attending Finishing School falls in love with a local delivery boy. Things get complicated with the unexpected arrival local royalty. Tickets are available online at www.rentoncivictheatre.org.

- Joey Jewell & the Swingin Sixties Orchestra comes to the Des Moines Beach Park on July 1. The Market will open at 3 p.m. and run through 7 p.m. Destination Des Moines' will host a Beer and Wine Garden on the deck of the Founders Lodge to kick off Jewell's performance until 8:30 p.m. Tickets are available at www.desmoineswa.gov/artscommission.

ALL THAT JAZZ

Highline's Zimberg brings island music to the mainland

By Ciara Bell
Staff Reporter

Jazz is celebrated around the world as one of America's original art forms and one Highline professor has, in his own small way, become an ambassador for the genre.

When Todd Zimberg takes the stage with his Island Jazz Quintet – its members all call nearby Vashon Island home – his purpose is to expand and promote the music form. The quintet offers a special opportunity to hone his craft as the group performs at small venues such as Third Place Books in Seattle, cafes and other locales.

Zimberg's band played at Highline earlier this quarter, and will play Aug. 5 at 7 p.m. at the Des Moines Beach Park.

The band consists of him on percussion, vocalist Maggie Laird, trumpeter Richard Person, bassist Todd Gowers, and guitarist Michael Gotz. Each, additionally, has his or her own group, but they come together to perform every once in awhile, he said.

"Everyone lives on Vashon Island," he said.

And his dedication to spreading an appreciation of jazz includes a special emphasis on the residents of Vashon.

Zimberg has his hands in



Todd Zimberg



Highline professor Todd Zimberg is one of the founding members of the Island Jazz Quintet.

many musical activities on the island, including at the high school. In 2011, he led students to Manuas, Brazil to a jazz festival and they won an award in the small school combo division.

Zimberg has been a musician since childhood. His passion for music was sparked as he grew up listening to The Beatles and The Who. He studied music in college went on to earn a master's degree in percussion.

With that knowledge he tries to help students become better musicians. Every summer he works with the Vashon Drum Camp, specifically to help young drummers.

With that in mind, this summer he plans to travel with students to Ghana, West Africa, in which they'll learn about a drumming style known as Kete.

"I like to travel, it keeps me young and inspired while giving me a broader perspective," he said.

At Highline he teaches world music, history of jazz, and rock history.

But if you ask him, "teaching is just a part-time job."

For a part-time job, though, he devotes a lot of attention to it.

He's willing to work with a lot of students, be they those who seek degrees or those who simply love the music and want to learn more about jazz. And they don't have to have the means for international travel.

He invites anyone interested in learning more about jazz, or any of the classes he offers at Highline, to visit him in his office on Tuesdays, during his office hour at 4 p.m. His office is in Building 4, room 103.



'Boy Friend' hearkens back to classic '20s musicals

By Haley Lusher
Staff Reporter

Renton Civic Theatre spoofs 1920s musicals in *The Boy Friend*, by Sandy Wilson, this June.

The Boy Friend, directed by John Kelleher, is a musical tale about a young English heiress named Polly (played by Kyla Roberts), attending Mme Dubonnet's Finishing School, and who falls in love with a delivery boy, Tony (played by Stephen Bucheit).

Having no idea that he is really the missing son of the wealthy Lord Brockhurst (played by Frank Kohel), she disguises herself as a working girl to hide her true identity.

Originally created as a two-act play for the radio, *The Boy Friend* was revamped in 1953 as a three-act performance for the stage.

"We researched and read Sandy's autobiography, *I Could Be Happy*, to get a better idea of how he wanted it done," Kelleher said. "We are trying to be really true to Sandy Wilson's vision of the show."

The Boy Friend, where Julie Andrews made her big debut, was once the third-longest-running show in the West End or Broadway.

With upbeat and catchy tunes from the 1920s, along with over-the-top costumes to match, it will be like a vintage post card come to life, Kelleher said.

"You should be walking out tapping your toes and humming the tunes," Kelleher said.

The Boy Friend runs June 12-27. Thursday shows are at 7:30 p.m., Friday and Saturday shows are at 8 p.m., and Sunday matinees are at 2 p.m.

Tickets are \$20 for students and \$25 for adults and are available online at rentoncivictheatre.org or by calling 425-226-5529.

Renton Civic Theatre is at 507 S. Third St.

Poetry lounge today

The Inter-Cultural Center is hosting its quarterly Open Mic today.

Most of the performers are students but staff and faculty are also welcome to express their art.

Everyone is welcome to come watch the performances, and to enjoy some snacks in Building 8, room 204 from 11:30 a.m. to 12:30 p.m.

Due to the fact that the school year is coming to an end, the theme for this quarter is "Happily Ever After."

Cornucopia Days returns in July

South King County's largest family festival kicks off July 10 with the annual Kent Cornucopia Days.

Sponsored by the Lions Club and Foundation, the self-titled "Festival of the Valley" will benefit more than 250 nonprofit groups and runs from July 10-12 in downtown Kent.

The three-day festival is part of the greater Seafair Festival that encompasses events throughout King County. Daily events will run from 10 a.m. to 8 p.m. This event on average attracts approximately 300,000 people over the weekend.

Organizers say there will be 600 commercial and non-commercial vendors on hand, with two food courts and the Kent Farmers Market to provide food for the festivities.

Funtastic Traveling Shows will provide ride for the carnival that runs all three days, beginning on July 9. It will be at West Smith and Lincoln Avenue and include rides, games and continuous entertainment, plus free educational displays.

Shakin' summer shindigs

From cook-offs on the coast, to fireworks with the family, summer vacation is right in your backyard

By Bogdan Koval and Diana Prihodko
Staff Reporters

Waterland Festival

The Des Moines Waterland Festival began 56 years ago and this year's version is packed with many activities and new additions to its car show.

Waterland will have a kid's carnival at the Field House from July 17-19. The carnival will be sponsored by Funtastic Traveling Shows. It will offer many rides and games that are suitable for everyone from kids to grandparents.

"Everybody likes to win prizes. Our liberal games policy means lots of winners," said Ronald E. Burback, founder of Funtastic.

There will be food courts offering many types of food at the carnival.

On July 18, the 5k FunD Run, Walk and Roll will begin at 9 a.m. and is expected to end at 10:30 a.m. To participate in the fun run, there is a \$20 race fee and a \$2.50 signup fee. There are 200 spots still open waiting to be filled.

The FunD run will be a 5-mile event starting at the Marina and rolling through the Des Moines Creek Trail. Snacks will be provided for participants throughout the race.

"Everyone is a winner in this inclusive recreational run. This is a low-key race, but the money raised from this event will help provide future inclusive recreational activities," said Rick Scott, a race coordinator.

Also on July 18, at 5:45 p.m. in the Marina District the kid's Parade followed by the Grand Parade will roll down Marina View Drive.

Parade participants will include floats, cheerleaders doing their routines and squads of motorcycles.

Any group of people can sign up to participate in the parade and show off what they have to the community by filling out the Waterland parade application available at destinationdesmoines.org. The deadline for entering is June 30.

To end the festivities, at the Marina on July 19, the Wheels and Keels event will start at 10



Micheal Brunk/Waterland Blog

Fireworks will be lighting up the night at the Fourth of July extravaganza at the Des Moines Marina.

a.m. and run to 4 p.m.

The event will include a classic and modified car show, a motorcycle exhibition and a wooden boat show. The admission for this event is free.

Awards for the best vehicles will be given out at 4:30 p.m.

Wheels and Keels is family friendly, offers a waterfront venue, awards and many door prizes. There will be a beer and wine garden at the Marina along with live entertainment such as music and short shows.

Twelve food trucks will round-up at the Marina to provide a wide selection to suit most everybody's cravings.

Wheels and Keels is sponsored by PaintByAGirl and Lowred2Perfection.

