Late notice

Student Government proposes substantial changes to Constitution without warning

By Taylor Johnson and Bryce Sizemore
Staff Reporters

Highline’s student government is asking students to approve a major revision to its Constitution with less than one day’s notice.

Student government President Pa Ou Man Jobe sent out an e-mail on Tuesday at 4:46 p.m. asking students to approve the change with voting scheduled for yesterday and today.

Article XIII of the Associated Students of Highline College Constitution says that changes to the Constitution can be made by a simple majority vote of the students provided there is no less than 10 instructional days’ notice of the changes.

“The goal of this posting was to inform students about the change with voting scheduled for yesterday and today,” Jobe said.

See Late notice, page 16

Around the world with GlobalFest

Natsuho Miyashita, left, and Emiri Yoshino translate names into Japanese calligraphy at the Japan booth at GlobalFest. For more information, see pages 8 and 9.

Official urge victims to get help

By Olivia Sullivan
Staff Reporter

After a sexual assault, one of the first steps to take is to get safe, law enforcement professionals say.

A victim should call police or go to a hospital to get medical attention immediately.

“This can be an uncomfortable event for the victim,” said Steve Neal, the Federal Way deputy chief of police. “But it is necessary not only for the health and treatment of the victim, but also for evidence that might lead police to the suspect(s).”

It’s important to seek medical help for collecting evidence, but also to take care of oneself and begin to heal, said Lisa Johnson, supervisor of the Special Assault unit for the King County Prosecutor’s Office.

“There are dramatic physical and emotional impacts to being sexually assaulted,” she said. “Not

See Legal, page 16

Stall warning

Highline students aren’t flushed with excitement about the cleanliness of the bathrooms on campus

By Thunderword Staff

A lack of funds has led to a lack of bathroom maintenance on campus, Highline officials say.

A total of 18 custodians work on campus taking care of 32 buildings and more than 122 bathrooms for the entire staff, faculty, and more than 15,000 students of Highline to use. That’s a lot of porcelain to clean.

“We just don’t have enough people to really keep everything clean,” said Vice President for Administration Michael Pham.

In 2005, there was less building square footage to the campus and 25 custodians, said Barry Holdorf, the director of Facilities and Operations.

In the late 2000s, legislative budget cuts led to a decrease in the facilities staff and budget.

Most custodians are assigned buildings for which they are responsible. Some work in teams to clean the big buildings, such as Building 8, Holdorf said.

When someone gets sick or has to call into work, the remaining custodians have to pick up the slack, leaving even more work for their already small team.

“We just don’t have enough people to really keep everything clean,” said Pham. “Even the full staff we have now can’t do it.”

Regardless of the number of staff, Facilities makes cleaning bathrooms a priority.

“Even when we don’t have the resources, all the trash, all the restrooms, we try to hit every night,” Holdorf said, explaining the “trash and dash” they do when short-staffed.

“There are a lot of times we fall down. We understand that,” Holdorf said.

Students say they are concerned about the cleanliness of the bathrooms on the Highline campus, according to a non-scientific survey. A majority of students say they are satisfied with the maintenance of restroom facilities, but a few students complained about the absence of paper towels and air fresheners.

“There are days that they are really clean and smell nice, but other days they are ratchet,” Highline student Khadra Mohamed said.

Many students go out of their way to never use the bathrooms on campus, students said.

“I don’t live that far so I drive home if I have to go No. 2. The

See Bathrooms, page 15
Unnamed device blamed for network crash

By Michael Muench
Staff Reporter

Highline’s communications network crashed last Wednesday, leaving the entire campus without Internet, emails, and landline telephones for around 50 minutes.

Although the cause of the crash has been pinpointed - a single malfunctioning device on campus - information technology services have refrained from specifically naming the device in question or how it managed to cause the campus wide network failure.

This is because disclosing such information may be an invitation to attacks on the device in question.

From 1:30-2:30 p.m. in Building 3, room 102.

Coffee and Puget Sound justice

The MaST Center is hosting a monthly community coffee event where it is open to the public Friday, May 13 from 4-6 p.m. AmeriCorps Service Member, Jillian Mayer will lead fifteen-minute discussions every half hour on environmental justice relating to the Puget Sound.

The MaST Center is located at 28203 Redondo Beach Drive S. in Des Moines.

Celebration and networking

The Math, Engineering, Achievement Program (MESA) is hosting a celebration and networking dinner on Thursday, May 26 from 6-8 p.m. in Building 8. Mt. Constance room.

To register for the dinner visit: http://go.google/forms/rlics-dIoJd

Highline welcomes high school students for Native Summit

Highline will host a summit to encourage local Native and Alaskan high school students to explore college options.

The Native Student Success Summit will be Wednesday, May 18, from 8:30 a.m. to 1:30 p.m. in Building 8 on Highline’s main campus.

The theme is “Indigenized minds and pathways”, and the event is intended to empower and inspire high school students, organizers say.

At the summit students will walk through writing out their goals, and are expected to pledge to honor and respect the culture they come from.

The students will be with other native students and tribal elders that will educate them on the culture of tribes in the south king county area.

Sarah Marie Ortiz and Tanya Powers are two women in charge of this event who have worked with educators across South King County school districts, to build a sense of community in the area for students.

Sarah Marie Ortiz is a member of the Pueblo of Acoma tribe of New Mexico. She manages Highline Public Schools’ Native Education Program.

Tanya Powers is the director of Workforce and Baccalaureate Education at Highline College.

“Last summer, Sara and I brainstormed ways to create community for our youth while honoring their identity and exposing them to college options, this is what we hope is the first of many such summits,” said Powers in a press release.

News Briefs

Bring your dance shoes to Building 7

The Music Department is hosting a free, lunchtime concert today at 12:15 p.m. in Building 7.

Traditional and modern tango music will be played for anyone who wishes to attend.

By Ani Miller-Wells
Staff Reporter

A 20-year-old female Highline student was hit by a car in the intersection of Pacific Highway South and South 240th at 9:30 a.m. on May 11.

The woman apparently was the last person of a large group of jaywalking students. A car came around the corner and hit her, causing her bodily injury, police said.

According to multiple witnesses, “[The] vehicle had no way of seeing the female,” said Kent Police Department’s Cmder. Jarod Kasner.

The woman was transported to Harborview after medics stabilized her at the scene.

Teen arrested in local shooting

Two teens were arrested in Des Moines on May 9, in connection with a shooting in the 22800 block of 30th Avenue South that occurred on May 6.

The teens allegedly shot 41-year-old Carl Phelps Jr. in the parking lot of an apartment complex at 6:30 p.m. The victim was shot, apparently with a firearm that had been reportedly stolen during a home burglary, according to Des Moines Police.

The teens were both booked into the King County Juvenile Detention Center in Seattle.

Des Moines Police are investigating the 15-year-old Des Moines resident for murder in the second degree among other charges.

The 14-year-old Des Moines resident is being investigated for burglary in the first degree and possession of a stolen firearm.

Formal charges from the King County Prosecutor are pending the outcome of the investigations.

Medics called for anxious student

A Highline student apparently had an anxiety attack and was having trouble breathing on May 3. Medics from South King Fire and Rescue were called and arrived at 11:20 a.m. The student was transported to Highline Medical Center in Burien via ambulance at 11:40 p.m.
**Writing Center offers guidance, not answers**

*By Cierra West  
Staff Reporter*

People who work at the Writing Center are not tutors they are consultants the director says. They will not write your paper for you or lead you to a definitive answer to your question. Instead, they will help guide you to draw your own conclusions and help you grow as a writer.

"Consultants help students look at their options, not lead them to one thing," said Writing Center Director Rosemary Adang.

They have a deeper purpose than just fixing papers at the Writing Center, she said.

"We are not just about fixing papers," Adang added. "We are about making stronger writers."

