the THUNDERWORD

Highline College | May 5, 2016 | Volume 53, Issue 24



Jessica Strand/THUNDERWORD

Sound Transit's new extension will have a station conveniently located near Highline's campus.

Sound Transit eyes stop close to campus

By Konner Hancock Staff Reporter

The preferred alternative for Sound Transit's Kent/Des Moines station will be about 800 feet east of Highline.

Sound Transit is planning on building an extension from Angle Lake station to the east side of SR 99, parallel to Baskin Robbins, leaving the station about 800 feet from campus.

However the project is not guaranteed.

"We are still in the environmental review process. The Board has not yet selected the project to be built, which means we have no final approval of the alignment, stations, etc.," said Kimberly Reason, public information officer for Sound Transit.

"The Light Rail would follow the south edge of the future SR 509 alignment and continue south along the west side of I-5. Around Kent-Des Moines Road, the alignment would transition west to serve a station near Highline College. The alignment would then tran-sition back to the west side of I-5 and continue south to the Federal Way Transit sta-tion," said Reason.

The preferred alternative for the Kent/Des Moines Station, "if selected by the Board to be built, would involve the acquisition of a number of properties on the east side of SR 99, which includes retail and residential,

See Transit, page 16

SAIT encourages students to speak up

By Ani Miller-Wells Staff Reporter

When his friend showed signs of depression and began having suicidal thoughts, Daniel became concerned. When the same friend would show up to class with his wrists bandaged and his appearance disheveled, Daniel became alarmed and knew he needed to find help.

Daniel is not a real person and this situation is imaginary, but the story is illustrative of the kinds of behavioral changes a group of Highline faculty and staff want to know about. Whether homicidal or suicidal, no matter the issue, this team wants to be on it.

See something say some-

thing -- that is the core message of Highline's Student Assessment and Information Team, SAIT, and intervening to help students in distress is its primary responsibility.

"We've never had a place for faculty and staff to have resources to track patterns and behaviors," said Dr. Allison Lau, explaining what prompted the formation of SAIT.

The main goal of SAIT (pronounced say-it) is "to balance safety and support on campus by promoting the health and safety of the campus community through coordination of information and the development of support plans for people

See SAIT, page 16



Dr. Gloria Koeppling (left), Dr. Allison Lau, Vincent J. Sanchez, and George Curtis discuss SAIT at a team meeting.

Plenty of help available for sexual assault victims

By Olivia Sullivan Staff Reporter

Sexual assault could happen to anyone, but luckily resources are available for everyone, providers say. County Sexual Assault and Resource Center.

Many resources are available for victims of sexual assault through Highline, various legal institutions, and from several King County and national orreport the assault, all victims have the right to a medical forensic examination, crisis intervention, counseling, support and medical care," said Laskowski. "Whatever the circumstances, the victim did not dean attack. RAINN, the Rape, Abuse, and Incest National Network, has a 24-hour, confidential hotline for victims and their family or friends to call at 800-656-HOPE (4673).

KCSARC, the King County

to start the recovery from the experience.

"Not all survivors find it necessary to report sexual assault to the criminal justice system in order to move forward from their experience," said Laskowski. "Some survivors may find the resources at their local sexual assault center meet all of their needs."

"Survivors of sexual assault can take many paths towards healing, and it's an individual decision that belongs to the survivor alone," said Mary Laskowski, the program and outreach coordinator for the King

t ganizations.

Although some victims do not want to or feel the need to report sexual assault, every victim is entitled to seek help, experts say.

"Regardless of whether they

serve it, it is not their fault and they do not have to cope alone." If a person has been sexually assaulted and is in immediate danger, call 9-1-1.

There are also several crisis hotline numbers to call after Sexual Assault Resource Center, has a crisis hotline is available around the clock at 425-226-7273. Seattle Rape Relief has a 24-hour crisis hotline at 206-632-7273.

Sometimes, more assistance than a police report is needed

See Resources, page 16





Rogue U-haul strikes fence

By Ani Miller-Wells Staff Reporter

A reckless driver careened through Highline's north perimeter fence and drove the wrong way up the side road connecting the East and North parking lots on May 1 at around 6:30 p.m.

A Public Safety officer saw the U-Haul van coming up the side road and blocked the progress of the vehicle. The driver exited the van and ran south through the brush, towards the apartments adjacent to the East Lot.

The suspect is a Hispanic male adult, about 5' 10" and weighing about 160-180 lb. The man has long black hair and was wearing a red sweatshirt and white or tan cargo pants.

A witness stated that the van had been traveling at a high speed, only narrowly missing the witness who was standing on his front lawn.

The vehicle was damaged, having a severely cracked windshield. The Des Moines Police Department was summoned before the vehicle was towed and the damaged fence line coned and cautioned off.

Motorcycle stolen from South Parking Lot

A motorcycle was stolen out of the upper South Parking lot motorcycle parking area. The suspects put the motorcycle in the trunk of a light four-door vehicle and departed from the lot.

A Des Moines Police Department officer was given a USB with footage of the incident and they are getting involved with the case. The incident occurred at 9:53 a.m. on May 2.

Women harassed by group of men in car

Two females were harassed by approximately five black males in a white four-door near the softball field on May 3 at around 2:20 p.m. The same males had also reportedly harassed the girls last Thursday, April 28.



GlobalFest 2016 takes off this Saturday

Learn about other countries and cultures at Highline's GlobalFest 2016 on May 7.

This event will allow students to visit country-themed booths to learn about different parts of the world.

There will be food from all over the world, and performances that show off the traditions of various cultures of the world.

The event is totally free, and no sign-up is required.

GlobalFest 2016 will take place on May 7 at 1-5 p.m. in Building 8.

Week of wellness comes to a close

The Week of Wellness concludes today with Retire Like a Bo\$\$

Faculty Counselor Adam-Jon Aparicio will be presenting the last discussion of the Week of Wellness.

He will be discussing money management and budgeting for your goals today from 11 a.m. to noon in the Inter Cultural Center in Building 8.

Food and clothing sought for drive

Donate your gently used clothing or non-perishable items to help clothe the and feed people in need.

Clothing will be donated to the

Seattle Union Gospel Mission, and canned food and other non-perishable items will be donated to the Des Moines Food Bank.

Bring clothing, a new pack of socks or non-perishable items to the print shop in Building 16, room 103.

The print shop is accepting donations year round. Donations can be dropped off in donation barrels located at the back of the print shop between 8 a.m. and 4 p.m.

Apply to speak at **Highline graduation**

Commencement speaker applications will be accepted for the 2016 commencement until tomorrow at 4 p.m.

The speaker chosen will deliver a three-to-five minute speech pre-approved by the Commencement Committee.

Applicants must have a minimum 3.0 GPA, and attach unofficial transcripts to the application.

Students must be graduating from Highline with a completed degree or certificate program by Summer quarter of 2016.

A letter of recommendation from an instructor or staff member attesting to the student's public speaking ability must be attached as well.

Applications are available in the Center for Leadership and Services as well as the Inter Cultural Center in Building 8.

Applications must be returned by May 6 at 4 p.m. Interviews will take place on May 12 between 1-3 p.m.

Speakers will have an opportunity to make an impression with the Highline class of 2016.

Learn about plants at the Science Seminar

Plants of the Northwest have been used for food and medicinal purposes for millennia. Professor Woody Moses will delve into how these plants have been used for sustenance and healing at this weeks Science Seminar.

The Science Seminar is a weekly Friday seminar open for anyone to attend that teaches scientific topics of all types.

Join Moses for his talk on May 6 from 1:30 to 2:35 p.m. in Building 3, room 102.

Attend free concert at Highline today

Attend a concert presented by Highline's Music Department today.

At 11 a.m. the TORCH chamber group and digital artist Scott Kolobo will hold a presentation on the Elements project, which is the name of the concert event.

At 12:15 p.m. the Elements concert will begin.

Both of these events take place in Building 8 on May 5.

Listen or share writings at Open Mic

Attend this month's Open Mic event at the Highline Writing Center

Attendees can either present their writings or listen to the writings of others.

May's Open Mic will be held on May 5 at 1:30-2:30 p.m. in the Highline Writing Center, Building 26, room 319i.

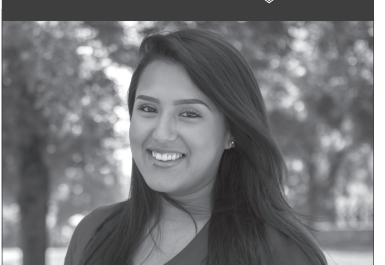
Projects around campus continue

By Jesse Brand Staff Reporter

While work on the new maintenance facility building (24B) is winding down, campus Facilities still has its hands full with upkeep and planning.

The Building 24B "construction project is coming to a close with substantial completion at the end of April," said Facilities Project Manager Karen Herndon.

WASHINGTON STATE UNIVERSITY 🔊 VANCOUVER



A friend of the girls wrote down the license plate of the harassers vehicle, and Public Safety said it would follow up with the incident.

Suspicious person questioned on campus

There was a suspicious individual present on campus on April 27, lurking in the tree line south of Building 8. The person had two full backpacks with them.

While a Public Safety officer was speaking to the individual, they noticed an alcoholic beverage on the sidewall. The officer proceeded to dump out the drink and advised the individual that alcohol was prohibited on campus and that the person needed to leave campus.

The individual stated that they had found the bottle by Building 27 and didn't know it was alcohol.