Strawberry Festival

Burien's annual Wild Strawberry Festival sweetens the start of summer.

With strawberries ripe from the early summer heat, the city of Burien will be celebrating its community June 20-21 through music, games, family-fun activities and artisan craft vendors.

The community will be able to experience making super-hero costumes, play in the spray park and visit the Turtle Theater for storytelling among other activities.

Starting off the festival on Saturday will be the Kiwanis Pancake Breakfast from 8-11:30 a.m. at the Burien Fire Station.

From 10 a.m. to 6 p.m. on Saturday there will be a Touch-A-Truck event where anyone is able to experience vehicles such as fire-trucks up close.

From 10 a.m. to 4 p.m. on Sunday will be the annual Father's Day Car Show where people can walk along to tunes from the 50s while taking a look at restored classic cars and participate in the Chili Cook Off.

Fireworks Over Des Moines

The Fourth of July will explode with a full day of events at the Des Moines Marina.

The Waterfront Farmers Market will get things rolling with its activities at 10 a.m.

There will also be carnival rides from 10 a.m. to dusk in the

North Marina parking lot. (The carnival rides will also be available July 3 from 4 p.m. to dusk.)

Destination Des Moines will present a free fireworks show over the Marina at 10:15 p.m. The park will close at 11 p.m.

Food and a beer garden will be offered from 5 to 10 p.m. and music will be by Brian Lee and the Orbiters from 6 to 9 p.m.

"Bring your family, lawn chairs, blankets and a picnic dinner," said Tony Hettler, president of Destination Des Moines. "The fireworks show over Des Moines is a tradition for many years now."

This event was formerly funded by Powell Custom Homes and Renovation and individual donations, but must raise its own funding this year.

Destination Des Moines is calling on the community to make contributions to help make the best show as possible with donations. The Smoke on the Water barbeque event on July 1 will help pay for the show with what it earns from its entrance fees.

"This year, we want to raise \$50,000 to make the best fireworks show ever," Hettler said.

Smoke on the Water

Food will be sizzling at the Smoke on the Water community barbeque on July 1.

Smoke on the Water volunteers will serve hotdogs and hamburgers along with other snacks from 5:30 to 7 p.m. at the Des Moines Beach Park.

Admission to the event will cost \$15 for adults, \$12 for seniors and \$9 for kids younger than 12. Kids younger than 3 can eat free with the purchase of an adult ticket. All the proceeds will benefit the Fireworks Over Des Moines event on July 4.

A beer and wine garden is sponsored by Destination Des Moines and the root beer garden is sponsored by Salon Michelle.

"Come for a great barbeque, a beer and wine garden, and a root beer float station, and live music," said Tony Hettler, president of Destination Des Moines.

"Tickets for this event sell out early, so get your tickets early at Brown Paper Tickets, The Scotch and Vine, at Salon Michelle and at the Marina," Hettler said.

Following the barbeque, The Des Moines Parks and Recreation's Summer Concert Series kicks off with live music featuring Joey Jewell and the Swingin' Sixties orchestra.

Many people are expected to attend, so bring something to sit on like a foldable chair or a blanket, Hettler said.

Dining Hall

Des Moines will celebrate the opening of its restored Beach Park Dining Hall with a ceremony, barbeque and concert on July 1.

Starting at 5 p.m. will be the ribbon-cutting ceremony at Des Moines Beach Park. Following will be the community's Smoke on the Water barbeque and the summer's first Summer Concert Series event performed by Joey Jewell at 7 p.m.

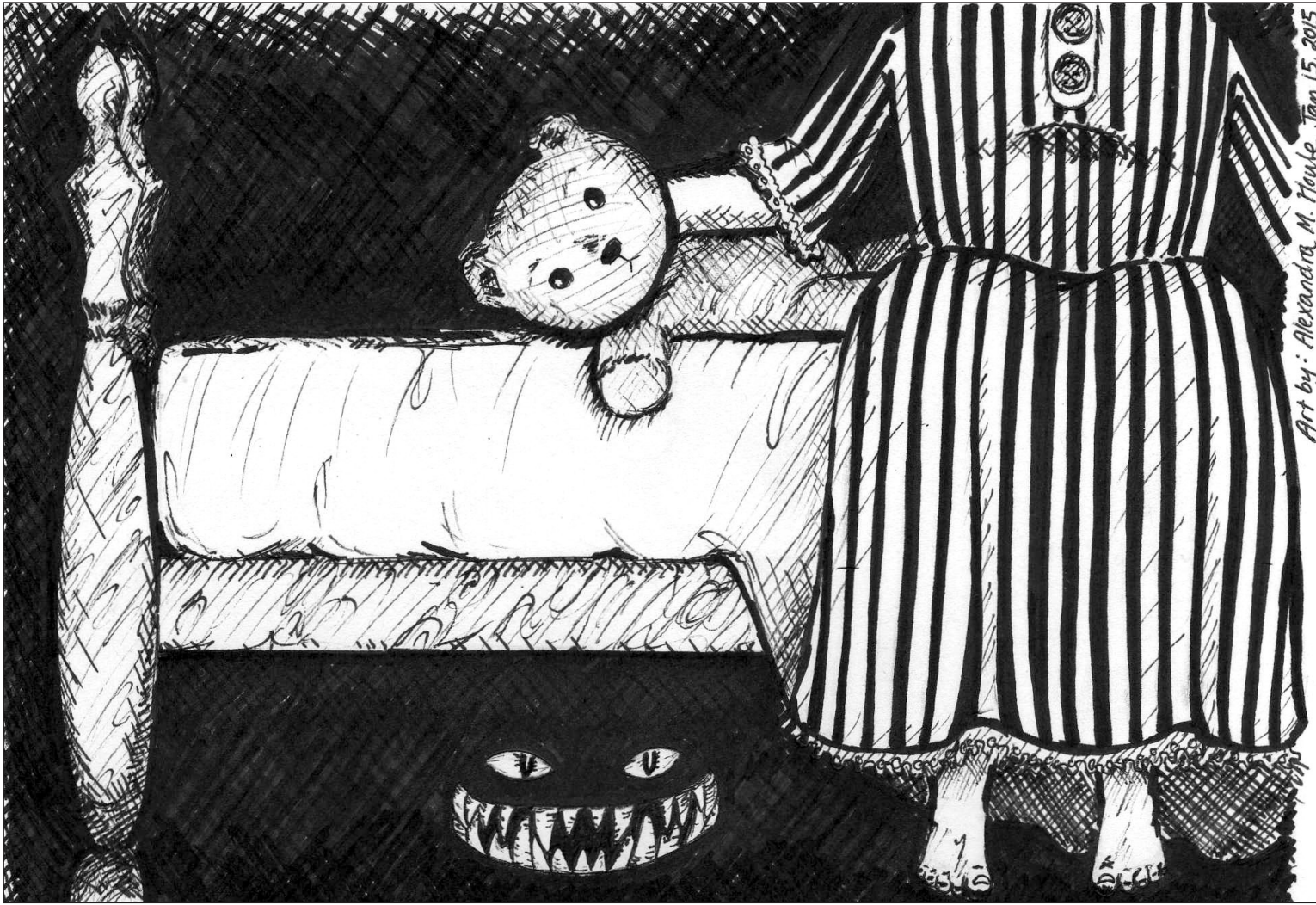
Shannon Kirchberg, Des Moines Facility and Events coordinator, said they expect 120-130 people at the ribbon-cutting.

The Dining Hall is a historical landmark and has been part of the restoration of the city's Beach Park that began in 2006, Kirchberg said.

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.

"The Dining Hall will benefit the community as it will be an additional revenue source for the city as well as a fabulous facility for people to rent for different parties, events and social occasions," she said.

The ribbon-cutting and concert events are free to the community.