"The point is to engage students in strengthening their writing process," said Adang.

People come to the Writing Center for help with everything from grammar and punctuation to help with resumes and personal statements.

"It varies a lot," said consultant Julius Olavario, who has worked at the Writing Center from about five quarters now.

The key idea at the Writing Center is "to provide that atmosphere where students are comfortable," said Olavario. "We want a positive environment."

"They were really welcoming and helpful with what I needed specifically," student Hannah Brewer said.

It is important to the Writing Center staff that everyone feels comfortable there, even if English is your second language, the center will try to accommodate.

"We are really multi-lingual," Adang said. "Well over half of our staff speak more than one language."

With Highline being the most diverse campus in the state, it is important to accommodate students from all walks of life she said.

Karina Abramchuk, left, gives student Naitso Wagafe advice on her paper.

By Jessica Crane  
Staff Reporter

When things got rocky for Highline student Maria Toloza, her friends came together to help.

Experiencing car trouble, Toloza was in a bind as a single mother of two, student, and student employee.

Fourteen of Toloza’s friends got together and pooled their budgets to surprise her with a new car.

Toloza said this act of kindness both helped her stay in school and helped her to continue to drive her kids to school.

Toloza herself was nominated for a Women in Action award due to her efforts to drive her kids to school.

The Mahogany Project was launched “34 years of recognition for women [and men] who have overcome boundaries small or large," said Jean Munro, Work-First and Women’s Program coordinator and adviser.

The group focuses on “initiatives that concern women but also concern men as well," Munro said.

This year Kao Sacchoa nominated Caden Duanne, a male student at the college. Duanne has volunteered and helped at the Women’s Program for more than three years, said Sacchoa.

Along with the work he does there, he also helps tutor fellow students.

He is a student “who really does care about other students and wants to help," said Sacchoa.

“There can only be one Caden; if you know him, you know why. If you don’t, you need to," Rosemary Adang, English professor and director of the Writing Center at Highline nominated Kowsar Hassan and Minju Park.

Hassan was born in Somalia and moved to Kenya when she was very young, said Adang. She came to the U.S. as a teenager only a few years ago.

Hassan became a natural leader among her peers, and did "at a time in our history when Muslims are often discriminated against," Adang said.

In her Women in Society class, Hassan found a place for her voice to really come out. She now mentors students who come into the Writing Center as well as other writing consultants.

She is especially helpful to the older Somali women she works with that haven’t had much experience in education. She really helps them transition and feel comfortable, said Adang.

Minju Park was told that her credit did not transfer over and she had to start her college education over to be able to continue her nursing career.

Only not has she been able to do this, but she has done so with good spirit and no resentment, said Adang.

The annual ceremony celebrated “34 years of recognition for women [and men] who have overcome boundaries small or large," said Jean Munro, Work-First and Women’s Program coordinator and adviser.

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Only not has she been able to do this, but she has done so with good spirit and no resentment, said Adang.

"How many people would begin their college career again without complaint?" she asked.

Park also works in the Writing Center as an associate lead consultant.

She has recently completed the process to become a permanent citizen, and will move to New York to continue her work as a nurse, said Adang.

Other winners included 25 students, faculty, staff, and community members.

Among them were Rachna Karnik, Ariana Thomas, Gayhtho Thaw, Aundrea Voeglin, Caden Duanne, Sonya Jones, Siera Hughes, Kimberly Harden, Sherry Timmons, Gum Lai Ross, Elizabeth Rangel, Natalya Bagmanny, Kowsar Hassan, Minju Park, Omareeta Sharpkey, Beatrice Holbert, Allison T Kenney, Amy Lanson, Maria Toloza, Jennifer Tucker, Diana Clark, Vanessa Torres Adame, Rosemary Thiari, Zin Win, and Sarah Arslanian.

The center "provides an environment where students are an asset here in the classroom," said Olavario.

The Writing Center is accommodating to a broad spectrum of cultures and languages.

"I think the Writing Center provides an environment that does not exist anywhere else," Adang said.

By keeping the conversation about how to best help students on-going consistently, consultants are able to grow professionally as well as personally.

The center "provides an environment where there is two-way learning," said Olavario.

“Looking to be able to continue their college career again without complaint?" she asked.

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The event also recognized the fourteen community members nominated by Maria Toloza.

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The center “provides an environment where there is two-way learning,” said Olavario.

“I see so much growth,” Adang said about the Writing Center consultants.

To make an appointment with a writing consultant, simply go to highline-my.wconline.com and use your Canvas login to sign up before scheduling your appointment.

Once you’re registered you will be able to schedule your appointment.

You can also go into the Writing Center for help signing up.

The Writing Center is in Building 26, room 2624.

The Writing Center hours are Monday-Thursday 8 a.m.-7:30 p.m. Friday 8 a.m.-1 p.m.

Mike Simpson/THUNDERWORD

Gum-Lai Ross cries after accepting an award.

By Jessyca Crane  
Staff Reporter

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Fourteen of Toloza’s friends got together and pooled their budgets to surprise her with a new car.

Toloza said this act of kindness both helped her stay in school and helped her to continue to drive her kids to school.

Toloza herself was nominated for a Women in Action award, and invited these individuals along to surprise them in return. They showed up to support Toloza, without knowing that she had nominated all 14 of them. All were recognized in the ceremony that took place on May 4.

As for her own nomination, Toloza said she also did not expect it.

"It was great knowing [people] appreciate the work I do," she said.

Thirty-nine people and one organization were recognized at the recent Awards Ceremony.
Unconstitutional procedures merit resounding ‘NO’

Students should vote NO on Student Government’s proposed changes to the student Constitution.

While the changes that are proposed seem to be well intentioned and will have little impact on the daily life of most students, the way Student Government has gone about getting this onto the ballot is completely unacceptable.

In pushing this change to the constitution, Student Government has violated Article XIII of their own constitution.

Article XIII states that “the Constitution shall be amended by approval of a simple majority of the students who are voting in a regular or special election, provided written notice of such amendment has been published and posted for ten (10) instructional days before the election.”

Student Government provided notice by email at 4:46 p.m. on May 10 of the proposed amendment, less than one instructional day before the election.

Student leaders said that they didn’t have to follow that article of the Constitution because their Executive Council legislated an exemption to Article XIII in order to get the amendment on the ballot.

The leaders said that their ability to grant exemptions to their constitutional obligations is rooted in Article V, Section 2 of the Constitution.

Article V, Section 2 says “the ASHCC Executive Council [Student Government] has the sole authority to administer and enforce this Constitution and the By-Laws.”

Nowhere in the Constitution does it say that Student Government is able to exempt itself from following the Constitution it is supposed to be governed by.

In addition to being unconstitutional, the rationale for placing the amendment on the ballot makes no sense.

The leaders said that they granted themselves the exemption because they are allowed to interpret laws based on intention.

But the article seems quite clear.

The leaders say it’s OK because students were emailed the proposed changes, even though it was incredibly short notice, because it can be accessed on any device that can connect to the Internet rather than a posting on a bulletin board.

That completely misses the point of Article XIII.

The most important part of the article is providing students 10 days of notice, not how the amendment is posted.

The 10 days is important, as it allows students to analyze the proposed changes, and have time to debate them.

Publishing the changes 10 days prior is a very clear constitutional requirement, and in not doing so, Student Government defies its own Constitution.

It wouldn’t have been hard for Student Government to make the amendment constitutionally. The reality is that student leaders failed to finalize their amendment in time.

Rather than following the Constitution and waiting until next year to put the amendment on the ballot, student leaders are trying to make a legacy for themselves by passing an amendment to the Constitution this year, and in the process are pulling a fast one on the student body of Highline.

What they have done is tarnish the otherwise good amendments by trying to force them onto the ballot unconstitutionally.

