

Highline receives awards for value and scenery

By Olivia Sullivan
Staff Reporter

If you're going to Highline, you sure are getting your money's worth.

Recently, Highline received a top 20 spot on the 50 Best Value Community Colleges of 2016, presented by Value Colleges.

The college also received a No. 7 ranking among the 14 Most Scenic Community Colleges in the U.S., presented by

LawnStarter, a lawn care service blog.

The criteria for the Top 50 award measured the graduation and transfer rates, the mid-level salary of graduates, and tuition rates from 614 institutions, which then narrowed down to the top 50 colleges from across the nation.

"Every college in Washington state would fit the affordability criteria, so then it ties into the degrees we offer," said Dr. Lisa Skari, the vice

president of Institutional Advancement. "We've got nursing, computer programs, and paralegal. We've got nice wage jobs on the professional and technical side."

Shoreline has received recognition in the past and this year Green River also scored a top 20 ranking, too.

"We had no say in what they wrote about us [for the award]," said Dr. Skari. "I thought the write-up was passionate."



Highline College photo

Highline ranked No. 7 on the list of most scenic campuses in the U.S.

Dr. Skari said one of her hopes is that the level of recognition Highline has been receiving lately will catch the attention of a private foundation

that has similar values as the college.

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Dog therapy



Taylor Lee/THUNDERWORD

Students, staff, faculty, and visitors were able to unwind with four-legged friends last Wednesday during the first CWU-Des Moines Pause for Paws event.

Students pet their stress away

By Olivia Sullivan
Staff Reporter

As finals week approaches, students, staff, and faculty have found a way to pet their stress away.

In Building 29 last Wednesday, Central Washington University hosted Pause for Paws,

a De-Stress with Dogs event to help people relax before the end of the year chaos.

"Part of my role is student retention, so I know this is a stressful time," said Lucas Rucks, the regional director of Central's University Centers. "It's hard on faculty and staff as well. Everyone is gearing up for

commencement and students have finals coming up to prepare for."

This is the first pet to de-stress event hosted by CWU-Des Moines, and also the first one Rucks has been a part of. He

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Students divided over transgender bathrooms

By Thunderword Staff

Highline students appear to be split on the idea of having gender-neutral bathrooms on campus.

The issue of having transgender bathrooms is even bigger than just Highline. All across the country, changes in policies with regard to the issue of gender-neutral bathrooms are taking place. In Washington state, the Human Rights Commission issued an order in December that transgender people can use restrooms consistent with their gender identity.

Currently, there are 14 unisex restroom locations on campus.

Both straight and transgender students are among the supporters of unisex bathrooms.

"We should have them.

Gender-neutral bathrooms are great," Lessy Radmacher said.

"They should have the right. I don't see any issue," Zicoirah Hernandez said.

Kendyle Dayley said that transgender people have been using the bathroom of the gender they identify with for a long time, and people are just beginning to have a problem with it.

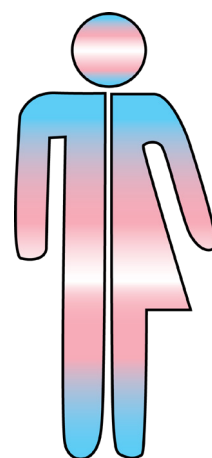
"I am comfortable with that. They should be able to use any bathroom," Kelvin Hernandez said.

But one student said he believes that transgender people who are forced into the bathrooms of their biological sex are more likely to be sexually and physically abused.

"In this debate, trans people's safety is often overlooked and focused instead on CIS people", the anonymous student said.

Highline student Danielle

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City of Des Moines showcases new art all over town



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Goats take to the campus to clean up shrubbery



Highline sees an increase in property thefts

By Ani Miller-Wells
Staff Reporter

A Highline student had her car stolen from the East Parking Lot. The crime was reported on May 31 at 8:40 p.m. Des Moines Police responded at 9:10 p.m. to take a report.