The new maintenance facility is a \$2.32 million project that is completing on time and within budget, Herndon said.

The new building is at the northeast corner of the North Parking Lot. Construction began last September.

With its completion, attention is shifting to general maintenance projects that are not expected to disrupt any programs or classes.

Building 6 will undergo electrical and mechanical improvements to install a new cooling tower this spring. The staircase on the north side of the building will be replaced and relocated to make room for the new cooling tower. The cooling tower provides the building with heating and cooling.

"This work will require the temporary closure of the path on the north side of Building 6," Herndon said.

Several minor projects are scheduled for this summer. Preparations for roof repairs on buildings 1, 16, 24 and 30 are under development and will be worked on this summer.

Buildings 1, 17, 24 and 24A will also have exterior painting and envelope sealing.

PREVIEW DAY JOINUSI

1 P.M. SATURDAY, MAY 14

Learn about academic programs, application process, campus life and paying for college. For more information and to RSVP, visit vancouver.wsu.edu/preview.

Student Government positions up for grabs

By Ariana Thomas

Staff Reporter

Five candidates are competing for two positions in Student Government elections next week.

James JJ Jackson, Anna Cook and Julia Duong are all vying for president, while Gabbi Fuller and Everlyne Maina are seeking the vice president position.

The candidates spoke at a forum Tuesday.

• James JJ Jackson is a second -year student, Personal Fitness Program major, and Inter-Cultural Center student leader.

"I am interested in being president because I believe being president is a great way to give back to my community," Jackson said. "I want to give back what I was given."

Jackson said he wants to support current programs and promote equity for the Prison for Higher Education program.

Student government asked me to share my story of being incarcerated for two years because they felt I set a positive example for inmates in prison to have another chance in education," Jackson said. "We need to support post secondary education for inmates."

Jackson said he also wants to help build leadership and community by that he could do so by continuing the work he has already started in student leadership and student government.

"This is about serving, which is why I am running for president. I need to make sure everyone is included and heard. Working in the Inter-Cultural Center has taught me inclusion. That's what I am about, "he said. He cited his work on the Legislative Advocacy Day as an activity he has engaged in on campus.



Mike Simpson/THUNDERWORD Anna Cook (left), James Jackson, Juilia Duong, Everlyne Maina and Gabby Fuller discuss their motiva-

tions for running for student government during a forum held on May 3.

"Legislators at the capitol want to hear students' concerns and issues. Students should get involved in rallies, come meet the legislators, and take the opportunity for change," Jackson said.

"Two years ago I was released as a positive role model from federal prison, and now I am running for [student body] president at Highline," Jackson said.

• Anna Cook is a freshman, president of First Nations Club, a women's basketball team player and a Unified Sports Team coach.

She wants to sponsor a series of festivals or days for students of different identities to share their cultures.

Cook said she has grown a lot in the past year and wants to promote leadership.

"I am on the basketball team, a student ambassador for the sports outreach program, a co-founder and president of First Nations Club, and a fulltime student," she said. "I am involved in my community and try to include people the best way I can."

As to what she wants students to be mindful of as they cast their ballots:

"I am a Native American woman who wants to make a difference. I really want to help create change. I represent a small demographic in America and want to make a difference," Cook said.

But, "there is always a compromise and I will still make sure to hear student voices. There will always be a collective vote," she said.

• Julia Duong is a multilingual student leader and community engager.

She counts among her assets that she is an immigrant and able to speak various languages, thus representing the college's diversity.

"It would be better for your representative to show diversity at Highline," she said. "I can bring language and cultural experience, talk about the issues and find ways to solve them."

As students prepare to vote, Duong wants them to remember, "I am a student like you. I understand the struggles you all have."

• For vice president, Gabbi Fuller is a first-year student and community leadership consultant in the Center for Leadership and Service.

"I want to advocate and be a voice for students," she said.

Fuller said that working in the Center for Leadership and Service has opened her eyes to the various clubs on campus and gave her new ideas.

"We should have an events where all clubs work together, see what they come up with and experience the connectedness," she said.

Fuller told the audience that this year she has made it a goal to try to reach as many people as she could.

"It is easy to go home and not get involved, but I made it a goal to let myself and others involved," she said. "I try to get people to come to events like First Friday's, and to get the word out there. That is where it begins."

She asked students to remember that "I am a Running Start student but I am passionate about change and keeping things going at Highline. People tend to underestimate me and it does not matter how old you are or where you came from, what matters is your passion to help."

• Everlyne Maina is a freshman and exchange student working with the International Student Programs welcome committee.

She said she believes that in order to promotes the college's diversity one has to have communication.

"Being one of the 18,000 students, communication is a skill I must have and students need someone who can relate to them, support them, maneuver in the school so they can be comfortable," she said.

Maina said she is running for vice president because she wants to encourage women to develop leadership and encourage students to participate in activities.

"Proper communication is important," Maina said. "Not all students receive information the same and a great way to encourage students is to make sure communication strategies are up-to-date."

She wants voters to remember that "I like groups of people. I enjoy being in groups where I can hear the voice of others and ensure change," Maina said.

Official voting times next week are during school hours on the second floor of Building 8 on Wednesday, May 11 and Thursday, May 12. Students can also vote online at elections. highline.edu.

Impoverished catch a break with charity mission

By Cierra West Staff Reporter



"We won one in a million

Kamunyu said she believes for an education. chances, or, as I like to call it education is the one of the most

"Later, I want too expand

Salome Kamunyu wants to give every child the chance to go to school, regardless of race, finances, or location.

Kamunyu is a Highline student but from her roots as an impoverished child growing up in Kenya, she knows what it is like to lack opportunity.

She is starting an organization called Mission for Success to attain her goal. Kamunyu will be launching her organization with an event on May 9 at 1 p.m. in Building 7.

Kamunyu was inspired by her own experience.

"As a young ambitious girl, I used to be one of those poor kids often portrayed on commercials; hot, hungry and barely able to survive. But God had



Salome Kamunyu

better plans for me," she said. She said she feels her family was very lucky to get their green cards and be able to come to America.

one in a million people, and that became a turning point of our lives," she said.

After moving here, she was able to realize her passion of helping others.

"I love helping others, especially the poor. I find it a purpose and a calling. Ever since I was 12 years old I've always wanted to do this, and now I feel it's the right time," she said.

Coming from a country where people struggle to eat once or twice a day, Kamunyu said she has experienced how terrible that is.

"It's a huge passion for mine because I know the struggle impoverished people go through and I have experienced it from a young age."

important, cycle-breaking tools.

"The best way to help people live better lives is through education. I don't believe in giving people money, but [in giving them] resources," Kamunyu said.

The purpose of the mission is to build schools and bring school supplies to under-developed countries.

"Food, clean water, shoes, clothes, books, utensils are often limited and out of reach," Kamunyu said.

"The main purpose of this organization is to build schools, hospitals, churches and homes for people in undeveloped countries through funds, support and promotion," she said.

For now she is focusing on funding schools and helping kids get the supplies they need

to working with organizations that help establish clean water for people in undeveloped countries," Kamunyu said.

She encourages, students, staff and members of the community to check out her event and learn more about how to get involved.

"I want to try to focus on introducing my organization and what it is about by sharing videos, discussions, Power Points and participating in activities," said Kamunyu.

Those who cannot attend the presentation can contact Kamunyu at swanjiro@yahoo.com or call her at 206-822-5839. The organization also has a Facebook page at https://www.facebook.com/Mission-For-Success-240681699606626/?fref=ts.

Only 'yes' means yes for consent

Everyone knows sexual assault is a terrible thing, yet it remains a significant problem in the United States. While there will always be bad people, this is also due in part to ignorance on the part of many people.

It is fairly general knowledge that when it comes to sex, no means no, and that if a person is not able to reasonably able to consent, then having sex with them is rape.

Just because someone doesn't say no, it doesn't mean that they consent to sex. It could mean that they are frozen, afraid to be overpowered and injured, or many other conditions where the person doesn't consent, but doesn't say no.

Therefore, it is important to get an affirmative yes prior to sex, in order to ensure both parties consent to sex. This yes must come from a sober person who is capable of making such a choice.

No matter if you feel a person has led you on, or is wearing a revealing outfit, it doesn't mean they want to have sex with you.

Just because you received a yes before, does not mean that a person cannot change their mind. If someone changes their mind, it becomes rape if you continue, or sexual violence if you coerce them to continue.

If you have done something with a person before, does not mean that they are obligated to ever do so again.

It is absolutely possible for a husband to rape his wife if she does not consent to sex.

Misunderstandings are far too common on such an important issue, which makes communication extremely important. Both parties need to hear a yes.

We need to teach that only yes means yes.

Sexual violence survey is important

Without a doubt, sexual violence is a problem, but the only way to combat it is by knowing more information about the circumstances of the violence and how often it occurs.

According to a study by the Centers for Disease Control and Prevention, approximately one in five women and one in 21 men will be victims of sexual violence or rape in their lifetimes.

This statistic was gathered via a nationally representative phone survey, but it is assumed that many rapes go unreported, and these numbers may be higher.

Because the majority of victims of sexual violence know their attacker, it can make an attack feel harder to report.

Without the most accurate data possible, it is hard to know where government resources should be directed to combat sexual violence.