Vote NO on the amendment to the Constitution, not because of its contents, but because Student Government acted in bad faith. Student Government can’t expect students to play by the rules if they don’t themselves.

Women deserve right to be drafted

With all positions in the U.S. military opening to women, it doesn’t make sense to have only men register for the draft.

When the Selective Service System was established in 1917 to administer the draft, American women were not allowed to vote, and society did not accept women as being equal to men.

Since then, Americans have come to realize that women are in fact equals to men, and bring much to the table.

One would think that in the ultimate meritocracy, the U.S. military, all service members would be valued for their skills and abilities, rather than whether they have an XY chromosome.

In December 2015, Secretary of Defense Ash Carter opened all previously male-only positions to service members of all gender, after extensive studies and the successful completion of infantry and Ranger schools by female service members.

One of the primary reasons for the not allowing women to register for the draft was that women were not allowed to serve in combat.

With this no longer being the case, there is no reason women should continue to be excluded from the requirement to sign up for the draft.

While all women may not have the physical strength to perform combat roles, many women would be able to outperform the average man in combat tasks.

However, the differences in physiology between women and men should not play a role in deciding whether women should be drafted.

The majority of military service members are in non-combat roles, such as cooks, teachers, truckers, armorers, and researchers. Without these functions, infantrymen, special forces, tankers, and artillerymen would not be able to fight effectively.

Thus, the majority of drafted men, like the majority of drafted women, should be assigned to non-combat military occupational specialties.

With the introduction of women, there may be some changes that go into screening for more difficult jobs, such as artillery or infantry, as previously service members were screened by whether they graduated the school associated with their job, such as the School of Infantry.

Due to the difficulties of these schools, it may make sense to assess recruit’s suitability for certain jobs before they are assigned.

If standards for all combat roles remain the same, the addition of women draftees in wartime will only strengthen American forces.

The issue is also one of fairness.

It is unfair to both men and women that only men are required to register for the draft.

It is unfair to men because they are subject to additional obligations that women are not.

It is unfair to women because they are unable to sign up for the draft even if they want to, and this lack of equality holds back gender equality as a whole.

If we are serious about bringing about gender equality, women must have the same obligations as men do, and women should be required to register for the draft.

Bryce Sizemore is the opinion editor of the Thunderword.

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Help Wanted?

Guest Commentary
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Weekly SUDOKU
by Linda Thistle

Place a number in the empty boxes in such a way that each row across, each column down and each small 3-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: Moderate

PHILATELIC? 9. LITERATURE: Who wrote the 19th-century novel Sense and Sensibility?

ASTRONOMY: What planet is closest in size to our moon?

SCIENCE: What is the green pigment in plants called?

GAMES: What are the odds of getting four cards of a kind in five-card poker?

EXPLORERS: Where was the explorer Marco Polo born?

MYTHOLOGY: Which of the Greek Muses was associated with history?

GEOMETRY: What is a polygon with eight sides?

ANIMAL KINGDOM: What is the average gestation period of a hamster?

GEOGRAPHY: What is the only river that flows both north and south of the equator?

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ARYS (March 21 to April 19) You’re the first sign in the zodiac and like to take the lead wherever you go. But this time, you’d be wise to follow someone who has much to teach you.

TAURUS (April 20 to May 20) Your adversary hasn’t given up trying to undermine you. Continue to stay cool -- someone in authority knows what’s happening.

GEMINI (May 21 to June 20) Spring brings a positive aspect for relationships. Paired Twins grow closer, while the single set finds new romance -- perhaps with a Leo or Libra.

CANCER (June 21 to July 20) You’re on the right track, but current ties dust until you’ve taken the lead where you go. This time, you’d be wise to follow someone who has much to teach you.

LEO (July 23 to August 22) You’re on the right track, but current ties dust until you’ve taken the lead where you go. This time, you’d be wise to follow someone who has much to teach you.

VIRGO (August 23 to September 22) A former colleague wants to re-establish an old professional connection. It would be wise to make the contact, at least until you know what he or she is planning.

LIBRA (September 23 to October 22) A relationship that survived some rocky moments could be facing a new challenge. Deal with the problem openly, honestly and without delay. Good luck.

SCORPIO (October 23 to November 21) A recent and much-appreciated change in the workplace inspires you to make some changes in your personal life as well.

SAGITTARIUS (November 22 to December 21) A friend needs your kind and caring advice, but you need to know what he or she is hiding from you before you agree to get involved.

CAPRICORN (December 22 to January 19) Your circle of friends continues to widen. Expect to hear from someone in your past who hopes to re-establish your once-close relationship.

AQUARIUS (January 20 to February 18) Your aspects favor the arts. Indulge in whatever artistic expression you enjoy most. A workplace situation will, I’m pleased to say, continue to improve.

PISCES (February 19 to March 20) Warning! Your tendency to let things slide until the last minute could have a negative effect on a relationship that you hope can develop into something meaningful.

BORN THIS WEEK: You are both emotional and sensible. You enjoy being with people. Good career choices include teaching, performing and the clergy.

Answers
1. 4,164 to 1
2. Venice, Italy
3. Chlorophyll
4. Clio
5. An octagon
6. About 16 days
7. The Congo
8. Vixen
9. Jane Austen
10. Mercury
(c) 2016 King Features Synd., Inc.
Seattle film fest begins May 19

By Ryan McCandless
Staff Reporter

The Seattle International Film Festival, a four-week celebration of cinema that takes place throughout different theaters in the city, kicks off May 19. In its 42 years, SIFF has become a vital place for filmmakers from all over the world to show off a diverse set of movies that range from full-length documentaries to animated shorts. Over the course of the festival, more than 450 movies representing 80 countries will be shown.

Way back in 1976 when the festival began, it was confined to The Egyptian Theater on Capitol Hill. But over time, the festival expanded to the point where there are now 15 locations where screenings of movies take place.

Since the beginning, SIFF has played its fair share of iconic movies. In 1979, Ridley Scott's sci-fi classic Alien had its world premiere at the festival. Star Wars: The Empire Strikes Back played at 1980 festival. And Mel Gibson's best-picture-winning epic Braveheart opened the festival in 1995.

And that wasn't the only time the festival hosted an eventual best picture winner. In 2009, Kathryn Bigelow's Iraq war drama The Hurt Locker also played at SIFF.

Audience eagerly await the beginning of a movie during the four week festival.

A number of prestigious filmmakers have also been featured at past festivals. You can look at the past and find names as renowned as Wes Anderson, David Lynch, Richard Linklater and Ang Lee.

This year's festival will not be an exception.

The opening night film on May 19 is acclaimed writer and director Woody Allen's The Café Society, a movie about a man moving to Hollywood in the 1930s to work in the film industry. It is Allen's 47th movie.

The closing night film is The Dressmaker, a comedy set in 1950s Australia starring Kate Winslet and Liam Hemsworth.

Other well-regarded directors with movies in this year's lineup include the famed writer and documentarian Werner Herzog and Oscar-winning writer and director Michel Gondry.

The festival will also present a pair of tributes to two famous actors who will be in attendance.

The first of these will be an afternoon with comedian Molly Shannon on May 22. She will be at the fest in support of her roles in the cancer-drama Other People as well as the sports-comedy Miles. The latter film will make its world premiere at SIFF.

The second tribute will be for Lord of the Rings star Viggo Mortensen on June 11. His new movie Captain Fantastic will be screened as well as some of Mortensen's past films including Eastern Promises and The Lord of the Rings: The Return of the King.

Beyond those, the festival will also be playing various movies that have already picked up a lot of buzz from other festivals such as Sundance and Tribeca.

Weiner, a documentary that captures Anthony Weiner's failed campaign for New York mayor, drew raves at Sundance. And another recently praised movie playing in SIFF's midnight section is Under the Shadow, a ghost story set in the Iran/Iraq war in the 1980s.