Highline magazine *Arcturus* is a collaboration between the art and design and english departments featuring art and stories from students.

MONSTERS, INK

Arcturus magazine explores the fears we all share

By Abdirizak Ahmed

Staff Reporter

Highline's annual literary magazine, *Arcturus*, will be released on June 5 during a pair of readings that are free and open to the public.

The magazine has been printed every year since 1978 and showcases the literary and artistic talent Highline has to offer.

This year's magazine was created by English Department's

English 290 editors, Shawn Fraser, Rebecca Judkins, Alexandra Houle, Amy Brown, Maddison Brinson and Mericio Madril-Cabral, with a Visual Communications Department collaboration.

This year's theme of the magazine is "monsters."

"The theme is to help express and overcome real life fears such as hate, racism, rape and violence," Fraser said.

All Highline students, staff,

faculty and alumni were welcome to submit art and written work.

There were 300 written submissions this year, and 30 of them were chosen by the editors to be published.

"It's about supporting the art, the writing and the people who enjoy literature," Judkins said.

More submissions for the magazine are always welcome for the years to come.

"It's a real publication, competing with other schools. It

can be your first publication," Madril-Cabral said.

Attending one of the readings is the only definite way of receiving a copy of the magazine.

There are going to be two readings held on June 5, one at 11 a.m. in Building 8 in the Mt. Constance room followed by a 6:30 p.m. reading in Building 7.

Snacks will be provided and raffles will be held at the readings for those who wish to win a prize.

OMG, 'Legally Blonde the Musical' comes to Auburn

By Haley Lusher

Staff Reporter

The first all-teen performance of *Legally Blonde the Musical* will have its premiere at Auburn Avenue Theater in August.

Based on the movie *Legally Blonde*, the musical directed by Dave Cox tells the story of how a young woman gets into Harvard Law School in hopes of winning back her ex-boyfriend, but discovers instead that it's not what's on your head, but what's in it that counts.

"I have directed several shows that include actors [ages 14-19], such as *Footloose* and *Bye Bye Birdie*, but I have never done a show entirely peopled with young adults," Director Dave Cox said. "I am really excited to have a group

of dedicated young people to work with."

Auburn Avenue Theater is working toward getting more young actors involved in their programs by forming the first production of the Auburn Community Teen Players.

"I want to show young people that musicals are not the old cheesy spectacles of the past. Today's musicals, like *Legally Blonde*, have a spirit and energy all their own," Cox said.

Casting for the show is this Saturday, June 6 from noon to 5 p.m.

Showtimes are Aug. 7-8 at 7 p.m. and Aug. 8-9 at 2 p.m.

Tickets are \$12 and are available online at brownpapertickets.com or by phone at 253-931-3043.

Auburn Avenue Theater is at 10 Auburn Ave.

Clock out and get revenge with '9 to 5 the Musical'

By Haley Lusher

Staff Reporter

The revival of a musical comedy based on a 1980s movie about the trials of women in the workplace comes to Auburn Avenue Theater in June.

9 to 5, directed by Brittany D. Henderson, details how three women co-workers plan to get even with their sexist, egotistical, lying, hypocritical boss.

"This day and age it is a lot better [for women] than it was. And we have very strong, motivated, professional women in this show," said Theater Operations Specialist Jim Kleinbeck.

With music from Dolly Parton's contribution to the 1980s movie, as well as the Broadway revival performance in 2009, *9 to 5* helped break the glass wall for working women.

"We have very talented people that perform," Kleinbeck said. "I wanted a place for people/actors to come and share their voice with the public."

The actors of the theater are members of the local community as well as actors from acting troupes in Tacoma, Puyallup, and other surrounding areas and reaching as far as Seattle.

9 to 5 the Musical runs June 5, 6, 12, 13, 19 and 20 at 7:30 p.m. and June 14 at 2 p.m.

Tickets are available at the door or online. Tickets are \$20 for adults, \$18 for students and seniors at the door. Pre-sale tickets are available for \$15 for adults, \$13 for students and seniors. Tickets can be ordered online at brownpapertickets.com or by phone at 253-931-3043.

Auburn Avenue Theater is at 10 Auburn Ave.

Artists unite for first ever Arts Gala

By Jenn Tran

Staff Reporter

New on the local arts scene this fall will be the Poverty Bay Arts Gala and auction presented by Des Moines Legacy Foundation and Des Moines Arts Commission.

The arts gala will be on Oct. 10, from 6 to 10 p.m. in the Des Moines Beach Park Event Center Auditorium and include both silent and live auctions for artworks donated by the local arts community.

This event is an effort to raise money for the Beach Park Summer Concert Series and the Art on Poverty Bay Sculpture Gallery.

"Help us keep the art in the city of Des Moines alive. I also want to encourage talented students, faculty on campus to help," said Jean Munro, Arts Commission chairwoman.

The Arts Commission is also looking for volunteers for this event, and volunteers for the Summer Concert Series that begins July 1.

Artists are being requested to submit artwork as donations or request payment of 50 percent of the sales proceeds for their pieces.

Two different categories of art are being requested: Visual Art including items valued from \$300 - \$10,000; and Performing Art consisting of offerings valued at \$100 - \$1,000.

Visual Arts includes such things as: drawings, glass, fine crafts, jewelry, photography, sculptures, paintings and mixed media.

Performing Arts includes: blues, classical, country, children's, holiday, rock, ethnic, rock, theater and world.

To be eligible, artwork must be original and professionally finished. Paintings and drawings must be wired to carry the weight of the piece and be ready for hanging. Performing arts must provide all equipment necessary for their performance.

The artist donation is due on July 31, and the approved artwork drop off is on Oct. 9.

The Events Center Auditorium is at 22030 Cliff Ave. S. Admission to the Poverty Bay Arts Gala will be \$50. Tickets can be purchased online at BrownPaperTickets.com.

For more information contact Munro at (206) 592-3365 or jmunro@highline.edu

Whip up a colorful summer fruit bowl

By **Angela Shelf Medearis**

The best part of the bounty of summer is the abundance of fresh fruits. Eating fruit is not only delicious and refreshing, it's also good for you. Most fruits are naturally low in fat, sodium and calories. None have cholesterol.

People who eat fruit as part of an overall healthy diet are likely to have a reduced risk of heart disease, including heart attack and stroke. It also may protect against certain types of cancers, and reduce the risk of obesity and Type 2 diabetes.

Fruits are the source of many essential nutrients that aren't consumed as much as they should be, including potassium, dietary fiber, vitamin C and folate (folic acid).

Diets rich in potassium may help to maintain healthy blood pressure. Sources of potassium include bananas, prunes and prune juice, dried peaches and apricots, cantaloupe, honeydew melon and orange juice.

Dietary fiber from fruits helps reduce blood cholesterol levels and may lower the risk of heart disease. Fiber is important for proper bowel function, and helps reduce constipation and diverticulosis. Fiber-con-



Summer fruit bowl looks and tastes good, and is especially good for you.

taining foods such as fruits help us feel full with fewer calories. (Note: Fruit juices contain little or no fiber.)

Folate (folic acid) helps form red blood cells. In women of childbearing age, folic acid reduces the risk of neural tube defects, spina bifida and anencephaly during fetal development.

My recipe for fruit salad is combined with quinoa to make it a healthier and more versatile dish for breakfast, lunch or dinner. Quinoa is native to Bolivia and is a relative of Swiss chard, spinach and beets. It comes in three varieties (whole grain white, red and black) and is gluten free and packed with nutritional benefits.

Quinoa also is a complete protein, which means it pro-

vides all nine essential amino acids necessary for good health. Your body can't produce these nutrients itself, so you have to get them frequently through food. Just one cup contains 8 grams of protein, 5 grams of fiber, plus significant amounts of iron, magnesium, folate and heart-healthy omega 3 fatty acids.