Student accosted waiting for bus

A male student was robbed at the bus stop next to the Chevron gas station on Pacific Highway South at South 240th Street on May 24 at 5:30 p.m. The suspect was a black male adult wearing black.

The victim stated that the suspect was pleasant at first but then proceeded to grab the victim's hand, demanding that he give him everything he had or the suspect would punch him in the face.

The victim gave him \$20 and the suspect walked away, heading south on Pacific Highway South.

The Des Moines Police Department is involved and interviewed the victim.

Wallet stolen from backpack

A Highline student had her wallet stolen out of her backpack in the Building 30 computer lounge at 10:55 a.m. on May 26.

She looked down at her bag, noticed it was half unzipped and her wallet missing.

Second victim robbed at bus

A student had his backpack grabbed by a large black male on May 21, at approximately 4 p.m. at the A line Metro bus stop next to the AM/PM station. The victim gave the man \$40 to get his backpack back.

A third victim also reported that a large black male adult punched him in the jaw with his right closed fist while demanding money. The crime happened at the same bus stop as the second victim at 12:45 p.m. on the same day.

The Kent Police Department is investigating these instances.

Geology class shakes things up this summer

By Ani Miller-Wells
Staff Reporter

You want the big one and total destruction or the smaller one and chances of even greater calamity?

Either way you're talking about a whole lotta shaking going on if two fault lines beneath Western Washington produce an earthquake.

The greater Seattle area is doomed for destruction in a devastating temblor sometime in the next 50 years, or at least there's a 1 in 3 chance of that happening, according to Kathryn Schulz, the writer of the

Pulitzer Prize-winning article 'The Really Big One' that appeared last year in The New Yorker.

That disaster is expected to come from the Cascadia Subduction Zone. But there's another threat, the Seattle Fault Line, which is expected to be less severe in magnitude but could be much more devastating as it runs through downtown Seattle and Bainbridge Island.

Students will have the opportunity to explore the latter fault line this summer.

Highline geology professor Stephaney Puchalski is teaching a one-credit class this summer that will explore the Seattle

Fault Lines and inform students of what's going on beneath the earth's crust.

The class is a field trip plus class instruction beforehand that will be held on July 22 and July 23. The students pick a topic relating to one of the locations and become a pseudo-expert so that they can present their knowledge to the other students when they reach their specified location.

Professor Puchalski explained how the earthquake scale works.

"There's a limit to how much the ground can actually move,"

Puchalski said. She said that the severity of a quake really depends on how long it lasts.

She made an analogy to a wire hanger. It will bend a few times without breaking, but the longer it bends, the weaker it'll get, and eventually it will snap.

She also said there's a huge difference between a 1 on the Richter scale and a 2. A 2 has "32 times more energy" and an earthquake is 10 times worse between each level.

Students can now register for Summer and Fall classes, including professor Puchalski's two classes on the Highline website.



Share your work or come to listen

Highline's First Thursday Open Mic is happening today.

Open Mic takes place on the first Thursday of every month. Students, staff, and faculty can bring their work they would like to share, or come listen to others share their writings.

The event will take place today, June 2, from 1:30 to 2:30 p.m. in The Writing Center, Building 26, room 3191.

Cracking codes and saving lives

Quantum computers are a new generation of computers starting to hit the market.

Dr. Austin Roberts, professor of mathematics, will be discussing quantum computers during this Friday's Science Seminar.

These computers use quantum mechanics to complete tasks previously considered impossible. There is a potential for negative use, such as breaking the encryption used to secure online transactions. However, other uses can be life saving,

such as predicting the effects of new medications.

Quantum computers still face a number of unsolved problems, such as size of the computers, and identifying the best types of machines.

Join Dr. Roberts as he discusses the uses, and problems yet to be solved this Friday, June 3, at 1:30 p.m. in Building 3, room 102.

Mulki Wardere gave an emotional delivery of the song When I Was Your Man by Bruno Mars to fellow students at the VOICE Communication Club talent show on May 20.