But perhaps the most inspiring thing about the festival is the sheer diversity of its lineup. If you want to take a walk on the wild side, SIFF will feature a number of odd movies that will playing as part of there Midnight Adrenaline programs.

If you're in the mood for classics, the fest will present some restored older movies. And if you want to hear from people inside the industry, the SIFF Film Center will host a variety of panels where writers, directors, cinematographers, producers and critics will discuss their crafts.

SIFF runs from May 19 to June 12. The first movies of the day cost $11 and all other screenings cost $9. If you become a member of SIFF, tickets for first-of-the-day showings cost $9 and all other screenings cost $11. Tickets can be purchased in advance at the box office or online at SIFF.net.

A list of film and their showings is also available online at SIFF.net.

Transgender folk find identity in film

By Ani Miller-Wells
Staff Reporter

While transgender people in North Carolina are being subjected to ridicule and condemnation thanks to a new law restricting bathroom use, here in Seattle they are being celebrated with a film festival.

Translations: The Seattle Transgender Film Festival opens today and continues through May 15. There will be more than 40 films including near feature length films and a number of short films.

The director of the festival, filmmaker Sam Berliner, said that in recent years, movies such as Orange is the New Black and Transparent, transgender people have been appearing more in mainstream media. He said that is good for educating people both inside and outside of the LGBTQ+ community.

Five performers hold a Q and A session during the trans gender festival.

"Ever since I’ve been a part of [the festival] I’ve seen a lot of growth," Berliner said in reference to the number of films being made with transgender actors and filmmakers. It’s Berliner's fourth year as director of the 11-year-old festival.

Berliner spoke about a recent shift in the storytelling process in transgender films and shows. Instead of wholly focusing on coming out and the struggles of identifying as transgender, filmmakers are working on making sure "their identity is part of their character," rather than the only story line they're given.

"Those [coming out] stories are still important to those new to the community," Berliner said.

The opening night of the festival on May 12 will only consist of one film, MAJOR!, directed by Annalise Ophelian. MAJOR! is the story of a beloved Bay-Area transgender icon Miss Major Griffin-Gracy, who participated in the Stonewall Inn riot in 1969. The film will start at 7 p.m. and is showing at the Egyptian Theater.

Berliner recommends that people buy tickets ahead of time at http://translatingmovie tickets.com/ because, "It always seems pretty decently full," he said.
Dixon in the house

Singer-composer to give intimate local concert

By John Van de Ven
Staff Reporter

Following the release of his sophomore album *Turns to Gold*, Gabe Dixon comes to the Great Northwest to help promote the album.

The Nashville singer, songwriter and pianist has had his songs featured in movies and television; he is a veteran of the music industry in his own right. Now Dixon is playing a rare kind of show, choosing to play a house concert with help from local concert promoter JazzVox.

"It's just me and my piano playing to the crowd," said Dixon.

House shows are a rare chance to really get close to the performers playing music, and as such, are generally cherished by fans.

This is Dixon's second album release as a solo artist. After leaving his first band, The Gabe Dixon Band, Dixon said he is leaving his first band, The Gabe Dixon Band.

"I'm a huge fan of Radiohead," Dixon said. "I never really thought of it as an influence, but I put some of that gospel into my music."

Dixon's vocals expend the emotional range of his songs. Often expressing the tones of each story within his songs.

The JazzVox show is a rare chance to see Dixon live. Coming from Nashville, West Coast tours are difficult for him.

"The Logistics of touring the West Coast is hard for me. I haven't been out there for a year, since the last time I did this show."

Being successful as an independent artist isn't always an easy task. However, Dixon believes all of his hard work and experience has led him to his current success.

His advice to budding young artists, "It's important to play a lot and write a lot. But it's really important to trust yourself."

JazzVox specializes in hosting small intimate events around the Seattle area. The location of the show is secret, and is only given once tickets have been bought via e-mail. Tickets are $50 presale to hit shows, $50 for a house concert with help from local concert promoter JazzVox.

"I don't feel as limited. I have more control. This album is more about who I am. It represents me really well."

Shervin Lainez
PHOTO CREDIT

**Puzzle Answers**

**Go Figure!**

| 4 ÷ 1 + 7 | 11 |
| + × - | + |
| 8 + 6 ÷ 7 | 2 |
| 3 - 2 × 9 | 9 |
| 4 4 10 |

**King Crossword**

**Solution time: 21 mins.**

**Weekly SUDOKU**

**Answer**

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

**Additional Information**

*From artists to voters*

The office of secretary of state is holding a contest giving Washington students a chance to show off their art skills.

The winner of the contest will have their art featured on the 2016 Voters’ Pamphlet.

The contest is open to all students attending a college, university, trade or professional school.

The Secretary of State’s Office will pick the 10 best to be finalists. The finalists art will be posted to the Washington State Elections Facebook page to be voted on. Winners will be announced in early October.

*Arts Round Up*


- *Seattle Art Museum Art of Jazz*, May 12 5:30 – 7:30 p.m. Tickets are free with admission to the Seattle Art Museum. At the Seattle Art Museum, 1301 1st Ave, Seattle.

- *Gabe Dixon Tour Concert*, May 13 – 14 starting at 7 p.m. Tickets are $50 presale to hit a limit of 35 people. This is an intimate show, with extremely limited tickets. Additional Information and tickets can be found at jazzvox.com/?post_type=cpt_shows&p=882.

- *Sleeping Beauty*, May 14 at 2 p.m. Tickets are $8. At Auburn Avenue Theater, 10 Auburn Ave., Auburn. Tickets: http://www.brownpapertickets.com/event/1796384

- *Seattle International Film Festival*, May 19 – June 12. Ticket and movie information can be found at www.siff.net.

- *Comedy at the Ave*, May 20 at 7:30 p.m. Tickets are $15 for students and seniors, $18 for everyone else. At Auburn Avenue Theater, 10 Auburn Ave., Auburn.

- *Asian American Pacific Islander Heritage Month Luau*, May 21 at noon – 3 p.m. Tickets are free and open to all, get tickets from the Pacific Islander Club on campus, or the AANAPISI office in Building 9, room 215. The event will be in Building 9, room 215.

- *The Ladies Night Out*, May 26 at 7:30 p.m. Tickets range from $32 - $99. At ShoWare Center, 625 W. James St., Kent.

- *Kent International Festival*, June 4. Event is free to the public and family friendly. At ShoWare Center, 625 W. James St., Kent.

- *Choral Sounds Northwest Masterworks*, June 11 at 7:30 p.m. Tickets are $15 for General Admission, and free for youth 17 and under. At Glendale Lutheran Church, 13455 2nd Ave SW, Burien.
GLOBALFEST 2016

Around the world in 80 minutes

Highline Airlines skit transports crowd on diversity tour without ever leaving the confines of the Student Union

By Michael Simpson and Whitney Barrera

Staff Reporters

The Highline community had a chance to travel the world last weekend, thanks to the college’s international students. There were exotic cuisines to sample, replicas of landmark buildings to tour and traditional games to play before the guests were asked to board a fictional airline to visit the homelands and sample the entertainment of cultures represented by students from International Student Programs.

This was GlobalFest, Highline’s annual celebration of its status as the state’s most diverse community college. Hosting the event were some of the college’s students from around the world. “We are living in an era where people want to promote communication and tolerance. The best way is by learning and watching about all the different cultures we have,” said Koto Haramiishi, a member of the International Leadership Student Council. “I just want a more just and humane world.”

Festivalgoers were invited to sample a taste of the students’ traditions at booths while dining on international fare, including Middle Eastern baklava, sushi and kabobs, from a communal banquet table in the Mt. Constance/Mt. Olympus rooms. Noises doomed Ukrainian candies, cinnamon punch and rice drinks. And everywhere there were students dressed in their native garb.