For this reason, it is important to take the student survey on sexual violence that was sent to your student email on May 2, and can be found at https://www.campusclarity.com/climate-Survey#/Ywq8Kh/HeVHlmKlkOkoveGbMVhJkTPelmvPaN-L3fo0YkO%202269SHH7MEmX08/NLkgw8NzgAWLZrOF-66797r4JRmYAZtlkwISjNt1P2c8QuKmtvQ4wFQ5R7Ng15/



Trump and Clinton differ on Russia

With Donald Trump and Hillary Clinton the presumptive presidential nominees for their parties, it is important to analyze their policies on the Russian Federation, which now essentially consists of Russian President Vladimir Putin.

Donald Trump has a history of being supportive and permissive of President Putin, with the two frequently exchanging compliments about each other.

Trump has publically supported the Russian air campaign in Syria, despite the fact these indiscriminate carpet bombings primarily targeted American-supported groups with dumb-bombs in heavily populated areas.

Trump has questioned the importance of NATO.

Trump has also publically admired Putin's strongman ruling style.

However, Trump made a slight about-face on a May 2 campaign event when he said that if Russian aircraft continue aggressive maneuvers near American military craft even after being asked not to, "If that doesn't work out, I don't know, you know, at a certain point, when that sucker comes by you, you gotta [sic] shoot."

Clinton has evolved in her

Guest Commentary

Bryco Sizomoro

Bryce Sizemore

ar arms between the countries through the newest iteration of the START (Strategic Arms Reduction) treaty.

However, given increased Russian saber rattling toward the U.S., aggression toward its neighbors, and moves toward a new nuclear arms race, Clinton has hardened her position, saying that she will take a tough line on Russia.

In contrast to party stereotypes, it seems the presumptive Democratic nominee has a more hawkish policy toward Russia than the Republican nominee.

A stark difference between

policy or international relations.

By contrast, Clinton has a lot of experience on the topic, from being first lady, to serving on Senate Armed Services Committee while representing New York, and serving as Secretary of State from 2009 to 2013.

She is by far the most experienced candidate of the two.

Trump's foreign policy in general has been called contradictory by outlets such as NPR, and overall has been met with a lukewarm reception by experts and commentators in the media.

Clinton brings a comprehensive, more thought-out foreign policy, which has been much better received, but has been criticized as somewhat hawkish.

It is important to remember that both candidates are trying to win votes. They will say what they think they need to in order to win over voting blocs. In short, actual results may vary once elected.

When it comes to foreign policy experience, you can choose between a highly experienced candidate in Clinton or a candidate with no experience with Trump.

If you want a candidate that idolizes Vladimir Putin and admires his authoritarian leadership style, Trump is your pick. If you want a candidate who will take a hardline with Putin, and support our European allies who are threatened by him, Clinton is your pick.

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Information on resources at or near Highline for victims of sexual assault will be accessible throughout the course of the survey, and no questions are required to be answered.

The survey is anonymous and no personally identifying information will be collected.

position on Russia, and has much more history on the subject. She led an attempted reset of U.S.-Russia relations under Russian President Medvedev in 2009, and has worked extensively with Russia to reduce nucle-

the two candidates is their level of foreign policy experience.

Donald Trump has zero foreign policy experience, having never held any office or government position, let alone a post that has anything to do foreign

Bryce Sizemore is the opinion editor of the Thunderword.

the	Staf	f "	Who was the guy who wrote Dante's Inferno?	99 E-Mail: t	word@highline.edu
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itrea located? 3. MUSIC: What was the full name of the late singer Prince? 4. ANATOMY: What part of

the body is examined with an ophthalmoscope?

5. MEASUREMENTS: How many teaspoons are in a tablespoon?

6. COMPUTERS: The term "bit" is an abbreviation for what words?

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Puzzle answers

on Page 12

ARIES (March 21 to April 19) Temper your typical Aries urge to charge into a situation and demand answers. Instead, let the Lamb's gentler self emerge to deal with a problem that requires delicacy.

TAURUS (April 20 to May 20) You are aware of what's going on, so continue to stand by your earlier deci-



make. But the clever Cat will consult a trusted friend or family member before making a major move.

VIRGO (August 23 to September 22) Good news: You're finding that more doors are opening for you to show what you can do, and you don't even have to knock very hard to get the attention you're seeking. LIBRA (September 23 to October 22) Your gift for creating order out of chaos will help you deal with a sudden rush of responsibilities that would threaten someone less able to balance his or her priorities. SCORPIO (October 23 to November 21) Congratulations. Your energy levels are coming right back up to normal -- just in time to help you tackle some worthwhile challenges and make some important choices.

ber 22 to December 21) The sage Sagittarian should demand a full explanation of inconsistencies that might be cropping up in what had seemed to be a straightforward deal.

CAPRICORN (December 22 to January 19) A conflict between obligations to family and to the job can create stressful problems. Best advice: Balance your dual priorities so that one doesn't outweigh the other. AQUARIUS (January 20 to February 18) Don't guess, speculate or gossip about that so-called mystery situation at the workplace. Bide your time. An explanation will be forthcoming very soon. PISCES (February 19 to March 20) Boredom might be creeping in and causing you to lose interest in a repeat project. Deal with it by flipping over your usual routine and finding a new way to do an old task. BORN THIS WEEK: You can warm the coldest heart with your lyrical voice and bright smile. You find yourself at home, wherever you are.

7. GAMES: What is the only king without a moustache in a standard deck of playing cards?

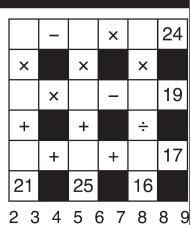
8. TELEVISION: Which one

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!



sion, no matter how persuasive the counter-arguments might be. Money pressures will soon ease.

GEMINI (May 21 to June 20) By all means, have fun and enjoy your newly expanded social life. But don't forget that some people are depending on you to keep promises that are very important to them.

CANCER (June 21 to July 22) You need to wait patiently for an answer to a workplace problem and not push for a decision. Remember: Time is on your side. A financial matter needs closer attention.

LEO (July 23 to August 22) You now have information that can influence that decision you planned to

SAGITTARIUS (Novem-

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THUNDERARTS

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Nicholas Cage tries to write better than Nicholas Cage in Adaptation.

It's a tricky road from page to film

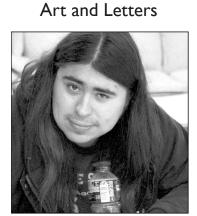
The book is only better if the director lacks a vision

By Michael Muench Staff Reporter

e all hear the cliché term: the book was better than the movie. However this is not always the case.

Despite the relative truth behind the cliché, you do get the occasional ambitious director who tries something new and, beyond all expectations, gets it right.

This sort of success is a matter of structure and originality, or creative intelligence, talent and work ethic. It takes the sort of creative screenwriter and director who can see what a novel can do and how it does it, and most importantly, how they can use the tools of their trade to get



Michael Muench

a political landscape in turmoil. The possibilities are endless.

Movies, on the other hand, are more limited in their ability to communicate what a novel does seemingly so easily. But what they do communicate tends be more visceral, and they tend to be easier to digest.

They are visual and motion based, and often require from their directors creative workarounds when translating a novel.

This is not necessarily a bad thing.

The limitations which both sets of tools impose on each other in translation work like this, may act as catalysts for significant evolution within the form. Enabling by their innovation new ways of creating, new forms, redefining the future of the art, progressing the art form if only by a smidge and giving future artists another hammer with which to work. litical activist, and a lover of nature.

Thematically the book could be taken as a collection of thoughts by a woman with a lack of passion or drive. Two of the capital E essential components of any story, because the protagonist has to want something, has to change, or else the plot goes absolutely nowhere fast. And no successful movie exists or can exist without a plot.

This is the dilemma requiring a creative workaround. Kaufman has this book made up which has been written in such a way as to basically scream "I am not a movie" and he's set it upon himself to make it into a movie. It seems impossible right?

The way that he deals with this problem is nothing short of genius.

He actually has the gumption to insert himself into the movie and his drive to create a movie adaptation of this book becomes the central moving force of the plot.

He fractures himself into two characters, twins, who represent opposite spectrums on the authorial scale: one the tortured genius archetype who throws away every word he writes and another, seemingly taking the easy way to writerly success, riding along the shirttails of masterful screenwriters past. The movie ends up being about his insatiable drive to write a movie in which nothing happens, the characters don't want anything, and there is no passion. It's this drive of his to find what a person without passion cares about which, by sheer force of will, drives the movie along. Amazingly, this works. Kaufman's ambiguous sense of purposelessness and single-minded drive meshes perfectly with the themes of The Orchid Thief. This is one of the few instances where the movie manages to respect the original author's work while remaining true to the screenwriter's or the director's vision of it.

Of course for every *Adaptation* there are a thousand box office flops.

Take for example, David Lynch's *Dune*. An ambitious movie. And a reimagining of Frank Herbert's 1965 Sci-Fi epic of the same moniker.

An important factor in Frank Herbert's *Dune* is the frequent lapses into interior monologue by most of the characters. It's an easy, novelistic way to reveal intentions, progress the character and show change.

A device which should in this case have been left in the book.

ynch's response to this facet of Herbert's structure was to recreate it exactly as it had been in the book in the movie.

So consequently you get an action Sci-Fi movie where the already abysmally paced scenes are interrupted by close-ups of whichever character is currently thinking, putting on a face which looks like they are thinking, whispering to themselves some obscure plot point or movie which flopped because the director made a whole slew of very poor structural and formulaic choices in the process of translating it.