Summer Fruit Salad with Quinoa can be served for breakfast with the sweet Poppy Seed Dressing. For a spicy, sweet and savory lunch or as a light summer supper or side dish, serve with the Spicy Chili Vinaigrette.

SUMMER FRUIT SALAD WITH QUIONA

- 1 1/3 cup water
- 2/3 cup quinoa (whole grain

- white, red or black varieties)
- 2 cups sweet cherries, stemmed
- 1/2 pound watermelon, cut in small wedges
- 4 small plums, pitted and cut into wedges
- 1 medium papaya, peeled, seeded and sliced
- 2 tablespoons finely chopped fresh mint
- Poppy Seed Dressing or Spicy Chili Vinaigrette

1. Combine water and quinoa in a medium saucepan. Bring to a boil, reduce heat to simmer and cook with cover on for 15 minutes. Remove from heat and set aside, with cover off, to cool completely.
2. Arrange cherries, watermelon, plums and papaya in container with lid. Toss with

quinoa and mint. Cover and refrigerate salad until ready to serve with your choice of dressing. Do not dress salad until ready to eat. Makes 6 servings.

POPPY SEED DRESSING

- 1/4 cup honey
- 2 tablespoons lemon or lime juice
- 1/2 teaspoon poppy seeds
- 1/8 teaspoon salt
- 1/3 cup oil

Beat together honey, lemon juice, poppy seeds and salt. Gradually beat in oil until dressing thickens. Cover and chill. Makes about 2/3 cup.

SPICY CHILI VINAIGRETTE

- 2 tablespoons finely minced red onion
- 2 tablespoons lime juice
- 1/8 teaspoon salt
- 1 Thai or serrano chile pepper, finely chopped
- 2 tablespoons chopped cilantro
- 1/4 cup extra-virgin olive oil

In a large bowl, whisk together onions, lime juice, salt, chile and cilantro. Drizzle in oil while continuing to whisk constantly. Makes about 2/3 cup.

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is *The Kitchen Diva's Diabetic Cookbook*. Her website is www.divapro.com.

Grilled pizza is smokin' good

Quick-rise yeast gets mixed right in with the flour and salt and needs no proofing. Grilling pizza gives it a smoky flavor not unlike that from a wood-burning oven. If you like, grill onions, peppers and sausages and let guests personalize their own pizzas.

- 2 cups all-purpose flour
- 1 package quick-rise yeast
- 3/4 teaspoon salt
- 3/4 cup hot water (120 F to 130 F)
- 2 teaspoons olive oil
- 2 tablespoons olive oil
- 8 ounces fresh mozzarella cheese
- 12 fresh basil leaves
- 2 small ripe tomatoes
- Salt and coarsely ground black pepper

1. Prepare outdoor grill for direct grilling over medium heat.
2. In large bowl, combine flour, yeast and salt. Stir in hot water and 2 teaspoons oil until blended and dough comes away from side of bowl. Turn onto lightly floured surface; knead until smooth and elastic, about 5 minutes.

Good Housekeeping

3. Shape dough into two 10-inch rounds or four 6-inch rounds (do not form rims). Cover with greased plastic wrap; let rest 15 minutes.

4. Place dough rounds on hot grill rack over medium heat and grill until underside of dough turns golden and grill marks appear, 2 to 5 minutes. With tongs, turn rounds over.

5. Brush lightly with some remaining oil. Top with mozzarella, then basil and tomato slices. Grill until cheese begins to melt, 3 to 5 minutes longer. Drizzle with remaining olive oil and sprinkle with salt and pepper. Makes 12 appetizer servings.

Perfect 'Pitzas'

At your next outdoor cookout, set the kids up at their own table with pita bread, jarred pizza sauce, shredded mozzarella cheese and bowls of toppings.

Some choices:

- Sliced Pepperoni
- Fresh or canned mushrooms
- Chopped ham
- Sliced grilled chicken
- Shredded American or pepper Jack cheese
- Crumbled cooked bacon

How-to: Let children spoon a few tablespoons of sauce on top of each pita and sprinkle on their favorite toppings and shredded mozzarella cheese. Then have the adults take over: Place topped pita directly on hot grill rack (either gas or charcoal, medium heat), cover grill and cook 2 to 4 minutes or until cheese melts and the crust bottom browns. With wide metal spatula, transfer pita to plate and, using pizza cutter, cut into quarters.

For thousands of triple-tested recipes, visit our website at www.goodhousekeeping.com/recipe-finder/.

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Cucumber adds much to chicken sandwich

You may not have thought of chicken and cucumbers together before, but you will after trying this summertime salad.

- 1 1/2 cups diced cooked chicken breast
- 1/2 cup finely shredded lettuce
- 1/2 cup finely chopped cucumber
- 1/2 cup fat-free mayonnaise
- 2 tablespoons fat-free Thousand Island dressing
- 1/2 cup chopped fresh tomato
- 8 slices reduced-calorie whole-wheat bread, toasted

1. In a large bowl, combine chicken, lettuce and cucumber. Add mayonnaise and Thousand Island dressing. Mix well to combine. Stir in tomatoes.
2. For each sandwich, spoon about 1/2 cup chicken mixture between 2 slices of toast. Serve at once or refrigerate until ready to serve. Makes 4 servings.

* Each serving equals: 223 calories, 3g fat, 23g protein, 26g carb., 607mg sodium, 1g fiber; Diabetic Exchanges: 2 Meat, 1 1/2 Starch/Carbo, 1/2 Vegetable.

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by Healthy Exchanges

Highline area embraces new baseball team

By Charles Prater
Staff Reporter

Baseball is back for the summer, as the Highline community will see the return of its semi-professional baseball team.

The Highline Bears are returning after a 40-year hiatus to compete in the Pacific International League.

“Baseball was really popular in the community back in the 1950s through the 1970s and people would come to the Steve Cox Memorial Center on Fridays and Saturdays and just pack the stadium,” said Bears General Manager Justin Moser.

“We just wanted to bring that back for the community and we wanted the community to come together through the love of baseball.”

Moser said that he’s had a passion for baseball for a very long time and to bring baseball back to Highline is a dream come true.

Helping Moser with the revitalization of the Bears is President of Operations Greg



Kayla Dickson/THUNDERWORD

The Bears will play in 20 league games in addition to non-league games over the course of the summer.

Lillehaug, Vice President Russ Pritchard and Treasurer John Thomson.

“We’ve had to do quite a few things to get to where we are with the team,” Moser said. “We’ve needed to recruit play-

ers and that’s hard to do when you are just establishing yourself.”

Moser also believes that the other hardest part will be to get the community to buy in to what they’re doing.

“People thought we were crazy for putting something this big together, but I think we’ve done a really good job so far,” he said.

Because the Bears are a semi-professional team, they usually don’t hold try-outs, only scouting and recruiting players. And the ones that they do like will get an invite to tryout.

“The PIL is a summer collegiate baseball organization that is home to current or former college athletes or former professional athletes,” said Moser.

Moser said that about 75 per-

cent of the players on the team are current college players from two-year colleges to four-year colleges, or are college players looking to transfer to a university or go pro.

“The rest of our players have played college baseball and feel they can still play at a high level,” he said.

The PIL season began at the end of May and will go until the end of July. There are currently eight teams in the league, with five in Washington and three in Canada.

Notable players have come from the PIL including New York Yankees’ Jacoby Ellsbury, former Mariner Jason Bay and three-time World Champion and two-time Cy Young winner San Francisco Giants’ Tim Lincecum.

Unlike the MLB, the PIL

doesn’t have any playoff games or a championship series.

“Rather than a playoff, all the teams will play a bunch of league games,” said Moser.

“Then the top two teams from our league will be sent to Wichita, Kansas to play in the National Baseball Congress World Series against the other top summer collegiate teams from around the country,” he said.