Laughter broke out from a booth as visitors enjoyed a Taiwanese night market game that involves trying to right a tipped-over bottle using a metal ring tied by a long length of string and a wooden stick.

Dancers performed intricate moves ranging from Japanese kabuki to contemporary hip hop and Korean modern dance.

Visitors could have their names translated into Japanese calligraphy at one table, while other booths displayed the best of Jordan, Vietnam, Mexico and pan-Africa through pictures, handi crafts and elaborate hand-built models of famous landmarks.

All of that was prelude to the afternoon’s entertainment in the main cafeteria where flight attendants from an imaginary Highline Airlines explained safety procedures to cheerful festivalgoers as they buckled up for an imaginary aeronautical jaunt to the homelands of various students.

With each touchdown the travelers were treated to the music and dance of cultures from around the world.

There was an Afrobeat band made up of guitar, keyboards and kpanlogo drums, backed with chants and traditional West-African rhythms that mixed with strains of jazz, soul and funk.

At the Pacific Islands the voyagers were treated to a Samoan love song, complete with five men who would crow playfully and clap at various intervals.

The Vietnamese students offered a contemporary solo by Mina Vo titled Hello Vietnam. That was preceded by a traditional moa dance.

Chinese students performed a meticulous Spring Shower Dance, complete with paper parasols and colorful costumes.

International Student Programs Assistant Director Amee Moon said the event is entirely coordinated by students from the program. “A lot of people remember the good performances,” she said.

For many it is their first time on stage displaying what they’re proud of, Moon said. And many of the students tell her that it is one of their best experiences.

Michael Simpson/THUNDERWORD PHOTOS
Lady T-Birds continue to grow

By Samuel Biehn  Staff Reporter

The fastpitch team went 2-4 in three doubleheaders last week as their season winds down.

They won both games against Grays Harbor on May 6 while losing both games to first-place Centralia on May 7. Highline, then followed by losing two at home against Olympic on May 10.

The Thunderbirds remain fourth in the NWAC West with a 6-14 record.

The T-Birds swept Grays Harbor, showing progress on both the offensive and defensive side of the ball.

In the first game, Highline rode tight defense and Stefani Gollin’s five-hit shutout to a 4-0 victory.

“Throughout the season I have learned how to pitch with confidence and how to trust my defense,” Gollin said.

In the second game, Highline clicked on offense in an 11-2 victory, headlined by a strong hitting performance from shortstop Megan Chan, who went 2-3 with a home run.

“Rode tight defense and Stefani Gollin’s five-hit shutout to a 4-0 victory,” Gollin said. “I don’t think a lot really changed with our pitching, more so we didn’t manufacture runs and compete as hard as we needed to.”

Precious Tabangcura led the T-Birds with two RBIs.

In game two, Highline had a 2-1 lead after two innings before falling 8-2.

Centralia ran ahead of the T-Birds in the third inning, scoring three runs and jumping out to a 4-2 lead. Highline was shut out the rest of the way.

“Centralia is a strong-hitting team,” Gollin said. “We’ve been working late with each girl on a few new techniques that will take some time.”

Highline’s Jasmine Hansgen practices at Twin Lakes.

Thunderbird pitcher Maggie Victor gave up four runs off of nine hits in two innings. Tabangcura gave up four runs off of six hits with one strikeout.

Back home against Olympia, Highline fell 12-3 in the opener on May 10.

Early mistakes and three homers early led to a 5-0 lead for the Rangers in the fifth inning.

“Even when things got down for the T-Birds, however, the team remained positive, hitting with some energy down the stretch. Highline second baseman Taylor Poe hit a two-run homer to get the energy back up, but it wasn’t enough.”

Gollin dropped the second game 9-3.

Following the games over the weekend and the series against Olympic, the T-Birds are out of postseason contention, as only the top two teams in each division in the NWAC are eligible for the tournament on May 20-23.

Heading toward the end of the season, however, the Thunderbirds have kept their confidence about their team and the way that they fight in every challenge.

“We play our best and leave it all on the field we aren’t touchable,” Gollin said. “I think that meaning even if we win or lose if we play to our best ability and leave the field knowing we did everything we could, we can’t really say we lost much.”

“I think as a team we are focusing on something bigger than ourselves, which is the team. Selflessness and drive are what we are wanting to achieve and I think we can do great things.”

Highline centerfielder Aly Rippingham takes a swing in practice.

Highline golfers prepare for tournament

By Mike Simpson  Staff Reporter

The Highline women’s golf has shown improvement in its first season as it heads toward the league championships.

Golfers will face the Veterans Memorial Golf Course on May 15 and Walla Walla Country Club on May 16.

Bellevue, the defending champion, leads with 43.

The championship will feature 36 holes played over two days at two different courses.

Golfers will face the Veterans Memorial Golf Course on May 15 and Walla Walla Country Club on May 16.

Bellevue, North Idaho and Spokane are the likely favorites for the tournament.

North Idaho’s Nicole Miller will be a tough competitor, as she has medalled at her past three tournaments.

Veterans Memorial Golf Course is designed to challenge the strategy of the expert golfer, according to its website.

The length of the Walla Walla course appears to lend itself to low scores but challenges golfers with trees and rough, according to its website.

Highline Head Coach Steve Turcotte is recruiting new players for the upcoming season while getting this year’s team ready for the tournament.

More players would help Highline’s chances. The lowest scores in each round of tournament play determines the team’s final score. A lack of players makes it harder to get better standings if someone is not playing their best.

The Thunderbirds are looking for women with golf experience and their own sets of clubs, Turcotte said.

Turcotte practices with the team two to three times a week with Assistant Coach Nate Smith, who is also becoming PGA certified.

“More players would help Highline’s chances. The lowest scores in each round of tournament play determines the team’s final score. A lack of players makes it harder to get better standings if someone is not playing their best.”

Turcotte said he is happy with their progress and has seen improvement in their driving and chipping.

Highline’s Jasmine Hansen is self-taught, has played golf since her senior year in high school and also plays basketball for the college.

Hansgen said she has improved since she rebuilt her swing.

“I struggled mostly with putting and my driver is still going right, but I’m much more confident with my chipping now,” Hansgen said.

Hansgen had a total score of 207 at Centralia compared to 209 at the CBC Hawk Invitational in March.

Thunderbird Hailey Johnson has high school golf experience but had not played competitive in four years before Highline.

Johnson’s biggest challenge of the season is getting back into golf, she said.

Johnson has shown steady progress with a total score of 183 at Centralia compared to 277 at the CBC Hawk Invitational.

Megan Martin has been golfing since age 11 and has been working on lowering her putting strokes, she said.

Martin scored 198 at Centralia compared to 296 at the CBC Hawk Invitational.
Memorial Day is considered to be the unofficial start of the summer vacation season. Family gatherings featuring barbequed or grilled meats and vegetables are a traditional part of the celebration.

But Memorial Day is more than just a cookout. Memorial Day is a federal holiday created to remember those who died while serving our country.

The holiday originated after the Civil War to commemorate Union and Confederate soldiers. Today, the holiday commemorates all of those who served in the U.S. military who sacrificed their lives for our country. It is observed every year on the last Monday in May.

Originally, Memorial Day was known as Decoration Day because the graves of dead soldiers were cleaned and beautified with flowers and flags. Meena Michal is credited with the idea to wear red poppies on Memorial Day in honor of those who died. In 1915, she was the first to wear one, and also sold poppies to raise money for charities serving soldiers in need.

In 1922, the Veterans of Foreign Wars began to sell poppies and expanded the program to selling artificial poppies made by disabled veterans.

On Dec. 28, 2000, President Bill Clinton signed into law a Congressional resolution establishing a “National Moment of Remembrance.” It asks that at 3 p.m. local time, Americans pause “to voluntarily and in formally observe in their own way a moment of remembrance and respect, pausing from whatever they are doing for a moment of listening.”