Dune, unlike *Adaptation*, failed to communicate the author's thematic intent. Despite Lynch's heroic attempt to remain true to the source material, he fell short.

The critical flop of movies like *Dune* may be because it is not ever really possible to translate the verbal form of novels to the visual motion-based form of movies.

This may be because a movie is a collaborative project which requires an enormous amount of give and take and so may lose or muddy the screenwriter's or the director's original vision for the sake of audience accessibility.

I personally think that what it takes is a certain kind of person who not only identifies with the text, but has the creative oomph to make the tools necessary to get the job done right and a good enough reputation in the business as to be allowed creative freedom. Maybe a little luck too.

Whatever the case, it is abundantly clear that in translation, the screenwriter, working within a separate format, must use a completely different set of tools. And he must use those tools to communicate a message that another man had written in another time, in another language, using a completely different set of tools.

that effect on screen.

Make no mistake, the novel communicates its message very differently than the movie does.

The novel is, by its nature, a medium that communicates through language. It relies on the reader's mind being sharp and their ability to follow along with the author's abstractions.

It can communicate more complex thoughts easier but lacks the visual flair or that instant wordless emotive communication which can only come through the face and the eyes.

For example, the author can just tell you what a certain character is thinking; with a few carefully chosen words the author can invoke a state of mind, an emotion, an image, a conversation, or three generations and Take, for example, the 2002 movie *Adaptation*, starring Nicolas Cage and written (the screenplay, not the book) by Charlie Kaufman.

The book which the movie is based on (*The Orchid Thief* by Susan Orlean) is made up almost entirely of monologue. That's it. There's no real plot to speak of, just thoughtful ramblings on the nature of life with brief mentions of the book's namesake: John Laroche, an orchid thief, an unreliable poemphatic mantra and basically slowing down and confusing an already jumbled monster of a recreation.

This does not work to recreate Herbert's original intent. It does not recapture the magic.

The epic scale of *Dune*'s original plot was butchered and edited down in to an incomprehensible and hard to follow plot with only faint hints at the book's original scale.

Not to mention the poor casting of baby-faced Kyle Maclachlan as the stately and heroic protagonist, Paul Atredies.

This was a movie which, due to its humongous budget and the understandable hype around a remake of everyone's favorite Sci-Fi novel, had everything going for it. It was a It's not easy. It doesn't always work.

So next time you walk out of the theater and you find yourself saying to a friend that the book was better, try to remember that, whether the translation came through clearly, movies and novels are fundamentally different. And so are the experiences of the reader and the watcher, and the methods of the director and the author. Group serves up Americana pie

Poet preaches disruptive way of art

By Cierra West Staff Reporter

Award-winning poet Rick Barot likes the messiness in his writing.

There is a common perception that poetry has a certain purpose to make people feel good, Barot said. With so much conflict in the world, Barot said he wants to represent the realness of it.

"Our world is fucked up," he said, and his goal it to reflect that.

Barot visited Highline last week for a poetry reading and workshop in partnership with National Poetry

Month well as as Unity Through Diversity Week.

ry should be disrup-

tive," Barot said.

His poetry is an extension of his individual self as a voter, citizen and writer.

"My poetry is like an organic arm of everything else I do," Barot said.

Barot said he believes being a multi-cultural writer makes him evaluate things and their "ethical relationship with the world."

By looking at things trough a political lens, Barot is able to see things in context to the world around it.

"Beautiful next to not beautiful," he said.

Looking at his poems critically, they are "full of junk," he said, but he wants to have poems that have everything in them – he wants them to be messy.

By John Van de Ven Staff Reporter

ChoralSounds Northwest is prepared to take you back in time, to the roots of music in America.

The group's latest show, The Heart of our Song: The Musical Roots of Americana, plans to give its audience a better understanding of Americana music by taking them through an auditory journey that spans its history. To do this Choral-Sounds has selected songs from European and African sets.

"The ChoralSounds Spring concert features familiar favorites arranged for choir as well as new songs that draw on the traditions of the folk-americana style," said the group's general manager, Paul Bauer. "We feature the great musical influences of Europe and Africa, and showcase how they synthesize into the American narratives of hope, faith, and endurance."

The two hour show will feature songs such as:

• Shenandoah, a 19th century folk song about the Native American chief of the same name. A version of the song eventually became a sea shanty sung by American sailors around the mid 1800s.

ChoralSounds Northwest

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ChoralSounds Northwest, led by Ryan Ellis, will present a concert of classic American songs next week.

will also be on hand to add their take on Americas musical roots. The Seattle-based blues and folk song musicians have been singing and twanging their way across the music landscape together since 2012.

ChoralSounds Northwest is a Burien-based group of about 70 men and women, and celebrated its 30 year anniversary last spring.

"It has been exciting to watch ChoralSounds' musical and artistic development over the past few years," said Bauer. "Under conductor Ryan Ellis, the chorus is thriving."

Heart of Our Song: The Musical Roots of Americana is conducted by Ryan Ellis at Highline Performing Arts Center, 401 S. 152nd St., Burien.

The concert is running two days, May 14 - 15.

Tickets are priced at \$25 for prime reserved seating and \$20 for festival seating.

More information and tickets can be found online at nwassociatedarts.org/csn/upcoming-concerts.

Book-It swings for a hit with 'Brothers K'

By Ryan McCandless Staff Reporter

Book-It Repertory Theatre in Seattle will be bringing to life a new adaptation of David James Duncan's novel The Brothers K, May 3 to June 26.

Duncan's 1992 book follows The Chances, a middle class suburban family living in Camas, Wash. in the mid-20th century.

The patriarch of the family, Papa Chance, is a former minor



David James Duncan and Myra Platt.

• Sometimes I Feel Like A

Motherless Child, a song that

dates back to slavery in Amer-

ica. The song is about the prac-

tice of selling slave children and

dividing families by removing

True Love's Hair, an Appala-

chian folk song with Scottish

written by Steve Young. The

song has been famously covered

by American band the Eagles.

• Black is the Color of My

• Seven Bridges Road, a song

Ben Hunter and Joe Seamons

child from mother.

roots.

tions Director Patricia Britton. "But the way that we perform it is to keep the author's narrative so that the actors will sometimes be speaking about themselves or another actor in the third person."

will also be unique because it is being split up into two parts. The first part of the production began on May 3 and the second part will begin playing on May 10. Then, both parts play backto-back starting May 21. Britton said that this is happening because the book follows so many stories and covers over so much ground that the person adapting the story couldn't cut it all down into a single play. Britton said Book-It chose the book at the request of the director of the show. "The director [Myra Platt] previously had read this book many years ago and it stuck in her mind as a story that would be really exciting to tell because it focuses on American families in a very specific way but as specific as things in it can be it's also a very diverse book," Britton said.

rected several plays, one of which is *The River Wild*, an adaptation of an earlier novel by Duncan.

On May 22 at 11:30 p.m., Platt and Duncan will discuss adapting the play that will take place in the Center Theater at the Armory. Tickets cost \$50 all the proceeds go toward the funding of The Brothers K.

Britton explained what she feels the stage brings to the story no other format could.

"When it's presented on stage it becomes a new thing. It's not really a book anymore. It's a book come to life and it provides another way of experiencing a book that gives access to people who may not be big readers," Britton said. The Brothers K: Part One will play May 3-8 and The Brothers *K: Part Two* will play from May 11-15. The two parts will play back to back from May 21 to June 26. Tickets cost \$50 and each separate part is two hours and 45 minutes. When only one part is playing, there will be one show at 2 p.m. and another show at 7:30 p.m. When the two parts play back-to-back, the time schedule will remain the same. The play will be staged at The Center Theater, 305 Harrison Street in Seattle.

"Poet-



Having poems with everything in them is a reflection of his want to have tension that portrays the reality of the world's multi-cultural nature, he said.

Barot has taught at Pacific Lutheran University for 12 years. He teaches creative writing and literature courses and is director of the Master in Fine Arts and Creative Writing program.

He has published three books including The Darker Fall, which received the Kathryn A. Morton Prize in Poetry. His book Want won the 2009 Grub Street Book Prize. His most recent book Chord just came out last year won the PEN/Open Book Award.

league baseball pitcher who was forced to quit the game after an industrial accident. With his wife, he raises four sons and two daughters.

The novel mainly follows the four unique brothers and their parents as they grow up in the '50s, '60s and '70s as they deal with the various problems of the time period both in their family life and the world around them.

As the name implies, Book-It Repertory Theatre isn't your average theater; all of their productions are adaptations of famous novels.

"All of our work starts with a book or a piece of written material, it may not be a book, it might be a short story which we have also done," said Book-It Marketing and Communica-

She provided an example such as someone entering a room.

"Pretend I'm playing Lizzy Bennet in the Jane Austin book and I come up on stage and say Lizzie entered the room and she looked for Mr. Darcy. But, she's walking on stage and looking for Mr. Darcy as she's talking about looking for Mr. Darcy," Britton said.

"It keeps you inside the head of the actors of the characters so that you understand what they're thinking about themselves or about other people. It's really quite enchanting when you see it," she said.

Beyond that, this adaptation

Platt, a co-founder of Book-It Theater, has produced and di-

THUNDERARTS

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Annual PowellsWood salute to moms is a chance to enjoy nature

Story and photos by Mike Simpson Photo Editor

idden within a wooded valley and flanked by the strip malls and cul de sacs of Federal Way, an English-style garden of vivid flowers and meandering pathways offers a public place of quiet. Monte Powell's gift to the community caps the entrance to a forest of firs, eagles and a stream that gently cascades to the Puget Sound.