Mike Simpson/THUNDERWORD

Be a journalist
--or just look like one

Take Journalism 101 Fall Quarter and write for the
Thunderword
and earn that all-important second writing credit

Beginning Newswriting: Item no. 4216, 11am
News photography: Item no. 4218 1:30 pm

What do you like about video games?

Examine popular and cultural trends in society using video game narrative

TAKE ENGL 265:
Video Games as Literature
(Item no. 4248)

Fall Quarter 2016
at 8 AM - 8:50 AM (Daily)

Counts toward Diversity & Globalism requirements.

Not every Highline graduate is a human being

By Olivia Beach
Staff Reporter

An eight-armed Highline student will be graduating next Saturday and will be escorted by her very own dive team back into the depths of Puget Sound.

Salish the octopus has been a part of Highline's MaST Center since 2015 and is now ready to be released back into the frigid waters of Redondo Beach.

"We've seen Salish grow from 18 inches in arm length to over 72 inches. When full grown, She'll be over 15 feet," said Rus Higley, MaST Center manager.

Not only have they seen her grow in size, the MaST Center staff also says she has become more social and interactive.

"She's developed a real personality and seems to find it highly amusing to squirt staff and visitors," Higley said.

At this time, there is no hard data on her survival prognosis.

The graduation ceremony will take place Saturday, June 11 at 10 a.m to 2 p.m. The release will be broadcasted live at the MaST Center.

The event is free and open to the public with cake and light refreshments to be served.

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



Olivia Sullivan/THUNDERWORD

Salish the octopus is spending her final days at the MaST Center as she awaits her graduation.

President-elect vows assistance for ex-prisoners

By Michael Muench
Staff Reporter

James Jackson, the newly elected Student Government president, hopes to act as a voice for the previously incarcerated at Highline.

Jackson won the recent Student Government election with 267 out of 647 votes.

Student Government officials represent students on various campus committees.

Previously incarcerated students' equality will be a major focus for Jackson.

He plans to build a program with the help of the rest of Student Government. The program will be designed to help transition previously incarcerated students into college life.

"I and certain professional staff have created the Prison to Higher Education Committee," he said. "Our goal is to start a re-entry program that will provide services and support to justice involved students."

This program will be structured much like the Women's Program or the Veterans Program, he said.

"Students may not really understand the issue. There's a stigma about students coming out of incarceration," Jackson said.

This is something that Jackson hopes to lessen, if not completely abolish, during his time in office at Highline.

During the race and now, Jackson saw himself as the best person for the job.

"I ran for president because



James Jackson

there was a need for a candidate with vision and experience," he said.

The presidency, for him, is a way to give to the Highline community.

"It's a great way to give back to students who have given me so much," he said.

Besides the incarceration program, Jackson also plans to support state funding for education from K-AA levels, open education resource textbook use in the classroom, and to vocally combat marijuana use on campus.

Experience is what gave him the edge over his competitors, he said.

"I believe that my experience in student leadership and the work I have done working with [the Associated Students of Highline College] has prepared me for my role as president," Jackson said. "The other candidates were great people, but none have the experience that I have."

S&A budget nears completion

By Cierra West
Staff Reporter

The Service and Activities Budget for the 2016-2017 year is expected to grow over last year's despite declining enrollment. That means there should be no program reductions, only increases, the program director said.

Revenue to finance Student Services and Activities is collected as part of each student's tuition payment. The money is then allocated to fund various student programs and activities.

Much of the budget growth will be due to Highline's forward-funding financing model that balances cash reserves from high and low enrollment periods.

"We are in a growth year [for programing]," said Dr. Jonathan L. Brown, associate dean for Center for Leadership and Service, Engagement, and Assessment.

But because enrollment is down, forward funding allows the school to draw on the reserves for the amount of money needed for programs, without having to rely on last year's revenue and tuition to make the decisions, Dr. Brown said.

"For the last decade we have been saving," he said.

Increases are proposed for the following programs: Women's Programs, Clubs and Organizations, MESA, Transition Center, Student Employment, Umoja, Championship travel and Gateway.