Try my recipe for Southwest- ern Corn Salad as a side for your Memorial Day meal. And while you gather with your family and friends, remember those who sacrificed their lives to make the freedoms we enjoy possible.

**SOUTHWESTERN CORN SALAD**

If you’re pressed for time, make the dressing up to two days ahead. Cover and chill. Stir well before mixing with the rest of the ingredients. The corn can be grilled and cut from cobs one hour ahead. Store the salad in an air-tight container at room temperature.

- 4 ears of corn, husked
- 2 tablespoons mayonnaise
- 1 teaspoon plain Greek yogurt
- 2 tablespoons fresh lime juice
- 1 clove garlic, minced
- 1 teaspoon salt
- 1 teaspoon freshly ground pepper
- 1/2 teaspoon paprika
- 1/8 teaspoon cayenne pepper

**Devilish Good Eggs**

Marinating overnight makes these meaty ribs irresistible.

**Korean-Style Sesame Short Ribs**

2. In zip-tight plastic storage bag, combine soy sauce, ginger, pepper, yogurt, oil, minced garlic, and minced green onion. Place short ribs in bag, pressing out as much air as possible. Place bag in 13-by-9-inch pan and refrigerate overnight, turning once.

3. Place ribs on grill over medium heat; brush with remaining marinade and cook 20 to 25 minutes for medium-rare, turning ribs occasionally. Serves 4.

Deviled eggs are a great appetizer, and this recipe is particularly easy!

- 2 eggs, cooked, or equivalent
- 1/4 teaspoon salt
- 1/8 teaspoon paprika
- 1/8 teaspoon cayenne pepper

**Devilish Good Eggs**

1. Heat oven to 350 F. Spray a 8-by-12-inch baking dish with butter-flavored cooking spray.
2. In a large bowl, combine rhubarb and 1/4 cup Splenda. Evenly arrange rhubarb mixture in prepared baking dish.
3. Place eggs in 4- quart saucepan. Add enough cold water to cover eggs by 2 inches. Heat to boiling on high, cover with lid, and remove from heat. Let stand 12 minutes. Drain and rinse under cold water. With a fork, gently break eggs to separate yolks and whites. Place yolks in large bowl. Remove and discard egg whites. Reserve egg whites.
4. Spoon rounded teaspoon of egg whites into each egg yolk and gently fold using a “T”.

The following recipes were generously provided by Healthy Exchanges, a company that helps diabetic and prediabetic individuals make healthy food choices.

**Rhubarb Cobbler**

Here’s a great dish for the Memorial Day picnic that all rhubarb lovers will really enjoy.

- 1 (15-ounce) can black beans, rinsed and drained
- 1 large avocado, diced

1. Prepare grill for medium heat. Grill corn, turning occasionally, until tender and charred, 5-10 minutes; let cool slightly. Cut kernels from cobs and transfer to a medium bowl.
2. To make the dressing: In a large bowl, mix together the mayonnaise, yogurt, lime juice, garlic, 1/2 teaspoon of the salt and pepper. Paprika, cayenne, 1/4 cup Cotija cheese and 1 tablespoon cilantro.
3. Add the corn, black beans, avocado and the remaining 1/2 teaspoon of the salt and pepper; toss to combine. Top with remaining cheese and cilantro. Serves 4.

Angela Shelf Medearis is an award-winning children’s author, culinary historian and the author of seven cookbooks. Her new cookbook is The Kitchen Diva’s Diabetic Cookbook. Her website is www.divapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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A refreshing, delicious corn salad.

**A real meat and eggs meal**

**Memorable recipe for a memorable day**

May 12, 2016 | Highline College | Page 11

(c) 2016 King Features Synd.
Beach Park renovations now underway

By Jesse Brand
Staff Reporter

The latest renovation of Des Moines historic Beach Park is underway and will result in the restoration of the former church camp’s picnic shelter and restroom facilities.

This is a $605,000 project with the majority of the funding from a $293,244 grant from Recreation and Conservation Washington Wildlife and Recreation Programs, which matched the King County Park Levy and volunteer contributions. This is the 16th project of a larger long-term project that started in 2002 after an earthquake and flood damaged Beach Park.

Des Moines officials were already looking at upgrading the dilapidated picnic shelter and restrooms when a tree smashed into the structure last fall. The priority went from high to essential.

These improvements to the picnic shelters and restrooms are expected to “increase park revenue by approximately $10,000 per year to pay for ongoing park maintenance and operations,” according to the Des Moines Parks and Recreation grant application request.

Beach Park is the most popular among parks and facilities in Des Moines. The recreation programs at the parks had 6,580 program registrations and 106,761 registrations in 2015.

“More than 100,000 visitors and trail users come to Beach Park each year,” said Des Moines Parks, Recreation and Senior Services Director Patrice Thorell.

Beach Park is so popular that “when the sun is out, it’s hard to find a parking spot,” Thorell said.

There is parking within the park and at the nearby Marina. The park will be undergoing further redevelopment with the recent availability of the Wasson property, which separated Beach Park from the Marina.

The Wasson property became available after the residents who lived there under a life tenancy died at the beginning of this year.

The Wasson residential property “is part of the park, but it is unknown at this time what will happen with it,” Thorell said.

The City Council’s Economic Development met two weeks ago regarding the Wasson Property.

“At this point there hasn’t been a decision made on the Wasson property,” said Des Moines Mayor Matt Pina. “Proposals are very preliminary as well. Staff is reviewing current laws and other background information so we can understand what options are available to us. Primarily, we are interested in ideas that may produce income and help the cities budget challenges,” Pina said.

The Beach Park picnic shelter project follows the auditorium and newly finished dining hall restoration projects.

Plans are for the Beach Park Sun Home Lodge to get a new foundation, structural support, and reconnection of utilities in 2017. The Sun Home Lodge project will cost a total of $700,000.

One grant for $33,000 has already been awarded for the Sun Home Lodge by the 4Culture organization.

Other future projects include replacement of the bulkhead next to the Wasson property at an estimated cost of $24 million, improved beach access and walkways, and resurfacing the roadway.

Rihanna Smith/THUNDERWORD

Highline tries to get word out with small advertising budget

By Jessica Crane
Staff Reporter

Highline is trying to get the most bang for its dollar with very limited advertising funds.

A $75,000 marketing and advertising fund may seem like a lot of money, but Vice President of Institutional Advancement Dr. Lisa Skari said it’s not.

“We are still way below the community college average—not to mention the four-year.”

College officials say the answer is simple: budget.

“Highline is one of the lowest funded community colleges in the state,” Dr. Skari said.

“Add to that our high number of students taking ABE/ESL classes, who do not pay tuition, and we end up with less revenue on a per student basis,” she said.

“Universities have higher FTES [full-time equivalent student] state money allocations to begin with, and they also collect higher rates of tuition, from every student.”

With restricted funds, the college is trying to place its funds in the most rewarding places possible.

“The college has used a variety of methods to promote itself over the years. One of the biggest factors has been the rise of technology. This has really changed the face of advertising from how it was 10 years ago, said Dr. Skari.

“Times have changed,” she noted.

“Online advertising “makes it much easier to reach people when they need you,” she said.

With a bulk of its audience being young adults, Highline now includes advertisements on the popular music app and social network Facebook.

These ads are “able to target ads to specific zip codes in King County, within 20 or so miles of Highline,” said Tony Johnson, director of marketing.

Although not often considered, the Highline website is one of the biggest means for advertising the college, said Dr. Skari.

The updated website, which has 55,000 unique visitors a month, “is an example of getting a new face out for Highline,” she said.

The college also runs 15-second cinema ads in theaters before the previews start. These advertisements are playing in the Southcenter AMC, the Kent Station AMC, and the Auburn Supermall Theater.