This weekend's annual Mother's Day celebration at PowellsWood Garden offers an opportunity to enjoy urban horticulture and share a stroll with mom on the trails. Saturday and Sunday festivities will feature a tea ceremony, harp concert and events by local artists.



Peter and Lori Wilkinson take a close look at a tree as Carolyn Thompson look on.



builders and avid gardeners in the Se-Wright said.

Eventually the Powell family wants to make the greenbelt to the north of the garden accessible to the public, Wright said.

Dash Point Rd. in Federal Way.

More information can be found on the PowellsWood Garden website http://www.powellswood.org



Top, the Perennial Garden borders a large pond and is an open area, while the Woodland Garden, below, grows beneath the shade of tall trees and is illuminated by dappled sunlight.

Mark and Kim Oman stroll through the Entry Garden at PowellsWood.

Treat mom with events just for her

By Jesse Brand Staff Reporter

Sunday is Mother's Day and if your midterm-wracked brain is struggling for that perfect way to spend the day, here are some suggestions.

Events kick off Saturday with the two-day Pike Place Market Flower Festival in Seattle on May 7 and 8 while the market is open. Nearly 40 tents will be filled with bouquets and handcrafted gifts. Pike Place Market is at the corner of 1st Avenue and Pike Street.

Many restaurants are serving Mother's Day brunch. Some of the most notable are Salty's located at 28201 Redondo Beach Dr. S. in Des Moines and Anthony's at 421 South 227th St. in Des Moines.

Tacoma Glass Museum is offering free admission for moms and a jewelry sale on Mother's Day. The glass museum is at 1801 Dock St. in Tacoma.

Tacoma Art Museum is holding their Mother's Day brunch with 10 a.m., 11:30 a.m., and 1 p.m. seating times at a cost of \$30 for members and \$35 for non-members. Children under 5 are free.

Price includes brunch, admission to the museum, tax, and gratuity. Reservations can be made at tacomaartmuseum. org. The art museum is 1701 Pacific Avenue in Tacoma.

For those who want to gamble while they let their food settle, Muckleshoot Casino's brunch is at 2402 Auburn Way S. in Auburn.

Emerald Downs has a brunch



Enjoy your brunch over a race this Sunday with mom at Emerald Downs in Auburn.

buffet on Mother's Day with clubhouse seating to celebrate a day of horse racing and motherhood. General admission is also available. First race begins at 2 p.m.

If your mom wants to watch the Kentucky Derby, Emerald Downs is broadcasting the event on May 7 with a full day of races. For reservations call 253-288-7711. The track is at 2300 Emerald Downs Dr. in Auburn.

If you're wanting a race of your own, there's the Mother's Day Half Marathon and 5k. The 13-mile run is at Juanita Beach Park in Kirkland May 8. Registration for the half marathon is \$65 and 5k is \$40 through May 7. Race begins at 6 a.m. Register at promotionevents.com/md.

Mother's Day Cruise to Blake Island is May 8 from 11:30 a.m. to 3:30 p.m. The cruise includes a buffet featuring Tillicum's roasted fish at a Tillicum Village longhouse.

The event includes a live performance of Coast Salish storytelling and traditional Native American dance.

Tickets are \$84 for adults, \$32 for youth, and children 3 and younger are free. Purchase at argosycruises.com/mom.

If you're looking for a performance, there's the Mimosas With Mama drag show at the Unicorn/Narwhal on Capitol Hill. The show is filled with singing, dancing, comedy and more. It begins with a cabaret and brunch buffet at 1pm and lasts two hours. Tickets are \$25 at unicornseattle.com. Unicorn is at 1118 E. Pike St. in Seattle.

Mother's Day Improv Comedy Show is at 7 p.m. at the Market Theater.

The show is filled with improvisational comedy and "set out to prove just how much our Moms mean to us by mercilessly making fun of them," according to Unexpected Productions' website. Some ladies will be pulled on stage to participate in the show.

Tickets are \$15 and moms get \$5 off. Purchase tickets at eventbrite.com. The Market Theater is at 1428 Post Alley in Seattle.

Marination Ma Kai is having a Bottomles Mimosas for Mom event May 8 starting at 8 a.m. There will be bottomless mimosas and coconut cream pie while supplies last. Ma Kai is at 1660 Harbor Ave S.W. in Seattle. Call 206-328-8226 for more information.

Bikur Cholim-Machzikay Hadath is holding a special Mother's Day brunch May 8 from 11 a.m. to 1 p.m. Tickets are \$20 per adult, \$36 per couple and \$15 per child and available at eventbrite.com. Located at 5125 S. Morgan in Seattle.

Mother's Day is Washington State Park Free Day. The Discovery Pass parking permit that is \$30 annual is not necessary on May 8 from dawn to dusk. Park at any Washington state park and enjoy the outdoors with paying for parking.

For the moms who love animals, both the Woodland Park Zoo and Point Defiance Zoo and Aquarium will be celebrating with half-price admission for all mothers on May 7 from 9:30 a.m. to 5 p.m.

Zookeepers at Woodland will be focused on the animal moms and babies. At Point Defiance patrons will be able to feed colorful birds in an exhibit.

Cook your way around the world

By Konner Hancock and Phynehas Gribb Staff Reporters

Highline's own Cooking Club is a tasty way to explore diverse foods. "We do it all. It depends on the students and what they want to make; this year we focused on eating healthy," she said.

The club has all sorts of people with different backgrounds and that's what makes the cooking



Tetyana Matsyuk first established the Cooking Club last year.

"I was working peer navigation for Achieve Program students with intellectual disabilities," she said.

"My job was to involve them in campus activities and they were interested in cooking, but there wasn't a club for that at the time. So I decided to open the club for them, but our club has become very popular and many students have joined since," said Matsyuk, the club's president.

The club cooks up all sorts of dishes.

"Recently we created a chicken Kelaguen. It is a Guamanian dish consisting of chicken, green onions and stir-fry. The students also like making Italian pastas" said Matsyuk. club so diverse, said Matsyuk. Matsyuk said she worked as a chef at a restaurant in Ukraine.

Club Vice President Yesenia Ruiz said her previous cooking experience consists of "Just a little bit, not that much. That's why I joined the Cooking Club to get more hands-on experience."

Club Secretary Byron Patten said he joined with "Just some at-home cooking experience."

"We do it all. We try to be diverse with our food," said Ruiz.

"There are so many groups of people, there are cultural differences and sometimes through cooking we come to disagreements, because one may have been taught to cook differently than the other," said Patten. "We are mixing it up, at one Mike Simpson/THUNDERWORD

Cooking club memers pick microgreens to make a salad during an Earth Week event.

point we only baked, so now we cook and make all sorts of dishes, it really varies."

The cooking club meets every Friday, except the first Friday of every month, at 2 p.m. -4

p.m., in Building 22, room 104.

Students can find information about club at Center of Leadership and Service in Building 8, third floor, or email Tetyana Matsyuk at tetyanamatsyuk@

students.highline.edu.

The next club meeting will be on May 13.

The Cooking Club is also holding a field trip to Olympia Farmers Market on May 28.

THUNDERSPORTS

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Megan Chan lands at Highline, where she's smashing NWAC pitching

By Samuel Biehn Staff Reporter

Highline's Megan Chan has provided a spark for the Lady T-Birds that just won't quit.

This season, the shortstop out of Federal Way leads the team in batting average at .455 and is also second for runs batted in for the team, at 24.

However, Chan's success wasn't immediate. Playing softball for nearly 14 years, and being a second-year freshman at Highline, Chan has experienced the good and the bad of college athletics.

Chan said she began playing softball at the age of 6 or 7, and has always played above her grade



level since then, playing high school ball for Todd Beamer.

"From sixth to eighth grade *Chan* I was varsity catcher, and ninth grade I didn't play. I lettered three years [at Beamer]," Chan said.

Following high school, Chan began her college education in Bellingham on the campus of Western Washington University. The Vikings gave Chan her first shot at being a player at the collegiate level.

"I was going to Western, I felt like I wasn't ready for it," Chan said. "I got a scholarship. The first year went bad so I redshirted academically."

Chan's struggles as a student and her eventual dismissal from Western eventually led her south to Highline.

"After I got dismissed, I thought I might as well go to a different college. My sister came here [Highline] for softball, so I applied here and I got in touch with [Head Coach] Jason [Evans]," Chan said. "He offered me a spot on the team at shortstop and I was super excited that I got another chance at re-



Michael Simpson/THUNDERWORD Highline shortstop Megan Chan is hitting .455 with 24 RBIs.

demption."

Chan has taken off with that shot. In a game against firstplace Centralia on April 22, she brought the house down with a grand slam that would make the likes of Robinson Cano crack a smile. Chan finished the game with five RBIs.

"I didn't put a lot on it, I just settled down and swung the bat. I didn't put a lot of pressure on it," Chan said. "I didn't realize it went over until I got to second base. It was awesome, it was a great feeling I had finally done something like that." If one was looking for a way to trace the results Chan is producing on the field this season, they might want to begin with her inner resilience. In her career as a softball player, Chan has made it through plenty of injuries.

"I've had torn ligaments in my ankle, I've partially torn my quad, [had] a couple concussions," Chan said. "I slightly dislocated my left shoulder, I have tendinitis in my elbow. My right shoulder had a cortisone shot [this season], and a lot of scrapes and bruises."