The Bears played in their first game of the season Saturday at Steve Cox Memorial Park against the Snoqualmie Hurricanes.

It was a long game as the Bears went 13 innings with the Hurricanes, but a walk-off home run by Bears outfielder Colton Kelly at the bottom of the inning sealed the win.

The Bears played a double-header on Sunday against the Northwest Honkers, winning the first game and losing the second one.

“We had over 500 people at opening night and it was so amazing to see,” said Moser.

“I’m just really excited to see this community come together and support these group of ball players.”

The Bears had an away game Tuesday, against the Seattle Studs at 5:30 p.m.

The Studs were in control the entire game, not allowing up a single earned run from the Bears until the seventh inning.

Seattle had no problem filling up the boxscore, winning 7-2.

The Bears current record is at 2-2.

Highline has a home game on Friday at 7 p.m. against the Hurricanes.



Kayla Dickson/THUNDERWORD

The Bears celebrate their first victory as a team together.

Annual golf tournament eyes another great outing

By Charles Prater
Staff Reporter

Break out your golf gloves and clubs because tee-off for the Annual Golf Tournament is on its way.

The T-Bird Classic is back again, to raise funds to support our Highline athletics.

“This event is mostly just to get all the people who support our program together for a fun day,” said Highline Athletic Director John Dunn.

“If we raise money then we raise a little money, but it’s mostly about developing relationships and having a good time.”

The tournament will be held

on Friday, June 12, at the Twin Lakes Golf and Country Club in Federal Way.

Check-in will start at 9:30 a.m. and shotgun start will begin at 11 a.m. Registration can be done in a four-person group and the cost is \$140 per person.

“We usually get about 160 people at the event, including staff, and it’s a fun day of just prizes and cool stuff going on,” said Dunn.

“This year we have a raffle that has four tickets to the Seahawks and we have four tickets to the U.S. Open,” he said.

“We also have golf clubs and weekend stays at hotels.”

Included in those prizes is

a chance at a five-night stay in Augusta to watch the Masters live, or a chance for a four-night stay at Pebble Beach and a round of golf on the famous course.

“It’s such a great end of the year event,” said Dunn.

“It’s the day after graduation, everybody lets their hair down a little bit and has a great time,” he said.

“The tournament’s a good cause for Highline, and the money is used directly for the student athletes.”

Dunn also said the credit should go to the volunteers who help him out every year, including the Highline faculty.

For more information, you can go to the Highline College Athletic homepage at athletics.highline.edu and click on the tournament pamphlet.

Can you hear me now?
Talkin’ Politics



American Government and
Introduction to Mass Communications
10 credits
Fall 2015
Register for item No. 1268

Make planks a core part of your workout

By Melissa Martin
Special to the Thunderword

The plank is a great exercise that works the entire body, especially the core muscles including the transverse abdominis, rectus abdominis, obliques, and glutes.

Maintaining good core strength is essential as it helps stabilize the spine and pelvis, helps maintain proper posture, improves balance, helps prevent injury during physical activity and in daily life activities, and also improves sports performance.

There are many different variations of this exercise you can do and ways to incorporate equipment or other aids for progression; however, if this exercise is new to you, your own body weight will be more than sufficient.

To perform a basic plank, start by getting into a press up position with toes planted into



Kayla Dickson/THUNDERWORD
Melissa Martin demonstrates the proper form for a plank, a great abdominal exercise.

the floor.

Bend your elbows and rest your weight on your forearms and not on your hands. Keep your palms in a neutral position.

Your body should form a straight line from shoulders to ankles. Do not look up, but look down to the ground as to main-

tain that straight line from head to heel.

Engage your core by sucking your belly button into your spine. Be sure to maintain proper abdominal breathing.

Hold this position for 30 seconds, then relax. Do three repetitions for 30 seconds each.

If you need to, you can start

the neck. Your bottom should not be up in the air, nor should your spine lag.

Lastly, don't forget to breathe. During the plank exercise, inhale for five seconds then exhale for five seconds, pushing all of the air out forcefully while contracting your abs. Proper breathing helps maintain the plank longer, making it more effective.

You can progress this exercise in many ways by extending the arms as if performing a push up, doing side planks, planks with shoulder touches, rocking planks, and reverse planks.

If the traditional plank is too difficult, you can also regress by doing them on your knees until you improve your strength.

No matter what variation you choose to do, the plank should be an essential part of any fitness program.

Melissa Martin is a student in Highline's Personal Fitness Trainer Program.

Highline group gears up for summer hiking season

By Abdirizak Ahmed
Staff Reporter

A Chinese proverb says "A journey of a thousand miles begins with a single step."

But a new group here on campus is proposing more than a dozen journeys involving thousands of steps.

What began five weeks ago as a group of friends meeting up every Saturday in order to get some exercise is rapidly mushrooming into a full team of hikers.

D Walker, Catie Minowa and Macaria Dove (aka Big Tiny) came together earlier this quarter and have already completed five hikes.

"We didn't expect to get so much interest; we started it because it was something we all liked to do," said educational planner Minowa.

An average of 10 to 12 people show up each week.

"Everyone understands the importance of exercise, but exercising with a group of like-minded folks is far more enjoyable," Walker said.

There are different hiking levels and the groups are sometimes divided to allow people to experience different hikes. And some of their goals are lofty.

Many of the hikers say they plan on participating in 2016,

on a Pacific Crest Trail hike. The Pacific Crest Trail is a 2,650-mile trail that runs from Mexico to Canada through California, Oregon and Washington.

And the camaraderie of the

hiking trail is apparently contributing to the camaraderie on campus the group leaders say.

"It gives us the opportunity to see coworkers in a different light and adds depth to our work relationship," said Educa-

tional Planning program assistant Dove.

The group meets at 6 a.m. each Saturday. Anyone wanting to join this journey should email dwalker@highline.edu, and prepare for the adventure.



SUMMER 2015 URBAN AGRICULTURE AND FOOD SECURITY CLASSES

SUST 142: Summer Practicum: Urban Agriculture 2 credits

This course prepares students to grow food sustainably and organically in an urban environment. The course places emphasis on crop production, field management, integrated pest management, and harvest practices. As much as possible, the course seeks to create a participatory environment driven by learning-by-doing models. *Section 2411 offers ESL support.

Section: 2409 Room: 21-105 Day: M Time: 12:15-2:20 pm
Section: 2411* Room: 22-105 Day: M Time: 3:30-5:40 pm

SUST 150: Food as Medicine 3 credits

Nutrition based course focused on the healing properties of vegetables and other plant based foods. Learn how to identify the medicinal properties of plants and prepare recipes using locally grown, seasonal fruits, vegetables and herbs.

Section: 2085 Room: 22-105 Day: MW Time: 10:00-11:50 am

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COLLEGE

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organic food in
small spaces

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creative in the
campus garden

Find innovative
ways to earn
money with
healthy food
products

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— King Crossword — Answers Solution time: 24 mins.

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— Weekly SUDOKU — Answer

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— Go Figure! — answers

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Retiring profs about to move on

By Zach Nunez
and Antonina Valiere
Staff Reporters

June is about getting a move on — students troop through the Showare Center to mark Commencement to higher academic study or to begin careers. For two Highline faculty members celebrating their own form of moving on – into lives in retirement – it really just means they’re about to shift gears. Just don’t expect them to be sitting around eating bon bons.