Most of the proposed budgets increased for one or two basic reasons: In the past year the school went to a new, more expensive caterer on campus and two, there is a large increase in student leadership rolls and student employment, Dr. Brown said.

The Clubs and Organization program requested an addition-



Dr. Jonathan Brown

al \$5,100 because with a 20 percent increase in the number of clubs, there is a higher demand for club travel. There will be an estimated increase of six certified club travel trips next year, according to the budget proposal documents.

MESA has requested an increase of \$37,000, due to cuts in government funding for the program, said Dr. Brown. The MESA program will get its requested amount, but it will be released to it in portions throughout the year so officials can make sure the program is on track and using all the funds.

"We want to see them deliver before we release all the funds," Dr. Brown said.

The Transition Center has requested a \$20,500 increase and has changed its name to the Working Students Success Network. The funds will be used for printing, catering, salaries for three new ambassadors, and funds to send student leaders to an in-state annual conference.

The Transition Center budget request also shows a planned cut of \$15,000 by eliminating student scholarships and then making up for it "by creating a more sustainable program of outreach and leadership development utilizing Success

Friday's alumni," according to S&A budget documents.

The Student Employment budget would increase by \$1,400 due to the rise in catering costs as well as increases in supply costs.

The Umoja (black scholars program) budget would increase by \$5,980. The increase accounts for student help, including new employees in the summer; Umoja conference registration; travel costs; catering costs for celebrations; plus supplies and material costs including calculators; laptop and graduation supplies.

The success of Highline athletic endeavors is also having an effect. Championship travel went up by \$5,000 due to more Highline athletic teams going on to championships.

"A lot of our sports teams are going to championships," Dr. Brown said. "We had not allocated enough of our budget. They are just too good."

Gateway requested a budget increase of \$4,500 to support new student employment positions as well as more ceremony funds due to expected higher enrollment in the program. At the same time, Gateway has been able to cut costs in the supplies area.

A lot of work is put into the budget throughout the year to organize, plan and present it.

"I have spent a good portion of my year with the budget. I'm glad it's almost over," Dr. Brown said. "But there are a lot of behind-the-scenes people who really do the heavy lifting."

People such as Marta Reeves, the S & A budget coordinator, and Cathy Cartwright Highline's overall budget director.

Reeves gathers the information from each department and works with more than 60 people to get all of the budgets done and put into a document that everyone can understand.

Equal rights must cover bathrooms

A person's biological sex should not define the bathroom that they are allowed to use.

Great progress has been made for the civil rights of Americans, the most recent example is a directive from the Department of Education telling schools that they should allow students to use the bathroom that they identify with.

However, like with all advances in civil rights, there has been a backlash from people who fear progress, or are ignorant of the plights of others.

The fact is, people who are transgender face an incredible amount of stress because of bullying, discrimination, and not feeling welcome.

This amount of stress leads to a high rate of suicide among people who are transgender.

A survey by the National Gay and Lesbian Task Force and National Center for Transgender Equality found that 41 percent of people who are transgender attempt to kill themselves. That is a stunning number, especially compared to the overall 4.6 percent attempted suicide rate for the general population.

People who are transgender that have been denied the use of their preferred restroom have an even higher rate of attempted suicide rate, at 47 percent according to the National Transgender Discrimination Survey.

Does feeling a little uncomfortable with the idea of sharing a bathroom for a few minutes with someone who is transgender really merit all the fuss and anger? Odds are you've already gone to the bathroom next to someone who is transgender. If you're reading this, it means you survived the encounter.

You may have walked by or may be sitting next to someone who is transgender, and transitioned to the gender they identify with and you would never know it. Through dress, makeup, hairstyling, chest binding or hormone replacement, and sex reassignment or other cosmetic surgeries, many people who are transgender and have transitioned are indistinguishable from someone who was born a particular gender.