Even with the injury strug-

gles and the academic challenges, Chan has kept herself connected with the fastpitch field through her family, the people that Chan said have kept her on an even keel.

"It's been my life," Chan said. "It's been my passion in life. All the times I've thought about quitting there's been someone there to make me want it more. My parents and my sisters, through all the injuries they were always there to bring me back."

Chan's comeback has also given her a good perspective on what makes a successful fastpitch player.

"Their drive and their commitment to helping the team," Chan said. "The determination also, it's not letting someone else take your spot on the field. Always playing like someone's gonna take your spot on the field.

"I try to keep myself calm and balanced. My thought at the plate is nobody is striking me out, I'll be damned if they strike me out."

For the rest of this season, Chan thinks that the team just needs to return to square one.

"We just need to get to basic softball, score runs and win games," Chan said. "The girls put too much pressure on themselves in the game."

Chan says that she plans on returning next season to finish up her associate's degree, and plans on playing for the T-Birds once more.

Chan has one message she wants to tell college students.

"I feel like people have this image of college life. Do what you need to do and get out. It's just a stepping stone in your life."

Lady T-Birds show signs of improvement

By Samuel Biehn Staff Reporter

The Thunderbirds lost both of their games on the road against second place Pierce this weekend, but showed some



"It showed that want to win. Going into those extra innings, it kind of showed," Rippingham said. "Sometimes when we are down in the sixth inning, the body language is that we've already given up. But in those two games, I felt different fa-

Paddle to glory at table tennis tourney

Highline's Table Tennis Club is holding a public tournament this Friday, May 6 from 2 to 5 p.m. for all skill levels in Building 28, also known as the Pavilion.

fight in keeping both games close up to the end.

Highline remains fourth in the NWAC West with a 4-10 division record.

"At the start of the games [Head Coach] Jason [Evans] gave us a pep talk and opened our eyes," Highline centerfielder Aly Rippingham said. "Why not give it our all and leave it all out on the field?"

Leaving it all out on the field is exactly what Highline did, building a four-run lead near the end of the game.

"We put our trust in each other. It was so much fun to play," Rippingham said of the weekend's games. "It was the most fun I had the entire season in a game."

However, the one issue that prevented Highline from getting a win this weekend tied back to being able to close as well as self-made mistakes. In the sixth and seventh innings in the first game against Pierce, the T-Birds gave up five runs, losing 7-6.

"We got a little complacent," Ripping-

Mike Simpson/THUNDERWORD The Lady T-Birds enjoy some batting practice in last weeks afternoon sunshine.

ham said. "We had one out in the bottom of the seventh, thinking we got this in the bag and we made some mistakes, and got too comfortable."

Thunderbirds pitcher Precious Tabangcura put together a strong performance, finishing with four RBIs.

In the following game the Thunderbirds went back and forth with the Raiders into extra innings, eventually losing 10-9.

Even with the loss, Highline showed the type of perseverance necessary to win games at the college level. cial structures and body language."

Highline finished with nine runs off of 15 hits.

"A lot of it is mentality," Rippingham said. "You have to have confidence in yourself and sometimes the girls don't have that," Rippingham said.

Even with Highline losing its two games this weekend, there still seems to be a lot of great things to carry over toward the rest of the season.

"That hunger, I'm looking for that hunger and that drive we had this weekend," Rippingham said. "Being relaxed and having that hunger will hopefully give us wins in the next couple games."

Highline will try to get back on track starting with a two-game series on the road against Grays Harbor on May 6. The T-Birds follow this series with a May 7 twogame series at Centralia. Highline then has a two game series at home against Olympic. on May 10, with the first game at 2 p.m. The tournament is open to everyone.

President of the Table Tennis Club Paul Fernando King-Sanchez said the tournament will include beginner, intermediate, and professional divisions.

"The range of talent from participants will be anywhere from playing table tennis for the first time, all the way to participants who play on a regular basis," King-Sanchez said.

The tournament doesn't require a sign-up, so if you're itching to come and play, just show up.

For more information on this Friday's tournament, please contact the President of the Table Tennis Tournament, Paul Fernando King-Sanchez at pfking-sanchez@highline.edu.

It's phat to be th

Darin Smith reminds students the importance of being healthy

By David Moran Staff Reporter

More than 1.9 billion adults are obese globally with the United States among the leaders in both the total number of obese adults and the rate at which more adults become obese.

The obesity epidemic is dangerous, but can be controlled, said Darin Smith, the Physical Education Department coordinator, who spoke on Obesity in America at last week's Science Seminar.

Science Seminar is a weekly series of presentations by various experts on topics of scientific interest.

Smith's presentation warned people on the dangers of obesity.

"Eighty percent of adults don't meet the minimum aerobic exercise requirements," he said.

That is less than 30 minutes of activity per day. Slightly less than 50 percent of adults don't get even 10 minutes of activity per day.

A full third of adults in the United States are obese, "and it's causing a lot of problems," said Smith.

"Obesity is associated with one in five deaths in America," he said.

Obesity is the No. 2 preventable cause of death in Americans. Heart disease is the No. 1 cause of death and heart risks are often associated with being overweight or obese.



"Hypertension is three times higher in obese people," said Smith.

Obesity requires more blood vessels to distribute blood to the whole body. This requires more oxygen to operate the heart, he said.

"I want students to know how dangerous and prevalent

'I want students to know how dangerous and prevalent this epidemic is. I want to emphasize that this comes from environmental factors and personal choices.

- Darin Smith

this epidemic is. I want to emphasize that this comes from environmental factors and personal choices," said Smith. Eating fewer calories and

exercising more can fight obesity, he said.

"Energy input from food and energy output from exercise have to be balanced to maintain normal weight," said Smith.

Net energy from food is the amount of energy that food provides for the body after subtracting the amount of energy it takes to consume and digest the food in the first place, he said.

Smith has had his own struggles and successes with weight in the past.

"I was overweight at 18 and lost the weight," he said. "Then I gained the weight back at 20, and had to lose it again."

"I'm all about long term small changes," Smith said.

To show this kind of small change, he provided an example from his own struggle: "I should drop the microwave burritoseat more plants instead."

"I'm still making small changes today," he said.

Smith recommended that people read In Defense of Food, by Michael Pollan, to learn more about eating healthy.

Safely lock down your cyber life

By David Moran Staff Reporter

People need to be particularly wary about unsecure access to the Internet a Highline cyber security instructor told last week's Science Seminar audience.

Ahmed Saleh said the risk of going online without any security is larger than most people think. Anti-virus software is better than nothing, but "it will never be enough if users don't know the risks themselves."

His presentation is part 4 in a series about topics of interest in the science, technology, engineering and mathematical fields. These Science Seminars are free and open to the public.

Saleh's expertise is in cyber

7220796F75Z22070 68.3617365T206 865 173642068666B6120 06B7 6A646668206B6 C3A3E26375E2C6221 521 597166386E6A2D

monitored by other programs," Saleh said. To demonstrate, he created a false email account for the audience, then brought

can then be sent over the internet to anyone.

the user, he said. These words the man accused was innocent.

"You must protect your on-"This is one example of how line passwords for this reason,



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

security, a field concerned with keeping information stored on computers safe and accessible only to people who own the information.

"Anything you type can be



up a program that showed each character he had typed.

This kind of program is called a key logger. Key loggers can take typed words and copied words that weren't typed by

– Ahmed

Saleh

people can harm you online," Saleh said.

To show one protection measure, Saleh encrypted the typed words using a program he wrote earlier.

Saleh recalled a case he had worked on as a security consultant for a corporation he preferred not to name.

"One man acquired the username of friend, and hacked his account," Saleh said. "He took \$60,000 from the company and blamed his friend," Saleh said. "It was a challenge. The man cleaned some of the evidence."

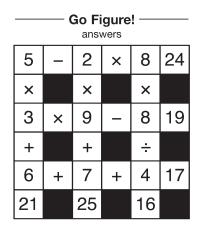
Saleh was able to resolve the case because the computers did not keep the exact same time, and Saleh was able to construct an access timeline to prove that

and strengthen them too,' Saleh said.

He advised people to use multiple passwords, and keep a close eye on bank statements too.

Most passwords are hacked by repeatedly guessing characters until a confirmation is given. Varying password character and length helps to protect accounts, Saleh said. Saleh encourages students to take cyber security classes if they get the chance, to learn more about the world of information technology.

On May 6, Woody Moses will speak on medicinal and edible plants in the Northwest. Seminars are held at Building 3, room 102 from 1:30-2:35 p.m., every Friday.



Model minority myth

Stereotyping Asians glosses over intricacies of those cultures

By Ryan McCandless Staff Reporter

Often times people tend to lump all Asians together and laud them as the "model minority." That stereotyping glosses over the intricacies of Asian cultures and diminishes knowledge about problems within the Asian community, a Highline program manager told last week's History Seminar audience.

Asian American and Native American Pacific Islander-Serving Institution Program Director Ekkarath Sisavatdy and two of his co-workers discussed the often hidden problems facing AANAPI students in the United States as well as the ways in which their organization supports them in achieving their goals.

Each week, a member of the facility or an occasional guest speaker is invited to do a presentation on a piece of history that is a part of their expertise. Located in Building 3, room 102, these weekly seminars can also make you eligible for a single history credit if you show up for every lecture of the semester.

Sisavatdy was joined by Cheryl Carino-Burr and Dr. Rolita Ezeonu.