Susan Landgraf

Susan Landgraf will close the door on her Highline teaching career next week, but God only knows when she’s going to be able to close the door on her office. “I don’t know who’s going to get my office, but it’s going to take a while,” the communications professor told her colleagues at her retirement celebration on Tuesday. After all, she has 27 years of books, clippings and memorabilia packed into her second floor retreat in Building 5 that overlooks an atrium filled with vegetation. But she promises the new occupant “the best view on campus.” Her hesitancy at cleaning of- fice reflects her hesitancy to leave her students and colleagues. Landgraf said she has mixed emotions about retiring. “Teaching has been a big part of my life. It takes up so much time and energy. I usually put in 60-80 hours a week, but it has been wonderful work,” Landgraf said. “The people here are a family to me,” Landgraf said about her peers at the college. And though she is retiring from teaching at Highline, she’s not about to retire in general. “I’m not going to die, I’m going to be back,” Landgraf said. Her colleagues are very pleased with the news. Landgraf plans to stick around and acknowledged a plea that she continue to help with Poetry Month each April. But that doesn’t mean she



Susan Landgraf



Antonina Valiere/THUNDERWORD

Nursing professor Marie Esch-Radtke is retiring to the seaside once this quarter ends.

doesn’t have other plans. Landgraf has many other passions aside from teaching. She has been a reporter, a photographer and a writer. Landgraf has had more than 400 poems published and her work has appeared in more than 150 magazines and journals. She will also continue teaching poetry writing at Centrum in addition to conducting writing workshops around the world. During the retirement celebration her colleagues presented her with a book that they wrote titled 65 Ways To Look At Susan Landgraf. Inside were short poems that each of her colleagues wrote about her. They then went on to read to her each poem that they had written for the occasion. She was obviously pleased. In an earlier interview Landgraf called her experience at Highline “amazing.”

“Amazing that I could use my talents in the classroom. It’s been a learning process every day. I’ve seen student’s epiphanies; I’ve made a difference in a few lives. This work has made a difference in my life. I’ve been given the room to try out new things, go to new places, see new ways of doing things. It just doesn’t get any better than that,” Landgraf said. “Susan has had a very broad impact on the success of students, colleagues and the college. Few people have as big a heart,” said Dr. Jack Bermingham, Highline president.

Marie Esch-Radtke

Even though she’s retiring to a seaside town, don’t expect one Highline nursing instructor to just kick back and watch the waves. Marie Etsch-Radtke has been a nurse since 1974, but began

her career as an instructor at Highline in 2002 as a nursing faculty intern. She left to finish up graduate school at University of Washington Tacoma and then returned to Highline in 2004. She’s ending that part of her career this month. After retirement, Radtke plans on moving to Astoria, Oregon. Although she doesn’t want to work, she is looking into becoming the town’s part-time forensics

nurse analyzing rape crimes. In October 2014, Esch-Radtke received the Alumni Pillar of Achievement award from Golden West College where she had attended for her associate degree in nursing. “Despite the struggles and stress of teaching, the students are what keep me coming back,” Esch-Radtke said about bidding Highline farewell. Since becoming a permanent



SUMMER 2015

URBAN AGRICULTURE AND FOOD SECURITY CLASSES

SUST 142: Summer Practicum: Urban Agriculture 2 credits

This course prepares students to grow food sustainably and organically in an urban environment. The course places emphasis on crop production, field management, integrated pest management, and harvest practices. As much as possible, the course seeks to create a participatory environment driven by learning-by-doing models. *Section 2411 offers ESL support.

Section: 2409 Rðom: 21-105 Day: M Time: 12:15-2:20 pm
Section: 2411* Room: 22-105 Day: M Time: 3:30-5:40 pm

SUST 150: Food as Medicine 3 credits

Nutrition based course focused on the healing properties of vegetables and other plant based foods. Learn how to identify the medicinal properties of plants and prepare recipes using locally

professor, Radtke has enjoyed not only teaching but learning from her students. “I learn as much as the students learn, that’s what keeps me going,” she said. During her time here, she has contributed to the nursing department through her vision of the new curriculum that started in 2011. Esch-Radtke has also served as a mentor for students such as Cara Baker, Elvira Velasquez, Melody Perea, and Annette Maillard for their Masters in Nursing Education fieldwork. “Marie has been a role model for our students,” said Teresa Trillo, the nursing program coordinator. Over the 10 years Esch-Radtke has been at Highline, one thing that has changed significantly is the change in population within the nursing department. There is an increased number in men especially and men and women of color. “It’s amazing to see how much student demographics have changed,” Esch-Radtke said. She said she looks forward to seeing the skills lab remodeled and keeping in touch with faculty members. Hospitality and tourism management instructor John Lindsay and accounting professor Ron Sabado are also retiring. They were unavailable for comment.

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Educator named distinguished alumnus

By Jon Albers
Staff Reporter

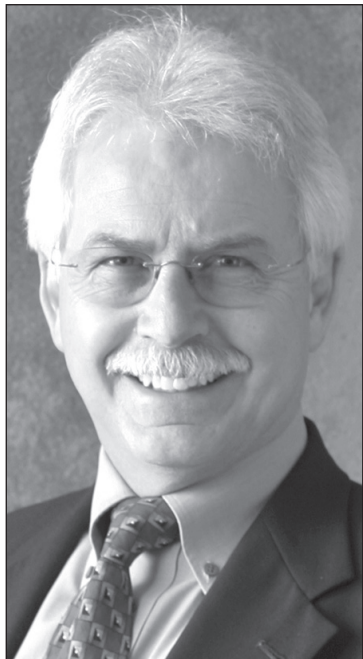
It's been a long time since Gene Sharratt attended Highline in 1969 after serving two years in the Vietnam War. And he's come a long way since.

Now Dr. Sharratt will be honored at this year's Commencement ceremony as a Highline Distinguished Alumnus.

After Highline, Dr. Sharratt went on to get his bachelor's degree in education from Washington State University, his master's from Pacific Lutheran University, and his doctorate in education from Washington State University.

He has taught elementary school and college, served as a principal, served as a school district superintendent and is now the executive director of the Washington Student Achievement Council.

Dr. Sharratt was honored



Dr. Gene Sharratt is Highline's alumnus of the year for 2015.

as a distinguished alumni at Washington State University in 1991 and at Pacific Lutheran University in 2009. He has also received awards for Adminis-

trator of the Year for the state of Washington in 1982, Superintendent of the Year for the state of Washington in 1988, and outstanding teacher of the year at WSU in 1991, said Madison Gridley, the alumni coordinator for Highline.

Because of limited records on alumni from the early years of the college, Highline only recently found out that Dr. Sharratt was an alumnus, said Gridley.

Dr. Sharratt was nominated to be the 2015 distinguished alumni by Board of Trustees member Dan Altmayer when the college discovered that he was an alumni, Gridley said.

Dr. Sharratt was nominated because he has done and is doing important work in the field of education, Gridley said.

Dr. Sharratt's wife also attended Highline, and his family is very engaged with Highline, Gridley said.

Past distinguished alumni

have included such notables as: former Mayor of Seattle Norm Rice, King County Superior Court Judge Joan Dubque, President/COO of HomeStreet Bank Joan Entiknap, and CEO of the Yoshida Group Junki Yoshida.

Commencement will also include speeches from Student Body President Laura Yanez and student Xavier Henderson.

There will also be multi-cultural welcome speakers opening the ceremony with welcome messages in their native languages.

Commencement is on June 11 at the ShoWare Center in Kent.

For those who have procrastinated on signing up to participate in Commencement, there is still hope. Students who have applied for graduation only need to have a cap and gown in order to attend the ceremony, said Rachel Collins the conference services manager at Highline.

Students can buy a cap and gown at the Bookstore, use their own, or borrow one, as long as both the cap and the gown are black, Collins said.

International Student Programs is still seeking volunteers to provide short welcome messages in their native languages. Those participating must be eligible for graduation and walking in their cap and gown at Commencement. Welcome speakers will be positioned in the front row reserved seating and have the opportunity to be the first students to cross the stage.

Interested students should contact Amee Moon, the assistant director for Marketing and Student Development at International Student Programs. Her email address is amoon@highline.edu. Participants should attend a training session on Friday, June 5 at 1 p.m. in the Mt. Skokomish Room of Building 8 for detailed instructions.