Nevertheless, the college is still using traditional methods.

“The most recent of the college’s advertisements to emerge were bus ads placed on the sides of buses that run on routes within close proximity to the school.”

The college is currently in process of producing a video advertisement, but it is still in the early stages, said Johnson.

It is still unclear how many video ads the budget will allow and where they will appear, he said.

Still, paid advertising is just a part of the promotion picture, Johnson and Dr. Skari said.

The “most successful method (continues to be) one-on-one personal touch.”

It is important to get people to talk about the story of Highline, said Dr. Skari.

“If you can tell just one person about your experience here, that’s more than $75,000 worth,” she said.
Learn how to love the right way

Individuals dictate whether their relationships are healthy or not, a Highline faculty member told a group of 31 attending a Relationship Bootcamp last Tuesday.

The bootcamp, presented by Career Development Manager Josh Magallanes, was one of the free Week of Wellness seminars put on by the Counseling Center.

"Relationships are key to our survival, but we have to choose how to have them," Magallanes said.

Families are how we first learn about relationships, he said.

"We are human beings and want human connection," Magallanes said. "If we want something, we will put the work in."

Rather than thinking of the other person can fix or improve things in a relationship, people should think about their own role.

"Build relationship with self first," Magallanes said.

People need to accept the other person as they are. Accept that you can't control everything, he said.

In a relationship, you shouldn't feel controlled, anxious or nervous," Magallanes said.

Because people hate conflict, they often avoid issues in a relationship. The minute they hear a conflict, they shut down.

"Conflict means dialog, difficult dialog," Magallanes said.

People are afraid of damaging the relationship with difficult dialog. They don't know what will happen until they have that difficult dialog.

Magallanes said that people can have an outcome beforehand, he said.

Some people can be defensive and ready to duke it out or some can be willing to sit back and listen. It's perception, he said.

"We need to have harmony with ourselves and the other person," he said. "We can't just expect others to have harmony with who we are. We need to open up ourselves."

Insecurities can prevent people from showing up authentically in order to avoid conflict.

"If we don't show up authentically, that mutual respect piece can come into question," Magallanes said.

"We also choose how much we want people in our life."

There are some in peoples' lives they may hangout with in class, but not after. They choose to what extent they let people in, he said.

People want to feel independent. They show up independently in different ways. And how they show up sets how the relationship is, Magallanes said. It determines if the relationship is loving, joyful and positive or if it's toxic, no dialog and filled with blaming.

"Verbal cues are big and we sometimes glance over them," Magallanes said.

Some guides to improve the relationship are to reflect back what is being said, begin where they are and not where you want them, be curious and open to others' words, and be honest and authentic.

"We have to teach people how to have a relationship with us," Magallanes said.

Clear the mind of dust bunnies

Wellness is getting rid of mental dust bunnies, a Highline counselor said at a seminar for Wellness Week.

Dr. Allison Lau pioneered the term "dust bunnies" for explaining how to obtain wellness. Dust bunnies can build up, clutter your mind and keep you from the moment, she said.

"Usually fears are not based in grounded reality," Dr. Lau said. "Once identified, [they] can be overcome with small action steps that are aligned with your needs."

Others' opinions are also dust bunnies that can affect your wellness, Dr. Lau said.

"Nothing is wrong with considering others [but it becomes disempowering] when our wise/inner voice is overshadowed," Dr. Lau said. "We have to tune out the nitpicks," she said. "We learn that [talking yourself down] is more acceptable than speaking to ourselves like we would to a good friend."

Taking steps to change your inner voice is a critical part of achieving wellness, she said.

Another "dust bunny" is shame.

"We feel shame when we over-identify with our actions. Shame is more harmful than guilt because shame convinces us that we are inherently bad," Dr. Lau said.

The last "dust bunny" is numbing, Dr. Lau said.

"The more we numb ourselves, the more at risk we are to moving away from our highest, true self," she said.

"Wellness is most impossible when we are not present."

Asking yourself what you need and developing that relationship with yourself are steps toward wellness, she said.

Your thought process and fear can affect your wellness as well, Dr. Lau said.

Fear is a part of human nature. It is not about making it go away, but about how you look at it and what you do with it, she said.

"Know what grounds you and do more of that," she said.

"Things happen to us that are out of our control," Dr. Lau said. "Resiliency... is how well you know your dust bunnies and know how to take the next step."
Leaf the poisonous plants alone

By David Moran
Staff Reporter

Woody Moses speaks on the importance of being able to recognize plants that are safe to eat and plants that should be left alone.

Monk seeks to bridge cultural gap

By Olivia Beach
Staff Reporter

When families migrate to the United States, there can evolve a substantial cultural gap between the generations, a young Cambodian monk said at last week’s Honors Colloquy. Unfamiliar cultural traditions and co-parenting practices can be challenging for families trying to assimilate into a new country. The Cambodian-American community, he said, “is faced with a huge gap between the older and younger Cambodian generations.”

The next big step after becoming a monk, Sa-Ngoun said, was to return to America to get his GED. He got a call from his mother saying he needed to come back to America to get his GED. She said, “It was really great to have my parents’ support in this transformation,” Sa-Ngoun said. “A few years later, as an eighth-grader, Sa-Ngoun and his parents traveled to Cambodia so he could be ordained as a monk. It was a major adventure for a young man who had grown up in America. I had a one-way ticket. They had a round-trip,” Sa-Ngoun said. “I was really sad to be in the airport with my parents leaving me in a country where I didn’t know the language, culture or any family members.”

But off he went. Sa-Ngoun became the co-founder of the Cambodian Cooperative of Seattle, found himself straddling the divide and he wanted to find ways to bridge the gap.

He discovered that, growing up, he was initially intimidated by the Cambodian traditions his grandparents kept such as speaking the language and attending temple. The Cambodian culture intrigued me, but I did not understand it, he said.

But he knew he wanted to connect with his heritage, despite the disconnect that comes from living in a new country and a family struggling to assimilate. I saw so many disconnects between the generations, Sa-Ngoun said. His mother recognized his longing to learn of his forebears. She set up a call between his parents and a famous monk in Cambodia.

This became the catalyst for his consideration to explore becoming a Buddhist monk. It was really great to have my parents support in this transformation, Sa-Ngoun said. A few years later, as an eighth-grader, Sa-Ngoun and his parents traveled to Cambodia so he could be ordained as a monk. It was a major adventure for a young man who had grown up in America. I had a one-way ticket. They had a round-trip,” Sa-Ngoun said. “I was really sad to be in the airport with my parents leaving me in a country where I didn’t know the language, culture or any family members.”

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Bathrooms
continued from page 1
bathrooms on campus are too gross,” said student Jesse Torres. “Students should not have to put up with this, the amount of money we pay to be here, it just doesn’t seem right. With tuition rates as high as they are, there is no reason to be understaffed in the sanitation department.”

Students seem to prefer the newer bathrooms in the Student Union rather than the older ones in the library or classroom buildings.

“We have different buildings with different ages,” said Pham.

Some of the bathrooms are nearly 50 years old, Pham said.

“When it comes to appearance and condition, some look really run-down and used,” Holldorf said. “But we clean for health, not cleanliness. There is a difference.”

There will be no additional custodians any time soon because of budget constraints, said Pham.

The primary goal at Highline is to educate students, Pham said, as the budget reflects a majority of the budget is spent on educational resources.

Budget cuts led paper towel dispensers to be replaced with the new-age Dyson Airblade hand dryers, Holldorf said.

Some students view this change as an inconvenience.

“The others have to wait a long time because people are drying their hands, which takes longer then just simply grabbing a paper towel,” said Nazar Pekhotin. “I love the air-blast hand dryers,” student Kaitlynn Johnson said. “It saves the planet’s trees.”