"There is a huge distortion to what the media says and how even Asian Americans see ourselves," Sisavatdy said. "This whole colonialism ideology has been infused in our find, in our hearts for so long that it's even distorted within us ourselves."

In reality, there are a significant number of problems facing the Asian American, Native American Pacific Islander communities. For example, Asian countries now outpace Mexico in the number of undocumented immigrants coming into the United States. Beyond that, a lot of the immigrants who have moved to the United States have problem involving post-traumatic stress disorder, alcoholism and substance abuse that go largely undetected.

And that doesn't cover the problems that have come up in education.

While Japanese and Chinese immigrants are generally doing fine, a survey



Mike Simpson/THUNDERWORD

Dr. Rolita Ezeonu was one of three speakers to talk at last Wednesday's History Seminar here at Highline.

by the U.S. Census Bureau found that only 9.8 percent of Laotians are receiving education, as are only 7.2 percent of Samoans.

When people actually look at every aspect of the Asian community, the idea behind the model minority – free of

problems -- begins to crumble.

"These are real needs that we are facing, that our students are facing today here at Highline. And that's where these grants, these programs such as AANAPISI are needed," Sisavatsy said.

AANAPISI empowers students

within the Asian American, Native American Pacific Islander communities to achieve their goals. It can provide grants for members of AANAPISI who are unable to pay for their tuition. It can help to transition struggling students into college. And furthermore, it is there to discuss and bring light to these problems that go unseen in American society.

"We won't be successful if we don't know how to engage in our communities, work with community based organizations, work with specific leaders, work with students creating that pipeline from K-12 and so on. It just won't happen," Sisavatsy said. "That's the real conversation that we have to dig through and we have to find within. That takes conversation built amongst all of us here."

Makerita Ava, a Samoan parent in her 50s who has finally had the chance to take college classes now that her children have grown up, is participating in the AANAPISI program. When she learned about the multiple problems facing the Asian American and Pacific Islander communities, she was inspired to create Highline's Pacific Islander Club. Through this club, she is creating a place to celebrate Pacific Islander heritage as well as a place to help fellow students to participate in the school.

"My mission is to get more Pacific Islanders on campus to go to college and one of the first things we're talking about doing is going to middle schools because I feel that's where the need is, to go back to the roots, go back to the homes and to [ask] parents why aren't your own children going to school?," she said.

Her task is to engage the parents.

"I'm 50 plus, I have to do this and they can do it to," Ava said. "I worked and I didn't have this chance so you guys have all these chances. I want to tell them there's a program that can help you to go to school and that is my focus right now."

At next Wednesday's seminar, Highline professor Dr. Steve Lettic will discuss the Kosovar Police Service.

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Vulnerability can be a key to victory in politics

By Olivia Beach Staff Reporter

Vulnerability is a key component of success in politics, a political organizer said at last week's Honors Colloquy.

Tiffany McGuyer said vulnerability is not often associated with politics, but learning to be vulnerable and creating a team you can be vulnerable with is extremely important.

"You cannot be vulnerable with everybody. You need to find [a] team so you have support and don't go crazy," Mc-Guyer said.

This can benefit everyone



Tiffany McGuyer

whether they are in politics or other areas, she said.

McGuyer explained this in three steps.

"Lesson one: It is OK to ask for help," McGuyer said. "When asking for help, you need to take a step back and articulate what you need."

Asking for help also shows the other person you respect them, she said.

"Lesson two: You are going to be shaped by your experience," she said, "Don't undervalue it or distance yourself from it... reflect on it. That will be your source of motivation."

McGuyer added that it is important to find a team, people who will assist and support

you.

"The way you can remain way out.

human [is remembering] not only why you got involved – but who you are involved with," McGuyer said.

"Lesson three: You stand on the shoulder of giants. Return the favor," she said.

McGuyer said being a mentor to others is extremely important. She presented a poem, The West Wing by Leo. The poem shares an experience of a man falling into a hole and is unable to get out until someone who has been in the hole before jumps in to show the way out.

Mentors should show the avout.

"A key component in my week was to have a sit-down conversation," McGuyer said. That applies whether one is the mentor or mentee.

Honors Colloquy is open to the public and held weekly. It is based on Honors in Action and is a class students can get credit for. Each week a new speaker comes, speaking with the general theme of a contemporary world issues.

The next Honors Colloquy will be May 11 at 12:15 to 1:20 p.m. in Building 7. There will be a student panel from the Latin Center for Higher Education.

Media view of Syrian war distorted

By Mike Simpson Staff Reporter

Media portrayal of the Syrian civil war is incorrect, outdated and doesn't depict enough of the positive developments, a pair of writers about the war said here last week.

Robin Yassin-Kassab and Leila Al-Shami attempted to explain the misrepresentations by the media to a crowded Building 7 last Friday as a part of Unity Week.

The speakers presented material from the book that they co-authored, Burning Country: Syrians in Revolution and War.

The war began as a result of the 2011 Damascus Spring, where protesters called for for reform within the neo-liberal President Bashar Al-Assad regime. The protesters claim Assad stole from the poor and gave to people closely associated with him. The resultant conflict has left half a million dead, 5 million refugees, 200,000 arrested or tortured on an industrial scale, and 1 million under siege, Al-Shami said.

In reality the numbers are probably much higher, she said.



Mike Simspson/THUNDERWORD

Speakers Robin Yassin-Kassab (right) and Leila Al-Shani (left) speak to an audience in last week Friday.



The Assad regime wanted a war because the protesters called for reform that would have sent the ruling elite to jail, Yassin-Kassab said. The mistake is to say that the Syrian protesters decided to be violent. Instead they felt that they had no choice because the Assad regime committed extrajudicial executions, raped and tortured human rights activists and children, and returned the mutilated corpses to families to incite a violent reaction, he said.

Because of improper portrayal by the media, many people believe that the conflict is an extension of an outdated grand narrative of the Sunni and Shia conflict and a rerun of the Iraq war. In reality, it is a proxy war of the United States, Russia and Iran, as well as struggle for territory by the Assad regime, the rebel Free Syrian Army, ISIS and Kurds, he said.

As a result, the conflict has left many to choose between a dictator with a shaved face, such as Bashar Al-Assad, or an extremist with a long beard who shouts 'Allahu Akbar,' Yassin-Kassab said.

Assad's regime has lost territory and media has done a poor job focusing on self-governing groups that have established women's centers, human rights organizations, first-responder relief teams and independent media. These are helping rebuild community despite frequent attack from ISIS, Jabhat al-Nusra or aerial bombardment by Assad which is responsible for 94 percent of the on-going deaths, Al-Shami said.

So many actors have become involved in the conflict that it is difficult to say when it will end, Yassin-Kassab said.

A solution is the implementation of a no-fly zone or giving rebels anti-aircraft weapons to defend themselves against the aerial bombardment, he said.

The lecture was organized by the Unity Week committee and was introduced by Shon Meckfessel and students from the Honors Interdisciplinary Program.

Religion and race displayed wrongfully on TV

By Michael Muench Staff Reporter

Misrepresentation of race and religion in the media is a form of injustice that can only be abated by the voices of the oppressed, a guest lecturer at Highline said last week.

Unity through Diversity Week is an annual series of events held in order to celebrate and explore the many different cultures represented at Highline.

"The mind can be manipu-



going to have to be some of us who are going to have to take those responsibilities, like the Rev. Dr. Martin Luther King did."

Islam, he said, is a religion that appealed during that time to young men who wanted change; it seemed like an empowering platform from which young men could forment political change.

"Christianity did not appear to confront the problems of the day. Islam drew young people who wanted to fight," Shabazz you would have them do unto you."

Religious movements with political agendas that act without this moral guidance have been the source of appropriation, genocide and rampant immorality across the world, Shabazz said, not least of all they can be found coloring American history.

In order to rise above strife and oppression, he said, people have to rise above mediocrity, above ignoring each other's cultural differences, people have to reach out and become active and vocal in their communities and in the media.

lated, people can be scapegoated, and this thing called Islamaphobia runs rampant through our country," said Imam Benjamin Shabazz.

Narratives can be manipulated; they can change over time, Shabazz said.

"It's how the narrative is being presented to a majority of people is the only thing we have to go by," Shabazz said. "The media is critical."

He cautioned news watchers to be wary of what is being presented to them and to be aware that it is being tailored to misdirect.

"They play on our sensitivities," Shabazz said. "They take a [fishing] pole, seeing how people think this way, they take

Imam Benjamin Shabazz

another pole, seeing how people think this way.

"Those of us consuming the media, we must always be aware," Shabazz said. "Only believe half of what you see and none of what you hear."

If people can practice regular and thorough critical thinking, he said. "We will begin to dismantle fabrication from reality."

He said that the solution to the plight of African Americans

in the '50s and '60s is not so different from the solution to the plight of Muslims in the media today.

It took vocal men like Rev. Dr. Martin Luther King and Malcolm X to begin to change the narrative for African Americans; these folks were changing the narrative through the media, Shabazz said.

"Counter media is so critical," Shabazz said.

And today, he said, "there are

said.

Despite Islam's appeal to radical young men, however, Shabazz warned against blindly following movements or groups that use religious beliefs as a justification for their actions.

"Most movements that have a religious dialect are really based on politics," Shabazz said.

And politics, he said, work for the progression and benefit of industry and labor, not religion.