Split personalities? Not completely crazy, prof says

By Angelica Somera
Staff Reporter

Debate still persists as to whether Dissociative Identity Disorder is real or not, a Highline psychology professor said at last week's final History Seminar.

The disorder, formerly known as Multiple Personalities Disorder, is characterized by two or more distinct personality states or alters that alternately take control of behavior.

It should not be mistaken for schizophrenia, said Dr. Bob Baugher.

"Each alters may have its own set of behavior patterns, memories and ways of relating to others," he said.

"Over the years there has been a sharp increase in the number of diagnosed cases," Dr. Baugher said.

There have also been cases where a diagnosis has been proven wrong, he said.

Four years ago, journalist Debbie Nathan exposed Sybil, with her book *Sybil Exposed*, Dr. Baugher said. Sybil is a name that resonates with a large number of obsessed fans who followed the nonfiction movie from 1973, about a woman who claimed to have 16 different personalities, he said.

In the book, Nathan gives proof that the allegedly true story outlined in the movie was largely fabricated, Dr. Baugher said. Nathan revealed the trio of women behind the legend: the willing patient, her determined psychiatrist, and the journalist who made their story possible.

"The actual identity of Sybil is Shirley Mason," he said.

He gave a lot of insight on many other cases as well and one story hit close to home for most people in the audience, as he talked about Ken Bianchi, the Hillside Strangler.

In the case of the Hillside Strangler, 12 women were murdered.

"Two were in Bellingham, where Bianchi was finally arrested," Dr. Baugher said. Bianchi pleaded innocent, claiming he had Dissociative Identity Disorder, but the jury rejected his claim and now he is serving a life sentence in Walla Walla, Dr. Baugher said.

There are many reasons why some people argue that Dis-

sociative Identity Disorder is a real disorder and some reasons why they wouldn't.

Many individuals fake or mimic the condition, but real patients are typically confused and embarrassed and want to fix their condition as soon as possible.

Dr. Baugher spoke of diagnosing a patient with the disorder and he said because of that experience, he believes that Dissociative Identity Disorder is real.

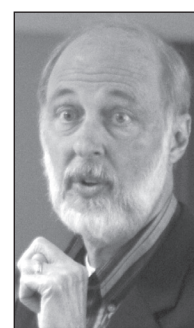
His patient was very sincere and embarrassed that she had this condition and they worked together to help cure her.

The cause of Dissociative

Identity Disorder comes from overwhelming childhood experiences, Dr. Baugher said.

However,

it appears that in some adult cases, a reworking of childhood experiences occurs during adolescence, he said. The adult form often becomes rather complex in its structure, and adult patients' given histories demonstrate the interplay of historical events, fantasy, post-event information, and the



Dr. Baugher

impact of many non-traumatic influences, Dr. Baugher said.

Almost anything can trigger the disorder -- a noise, smell, sound, pain, threat -- and the patient won't even know, he said. It is the most controversial of all the disorders, Dr. Baugher said.

He said he wonders if the condition will still be included with the other 19 mental disorders in the Diagnostic and Statistical Manual of Mental Disorders 6, which comes out in about 10 more years.

History Seminar, a weekly series of presentations on historical topics are done for this year, but they will return in the fall.

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Bottle caps pose threat to wildlife

By Ciara Bell
Staff Reporter

That bottle cap you carelessly tossed away might shortly be the cause of some gray whale's indigestion. Or worse yet, harm the MaST Center's latest "graduate."

Plastic bottle caps often become litter in our oceans, streams and beaches. Every year countless birds, fish — and yes, gray whales — die from ingesting caps and other plastic debris. Even in dumps plastic bottle caps can pose a threat to land animals and scavenging birds.

The problem with throwing away plastic caps is that they are made of type five plastic, which has a drastically higher melting temperature than most other types. The time it takes to separate and melt this plastic causes fees to rise for recycling companies, and the system becomes less efficient and they are often dumped.

Over time, if not properly recycled, plastic caps end up in the ocean, bobbing around in great rafts of garbage. And unfortunately, what looks like an innocuous chunk of plastic to humans can look like a meal to sea life.

Since 2012, the Bottle Caps Program at Highline's Marine Science and Technology Center has helped raise awareness about the harms of improperly recycling bottle caps, said Dr. Kaddee Lawrence, director of the MaST Center.

The college's caps program is coming to an end due to the fact that there are too many caps and it is difficult to find places to dispose of them. But, Dr. Lawrence is confident that the effort was not in vain.

"People are a lot more aware of the harm that the caps cause,"



Kayla Dickson/THUNDERWORD

Bottle cap art such as this at Highline's MaST Center helps to remind people not to discard the caps, especially into the marine environment.

Dr. Lawrence said.

People are aware now, that there are places that they can take their caps to and thus prevent them from getting to the waters.

Places such as PCC Market, Aveda, and Whole Foods accept these caps with an outlet for them to properly recycle them.

Visits to the MaST Center have caused people in the community to develop personal convictions about the need for recycling. It's been through visits to the center's aquarium that they have developed personal relationships with certain sea creatures and an understanding of how important it is to stop

polluting the oceans.

One of those creatures is Melanie, a giant Pacific octopus who has been raised in the aquarium for the past several months.

On Saturday, June 13, Melanie is due for release — or graduation as the MaST team likes to describe it -- back into the waters of Poverty Bay to reproduce.

Visitors have come to know the little octopus and for some it's as if she's one of their own children graduating -- going off into the big world or sea, in Melanie's case.

This will be the seventh octopus graduation that the MaST

Center has done and it has become a celebratory event, complete with cake and coffee, Dr. Lawrence said.

And, ironically, the decorations for Melanie's graduation party include strings of bottle caps, festooned about the MaST Center like paper chains for Christmas.

With any luck, these bottle caps will remain on the walls, and not on Melanie's dinner tray.

To learn more about the creatures of Puget Sound and potential threats to them, visit the MaST Center at 28203 Redondo Beach Dr. S. during its public hours on Saturdays from 10 a.m. until 2 p.m.

Program helps students open up for business

By Abdirizak Ahmed
Staff Reporter

Starting a small business can be a tough challenge, but StartZone has been helping start-up businesses step by step since 2008.

StartZone's goal is to assist under-served populations who have a dream but can use help with start-up capital and management, said program manager Phon Sivongxay.

It serves low-income residents who have already completed business plans.

StartZone officials say they believe in providing reality-based, individualized services to put members on the path to owning a business that can grow and be profitable.

It also provides free consultations for those who don't qualify for assistance but have a few questions.

Today, StartZone has more than 400 members and provides a range of workshops, consulting and other business support services.

More than half its members are women and more than two thirds the members are people of color or recent immigrants.

To sign up, go to Startzone.one.highline.edu.

The application is completely confidential, and if you qualify, an interview is set up immediately.

Bigger minimum wage would be positive, students say

By Endalkachew Abebaw
Staff Reporter

Overall, raising the minimum wage would have a positive impact, but some workers, especially teenagers, may be in danger of losing their jobs, a trio of Honors Students said yesterday.

At this year's Honors Poster Presentation, Honors Students Shiori Nemoto, Marciano Quinonez and Corballi Wammer discussed the positive and negative effects following an increase in minimum wage.

"Our group began our research on raising the minimum wage with the intention of looking at the positives and negatives that can arise," Wammer said.

"After our research we looked at both sides of the argument as equally as we could but the group

unanimously agrees that raising the minimum wage has more up-sides than down," she said.

Although many may argue raising the minimum wage during our current economy is not a wise idea, Wammer and her group somewhat disagrees with those critics.

"I think that raising the minimum wage would, if anything, help smooch down the widening wealth gap, which would help the people struggling in our economy," Wammer said.

Raising the minimum wage has been linked to job losses and relocation of companies often due to their desire for more gross income.