The paper towels on campus are made from recycled products already, so the paper towels can’t be recycled again, Pham said. All the trash the paper towels produced became too expensive.

“I think they should all have both hand dryers and paper towels,” said one student, who chose to remain anonymous.

However a study conducted by molecular biologist Keith Redway at the University of Westminster showed that jet hand dryers are actually less sanitary than traditional paper towels.

Students were asked to soak their hands in germ-contaminated water. Then, they used old-school air dryers, paper towels, or the Dyson Airblade. The Dyson Airblade’s 400 mph air blasts spread germs over six feet in all directions, while the average blow dryer propels the germs about 25 centimeters.

The bathrooms are OK. The closer to the edge of campus you get, has a pretty direct correlation to how clean or sketchy they are,” said student Megan Van Martin.

“I don’t have a problem with the bathrooms on campus, but if they could just keep the soap dispensers full, I’d be 100 percent satisfied,” said student Cole Morrison.

The cleanest and most enjoyable restrooms appear to be on the third floor of the Student Union and on the sixth floor of the Library.

“Today the tall, dark-haired man is all smiles as he talks about his decision to leave Green River and try Highline’s Achieve program.”

Achieve is a program that supports intellectually disabled students with services such as intensive advising, involvement in campus life, community-based internships and job-placement services.

“Highline has had employment help services since the 1970’s,” said Julie Jine, associate director.

“But Achieve has been at Highline since 2010.”

Jine has been with Achieve and working with people with disabilities since she was 14, she said.

“Our certificates are comprised of three competency areas,” said Jine. “These areas are classroom, campus and career.”

Students are not only required to show academic success, but also become involved in campus life such as clubs, she said.

“We also have students complete their career competency by doing things such as volunteering or getting a job while in school,” said Jine.

Every student is also paired with an intensive academic adviser and an employment consultant to assist him or her in whatever they need, she said.

“My adviser taught me how to navigate canvas and attach assignments, it really helped me a lot,” said Dragseth.

“It’s hard to stop talking about the achievements,” said Jine. “There’s something magical about when you explore your dreams.”

Achieve helps students with every part of finding a job after college including writing a resume and filling out applications, said Dragseth.

“I’ve gotten a job at the print shop here at school, and it’s working out really well for me,” he said. “I love to help people and I like coming to work.”

Dragseth is also a member of the Cooking Club and looks forward to it every week, he said.

“More than 140 people have graduated through this program.”

“My paperwork was lost many times and the advisers seemed to never have time to meet with me,” he said, frowning at the memory.

“My motivation and hard work has gotten him to where he is today.”

Students are often segregated throughout their K-12 education, said Sandler.

“We hold our students to a high standard,” she said. “We don’t look at what they can’t do, we know what they can do.”

“Our students always rise to the occasion when they have the opportunity to learn and grow,” said Sandler. “I’m so proud of all of them and proud to be a part of this amazing program.”
only is it the fear that other people will blame you, but it's also blaming oneself. There's a lot of internal struggle.

Protecting oneself is the No. 1 priority. “The message is see something, say something, to stay with your buddy, especially if there's been consumption of substances that might impair their ability to make good decisions,” she said. “Don't leave people alone.”

As much as prosecutors want to build a case, they also want to prevent a sexual assault case from ever happening at all, Johnson said.

Sexual assault crimes are felonies, so they are treated according, said Neal, of the Federal Way police. “They're defined by statute, what the laws of the state of Washington say,” said Johnson. “All of our crimes are uniformed so what applies in King County also applies in other parts of the state. Legislature enacted these crimes and defined the language of the crimes.”

A prosecuting attorney will distribute the crime to the correct department, such as domestic violence, economic crimes, felony, trials, violent crimes, sexual assault, Johnson said, a prosecuting attorney for King County.

Law enforcement and prosecuting officers are trained to specialize in the subject matter of different crimes, Johnson said. There's a fair amount of specialization within the field, so our victims are treated fairly and investigations are conducted thoroughly, said Johnson.

There are two distinct organizations work together when developing a sexual assault case. “Charges basically say that you have violated the laws of the state of Washington,” said Johnson. “Police can only arrest, they don't charge. It's the prosecutor who charges the case.”

Law enforcement pulls together statements from the victim and other collateral information needed. Then, prosecuting officers evaluate the case as a whole based upon the evidence and what the elements of the crime are, Johnson said.

“With all crimes, the elements of the crime must be established in order to reach probable cause for arrest and prosecution,” said Neal, the Federal Way deputy chief of police. “The initial response by police and the following investigation are the determining factors in reaching a filing decision with the prosecutor's office.”

Neal said the investigation is the determining factor, as police try to gather as much information and evidence about the crime than just personal statements from the victim and suspect.

“Certainly any physical evidence is critical and is collected and evaluated by medical personnel,” said Neal.

Prosecuting attorneys also work with officers to look for evidence to build a case. “We try to find evidence to explain the surrounding circumstances for it, the context of it, maybe peoples impairment,” said Johnson.

Aside from physical DNA evidence and possible videos or photographs from the crime, a vital part of evidence is witness, said Johnson.

“I like to take that verbiage out of everybody's vocabulary, the terminology of he said/she said,” said Johnson. “Including the police. We encourage them not to think of cases that way and to gather more evidence than just personal statements.”

Each case varies, and so do the resources provided to victims, depending on their needs.

“The resources range from the initial response, health and welfare, prosecution, counseling, and beyond, depending on the severity of the crime and the individual victim,” said Neal.

Opportunities for conversations about sexual assault have become more common, Johnson said. “It is awful to know that people are still suffering in silence. People always have a say,” Johnson said. “We as prosecutors will always listen to what the victim wants.”

Late note continued from page 1 to give people adequate time to gather information,” said Dr. Jonathan Brown, associate dean for the Center for Leadership and Service.

“That aspect of our Constitution is very old,” Dr. Brown said. Dr. Brown said that because student government officials weren't sure if they were going to have the ability to change the Constitution in time for the election, they were not able to give the required notice.

In a May 10 meeting, “the council granted an exemption on the rule and approved it to be on the ballot for the referendum,” Dr. Brown said.

“Student government exercised their legislative ability to pass a resolution to exempt the amendment process,” he said.

Dr. Brown said that student government considered the “spirit” of Article XIII, and that he thought that sending an email the day before the election goes beyond what he sees as the constitutional requirement to provide basic information to the campus.

He said that this was because students would have access the proposed changes to Constitution via any device with access to the Internet, rather than looking at the changes on a bulletin board.

The Constitution does not appear to provide for this kind of maneuver, however, and states only that the student vote can come after the required posting period.

Dr. Brown said that Student Government Executive Council has the ability to grant exemptions and interpret the Constitution based on Article V, Section 2 of the Constitution.

“It is the Student Government Executive Council's responsibility to interpret the constitution,” Dr. Brown said. Article V, Section 2 says only that the Student Government Executive Council has the sole authority to administer the Constitution and its by-laws.

“Dr. Brown said there is a precedent for Student Government giving itself an exemption from fulfilling its constitutional obligations. He said that it has in the past legislated case-by-case exemptions from articles XI, Section D of the Constitution.

Article XI, Section D, says that “Non-attendance at three (3) regularly scheduled business meetings in one quarter may result in removal.”

“I would commend student government for taking the action of considering their rules, and legislating an exemption as opposed to just taking action without taking such consideration,” Dr. Brown said.

He said that acting without considering the rules and legislating an exemption would be unconstitutional.

While Student Government is the primary decider of whether its actions are constitutional, there is one check on its power. “The Board of Trustees could reverse any decisions made by our Associated Council,” Dr. Brown said.

If Student Government interprets the Constitution are egregious or unlawful, they could reverse the decision,” Dr. Brown said.

He said “the Board of Trustees have delegated this [constitutional] authority [to student government], but they can take this back.”