In order for religious movements to maintain a straight moral compass through the political landscape, he said, they must stay true to their own cardinal rule: "Do unto others as This, Shabazz said, is where the true appeal to Islam comes to light.

"Being a Muslim represents freedom from oppression of any kind, freedom from slavery of any kind," he said. "It has nothing to do with skin color, it has everything to do with your heart."

It is only the unified voices of people of all religions, Shabazz said, from all walks of life, rising up from oppression and misrepresentation, rallying behind a universally moral and just cause, which will make America great again.

Walton's work adds up to award

Highline Math professor receives honor for progressive work in his field

By Taylor Johnson Staff Reporter

Demanding change when frustrated with a system that failed his students, Allan Walton put the work in to reform the math placement tests that let so many of his students down.

Last week Walton won a lifetime achievement award from the Washington Mathematical Association of Two Year Colleges, for his years of dedication to teaching and his efforts to improve precollege placement testing.

Today Highline uses a set of placement tests that were developed by its own instructors, specific to course objectives, and built from data collected and analyzed by Walton. He tested his questions in classes, read through the data, and continues to adjust the placement system.

Over the 40-plus years of his teaching career, Walton has taught courses ranging from pre-algebra to fourth quarter calculus, and even taught at Foster High School as part of the effort to keep calculus at the

high school level.

Walton has served on many committees over the years, and has been at the front of the STEM committee, leading the higher-level math instructors and students to help understand concepts in the high end of calculus IV.

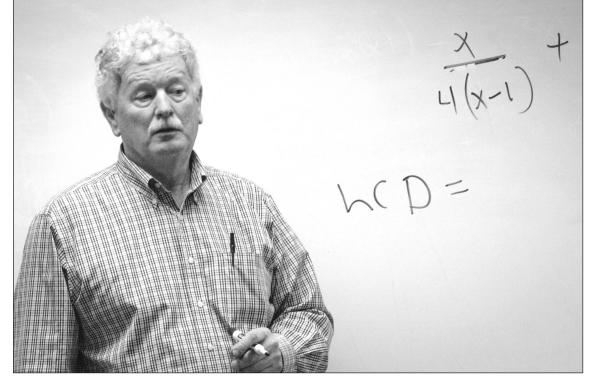
Walton is highly regarded on campus by his colleagues.

"We have a terrific relationship with our administration and this has a lot to do with the service of Allan Walton," said Dusty Wilson, math professor and chairman of the Pure and Applied Sciences Division.

"Allan has helped pedagogically influence the community college atmosphere here at Highline, and has been a mentor to many of us faculty members," he said.

"He has made a lasting impact over the years on the STEM program, and the math and science majors themselves."

As vice president of the faculty union, the Highline College Education Association, Walton is the chief negotiator for the faculty contract.



Mike Simpson/THUNDERWORD

Allan Walton has worked to make math work better for Highline students.

"Through the years we have developed one of the best fulltime faculty salaries of any college in the state," he said. "Credit should go to the entire administration. We have a lot of trust here at Highline College."

"Highline College is an institute held together by trust," Walton said, comparing the administration here favorably to some neighboring colleges.

"Allan has been a strong advocate for the faculty and staff at Highline, and has really gone the extra mile and set a good example for the rest of us," Wilson said.

Teaching at a community college isn't the same as teaching at a big university, Walton said.

He started his teaching career in 1981 where he spent his first nine years between the University of Virginia and Virginia Tech before he came to teach in Washington, where he spent one year at Green River before he landed at Highline.

"Students here aren't all 18-year-olds with 4.0s coming straight out of high school, taking 15 credits. They are 35 with two kids and a full time job," Walton said.

"You hate to see students fail, but not everyone passes, and that's the hard part," he said.

"Without a doubt, when you see that mother of three, taking 5-credit quarters for four to five years, succeed and graduate, yes, it's very rewarding."



Grad Fair 9:00am - 5:00pm May 10th, 2016 Mt. Constance / Mt. Olympus Cap and Gown - \$35.50 plus Tax

SAIT continued from page 1

of concern," according to the mission statement on the SAIT website.

SAIT is composed of a Public Safety representative, Sgt. Curtis; Counseling Center psychologist Dr. Gloria Rose Koepping; a psychology department faculty member, Rod Fowers; and a student conduct staff member, Dr. Allison Lau.

The team uses the National Behavioral Intervention Team Association threat assessment chart to determine potential behavior threats.

"Everyone's adopting it as the standard," said Sgt. Curtis.

Dr. Lau said there's been a cultural shift on campus. People are reporting more concerns than before, rather than keeping things they see to themselves; they are speaking up.

There were 47 cases reported between Fall and Winter quarters.

"We've been resolving almost every case," Sgt. Curtis said.

"Judicial cases have significantly dropped," said Dr. Lau, explaining the positive effects of SAIT for Highline students.

SAIT has updated its web-

site and wants students to be aware of the resources the update can provide, such as frequently asked questions, a list of yellow flags and indicators of behavioral change to watch out for and a threat assessment tool that helps the team members determine how to deal with concerns that are submitted.

"We're not emergency management, we're preventative," said Dr. Lau

Despite their good intentions, some students might not respond well to the intervention.

"Our job is to offer support to students, we don't force people to do stuff," said Dr. Koepping. Sgt. Curtis said that "getting the stakeholders interested," was probably the hardest part, but he also said "we've gotten support from the top down."

Some examples of student behavior that would prompt a SAIT report include stalking, homicidal thoughts, suicidal thoughts, anger problems and a newfound fascination with weapons.

"SAIT is never punitive," Sgt. Curtis said.

He also said that SAIT is for the well being of students and that it gets them "support systems they need."

"We can only recommend

what we think is the best course of action," said Sgt. Curtis.

"As college officials we can call any student to meet with us. We have the right to talk to students about any concerns we have on campus," Dr. Koepping said.

All of these members work together to make sure students are mentally well and have a support system if they are in need of help.

There is a reporting form a student or staff member can fill out if they feel they themselves or someone they know on campus needs help, and that can be found on SAIT's website, http:// sait.highline.edu.

Resources

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The resource center offers help for all people, regardless of their gender, age, sexual orientation, or ethnicity.

Laskowski said certain programs are directed toward a specific group, such as the Dando Vos program, which provides all of the current services offered in Spanish, or Project 360, which provides services to homeless and street-involved young people.

"KCSARC has advocates with special areas of focus, such as elder abuse, child physical abuse, internet/technology crimes, LGBTQIA survivors, [and others]," said Laskowski.

For a victim's medical health, hospitals offer examinations to gather evidence and tend to physical injuries. Sexual assault examiners recommend that the victim does



not shower or bathe, change or wash clothes, and avoids using the bathroom or brushing teeth after the attack in order to preserve any evidence.

This evidence may be reported to police, if the survivor decides to do so.

"To be clear, if a sexual assault victim is not ready to get police involved, they still have the option to have a sexual assault examination conducted and request that no police report be made," said Laskowski.

If a victim wants to make a police report, a patrol office will gather general information and forward it to a detective for a detailed investigation, said Laskowski. An investigation may include a detailed interview with the victim, interviews with witnesses, gathering and analyzing evidence and possibly an interview with the suspect.

"The legal process can be difficult and daunting for survivors of sexual assault," said Laskowski. "The investigation can take between three to six months to complete, and even longer if medical evidence, such as DNA or toxicology, is needed."

The National Sexual Violence Resource Center in 2010 found that in the United States, about one in five women have been raped in their lifetime and approximately 1 in 71 men have been raped in their lifetime. Although, a 2010 research study by the U.S. Bureau of Justice Statistics found that only 15.8 percent to 35 percent of all sexual assaults are reported to the police.

Laskowski said, "As the conversation around sexual assault in our society has advanced, more people are becoming familiar with reporting options and the availability of supportive services. While our society has made strides over the past 30-years in breaking society's collective silence around sexual violence, we have a long way to go."

On campus, many confidential sexual assault resources are offered for students, faculty, and staff through the Counseling Center, Public Safety, and Women's Programs. "We will help them look at their options," said Dr. Gloria Koepping, a counseling psychologist at Highline. "[Either] to seek medical care for their physical health, assist them in sorting through their feelings of betrayal, shock, and violation, as well as evaluate whether they want to report the assault to security, local police, and the college."

Resource providers say sexual assault victims should know there are always options of support and recovery assistance.

"The most important piece of information for a survivor of sexual assault to know is that they're not alone, support is always available and to reach out to their local sexual assault center to learn more about their rights and options," said Laskowski.



Transit continued from page 1

some small apartments and a mobile home park," she said.

"We would also acquire at least one property on the west side of SR 99 to facilitate a connection between the station and Highline College," Reason said. The connection could include a new paved road, 236th South street, just north of the col-lege with crosswalks to provide a closer walkway near the station and on the west side of SR 99, and a jointly owned parking garage with the college, she said. "When acquiring properties Sound Transit has the power of eminent domain," said Reason. Eminent domain is the right of a government or its agent to expropriate property for pub-lic use, with fair market value payment of compensation. "Typically, the agency doesn't need to use eminent domain, since we generally come to a mutual agreement on price with the property owner. This is all we can say for now, since properties have not been identified and negotiations won't start until next year," said Reason.

"There are multiple properties that would need to be purchased, but right now no prop-erties are for sure," said the Community Development Manager of Des Moines Grant Fredricks. "The Kent/ Des Moines station near Highline is estimated to be complete in 2023," said Fredricks.

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