"Some businesses might have to cut back on workers, but most companies will just have to work in a way to pay their

workers," Wammer said.

"When the minimum wage was raised here, the restaurant chain Ivar's increased their hourly wage immediately to \$15 an hour, but they did increase their food prices a bit and also discouraged customers away from tipping," she said.

Critics opposing a minimum wage increase are not wrong in assuming that teenagers occupy most minimum wage jobs. Therefore if employers were to terminate employees, teen workers would be in jeopardy of being let go.

"Reasons for this is because businesses want more permanent workers and a lot of teenagers that are working are not planning to stay there permanently. But, of course this does not apply to every teenager working," Wammer said.

Regarding the correlation between minimum wage and living wage, Wammer and her group asked, "should full time workers be paid enough to make a living wage?"

"There is not a direct correlation between minimum wage and living wage but there needs to be," Wammer said.

Increasing the minimum wage should be influenced by living wages in different counties, setting an equal minimum wage for all counties will not be a beneficial, noting that different counties have higher living expenses.

"If the minimum wage is going to be at least a living wage then the wage would vary from area to area because a living wage includes living expenses," she said.

Living expenses and housing costs are significantly higher in

Seattle as opposed to Des Moines; the increase in minimum wage will bridge the gap between the daily wage and the living wage.

"The minimum wage in Seattle has been raised to \$15 an hour but depending on the size of the business, all will have a \$15 minimum wage phased in a certain amount of years," Wammer said.

Supporters of the minimum wage should not fear an increase in costs for living expenses and products once their incomes are higher, however it's not wrong to assume the increased wage may correlate with the increase in cost for certain products, Wammer said.

Regarding public response, the majority of the public will have a positive reaction if the minimum wage is increased, she said.

Tuition

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Beginning in the 2016-2017 academic year, community and technical college tuition would be set at 6 percent of the state's average wage, or \$3,158. Regional university tuition would be set at 10 percent, or \$5,263, and state university tuition at 14 percent, or \$7,369.

At the University of Washington, for the 2014-2015 academic year, tuition and fees amounted to \$12,394.

Under the new tuition requirements, tuition at the UW in the 2016-2017 academic year would be \$7,969. That's a reduction of \$4,425.

At 6 percent of the average wage, Highline full-time tuition would go from \$4,000 to \$3,158. This is an \$842 reduction per student per year.

Highline's tuition revenue amounts to around \$12 million per year. The Senate plan would reduce the college's tuition revenue by about \$2.5 million per year. "The piece that we are con-

cerned with are the bachelor of applied science degrees," said Dr. Lisa Skari, vice president for Institutional Advancement.

Dr. Skari said that there is no guarantee that the Legislature will backfill the loss of tuition revenue.

Much of the cost to cover the reductions would come out of the State Need Grant and College Bound Scholarship programs. The State Need Grant provides need-based financial aid to income-eligible students and the College Bound Scholarship is available to 7th and 8th grade income-eligible students.

In the 2013-2014 academic year, there were nearly 74,000 recipients of State Need Grants amounting between \$900 and \$11,000. More than 32,000 eligible students were unable to receive the grant in that year.

The Legislature appropriated \$308 million for the grant for the 2014-2015 fiscal year.

According to the SB 5954, those programs could be collectively reduced either by a minimum of \$57 million or maximum of \$114 million to cover the tuition reductions. That could reduce the number of grant recipients by one-third.

'Most students are graduating with a debt exceeding \$25,000. I don't see any changes unless we go in and reset the dial.'

— State Sen. Barbara Bailey, R-Oak Harbor



Right now, four-year institutions have limited authority to set their own tuition. Under this bill, this authority would be removed.

Under the bill, the 2015-2016 academic year would be a transition period for higher education institutions to get used to the reduction in tuition revenue. Full-time tuition would be no more than it was in the 2014-2015. Students taking 12 or more credits per quarter are considered full-time students.

The tuition reductions would take effect in 2016 and 2017 for all colleges and universities in the state, though not without extensive impact to higher edu-

cation institutions and beyond.

According to the bill's fiscal note, under the tuition reductions the University of Washington would have \$7.8 million less available for institutional aid for 2016 and \$14.3 million less available in 2017.

Like the state's public universities, community and technical colleges would also have to adjust to the change.

"Community and technical colleges would not be affected the first year [2015-2016]," Sen. Bailey said.

According to the bill, in the 2016-2017 academic year, full-time tuition for community and

technical colleges would be reduced to \$3,158 per year. Coupled with some reductions in operating fees, the total estimated impact to the community and technical college system's revenue collection is \$7.15 million per year.

Despite the cost of the tuition reductions, Sen. Bailey said they were necessary.

"Most students are graduating with a debt exceeding \$25,000," Sen. Bailey said. "I don't see any changes unless we go in and reset the dial."

A June 2014 White House report cited the debt for the average student graduating with a bachelor's degree at \$29,500.

Sen. Bailey said that making sure a graduating student can finance a car, a home or start a family is going to positively affect the state's economy.

Sen. Bailey said that education is a big-ticket item on this budget.

"We asked what the one priority of our budget is: K-12 and higher education," Sen. Bailey said. "We are trying to place a budget that will not harm the economy."

The Legislature needs to pass a budget by June 30 to avoid a shutdown of state agencies.

Lease

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Such a price increase would force Highline to vacate the building and relocate its classes back onto the main campus.

As of now, there are no plans for relocating administration from Building 99. The school does plan to move some office

space back onto campus, but existing facilities cannot accommodate all administration needs.

The college is looking into portable buildings to house administrative staff, but Pham said that this is not an ideal solution.

Housing all of the staff and classes from Building 99 will be especially difficult due to renovations taking place on campus, primarily in Building 26, which will displace more classes.

"It would be cheapest for the college and the taxpayer to buy a new building," Pham said.

At this stage, however, building a replacement for Building 99 is out of the question. The state of Washington will not fund buildings that are primarily for administration.

The state will only fund new buildings that expand classroom space, but that can include some office space, Pham said. Such funding is tied to enrollment and an education budget that hasn't been agreed upon by the Legislature.

Highline is also waiting to de-

termine if any additional revenue sources will be available for building construction, Pham said.

If all goes to plan, the Highline administration could buy itself two years to determine if it will buy new buildings, lease a different building, or continue leasing its current building, he said.

Silva

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growing and maintaining the MaST Center's jellyfish.

Silva never meant to volunteer for very long, but she ended up volunteering for two years before becoming an employee on work-study about a year ago.

Silva is now the Lead Gelatinous Macroplankton Aquaculturist, running the team for which she had volunteered with three years ago.

Silva even won the Student Employee of the Year Award this year after being nominated by MaST Center Manager and Highline professor, Rus Higley.

When it came to winning the award, "it was a complete surprise," said Silva.

Higley brought her to the Student Employee Awards Ceremony, but never told her why they were going or why. When they called her name for Student Employee of the Year, she had no idea she had even been nominated, Silva said.

She is majoring in Biology and will be going to Western Washington University in the fall to get her bachelor's degree

in biology with an emphasis in marine biology.

"I heard Western had a really good marine science program and Rus got his degree there," Silva said.

She is looking forward to networking with professors and looking into any research projects that they may be doing.

"I definitely want to work in the marine science field, maybe in aquaculture or doing field work," Silva said.

Aquaculture is the growing and maintaining of aquatic animals, which is what she does at the MaST Center, she said.

This summer, Silva plans to volunteer at the MaST Center and help them find a replacement for her job.

Silva's duties are not just limited to her job title. She is at the MaST Center six days a week and she does everything from basic maintenance of aquatic tanks to helping bury dead sea life that washes up on the shore of the coast, and everything in between.

She also enjoys being a mentor to all of the volunteers in the MaST Center.

Silva hopes to find a work-study position next year at Western in their biology lab.

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