In fact, if supporters of bills tying bathroom use to a person's sex at birth are successful, their daughters will have to share bathrooms with tall, muscle-bound men whose birth sex happened to be female.

By the same token, someone who identifies as a woman, but has a more masculine style, may also be made to feel uncomfortable in the woman's bathroom.

The reality is that supporting people's right to use the bathroom they identify with will result in less deviation from the norm and it will make for a much better quality of life for people who are transgender.

Everybody needs to go to the bathroom, and everybody should be able to use the bathroom without being bullied, made to feel different, or assaulted.

To opponents who say that such civil rights legislation creates a safety issue in bathrooms, no link has ever been found between transgender people and child molestation or rape.

People aren't dressing up as someone else to attack someone in a bathroom.

In the rare event a predator wanted to kidnap a child from a bathroom, whether the bathroom allowed transgender people or not wouldn't stop them.

If people are so concerned about this as a threat to their kids, they should watch their children better, not try to bring about legislation that discriminates against people who just want to be themselves.



Chili peppers don't make good profs

In the middle of using ratemyprofessors.com, I began to realize this isn't the most accurate way to design an entire schedule.

Ratemyprofessors.com is a website that allows students from different colleges across the country to share their thoughts about their past professors.

The website is a compilation of ratings, ranging from "easiness" to chili peppers to symbolize the "hotness" of a professor.

When the time came to register for next quarter's classes, I would always open two websites – the Highline class list and ratemyprofessors.com.

I would immediately search the names of my potential future professors and analyze how each person has been reviewed. Intense difficulty level? Maybe I'm feeling up for the challenge. Assigns a \$300 textbook necessary for the course? I think I'll pass. Long lectures with a monotone voice? No thanks.

Occasionally, some of the reviews online perfectly matched up with my experiences – both good and bad. I knew exactly what to expect from the professor and in turn, this made me feel more prepared. The sense of comfort is what always pulled me back into using the website.

Ratemyprofessors.com is like a dating site where only the person's exes get to submit reviews. While some past students write about how they had the time of their lives, other students make it clear they never want to see that professor again.

It's a skewed combination of reviews since mainly those who post on the website are on either extreme of the spectrum of enjoyment.

The amount of reviews per pro-

Guest Commentary



Olivia Sullivan

fessor also varies widely, which makes it tough to gauge overall experience without the input from a multitude of students.

Three out of three negative reviews total for a professor can drastically alter the overall rating, in comparison to a professor who has more than 50 reviews with only three negative remarks intermixed.

If I had solely based my schedule this year off a few of the pessimistic reviews from students, I might not even be in journalism. My experience in journalism has been challenging and stressful, but rewarding and I've found this is where I am the happiest. My experience is the polar opposite to some of the other reviews I read about, but I decided to make my choice off of the subject, rather than the professor.

Another area ratemyprofessors.com fails to address is learning styles. Students may comment about the instructor's use of lecture slideshows or how the professor focuses on discussion in-

volvement, but there is no clear understanding of how that professor will work with you and your learning style.

In the long run, a challenging professor who made you work your hardest to earn a high grade could be more beneficial than a professor who didn't even care if you showed up to class once a week.

An easy "A" to bump up the GPA can't replace the gain of valuable life skills like time management, study techniques, or perseverance through tough times (like finals week).

Basing your life choices off of what other people say is a bad habit to get in to, even starting with a simple decision of choosing a teacher.

While you can always take what people have to say about a professor into consideration, finding the right instructor might require a bit of effort on your end.

You could sit in on a class for a day to get a glimpse at how the professor teaches. You could ask a friend who is in the class you're considering if you could look at the type of assignments and overall workload given by that instructor. There are other ways to design your schedule without relying on the opinions of other people.

As college students, these are the years of learning much more than subject matter. These years can often be the most influential time in our development into who we're meant to be. You should embrace all opportunities of choice and willingly go into the unknown because the area just outside of your comfort zone is the place where you begin to grow.

Olivia Sullivan is editor in chief of the Thunderword.

the Staff

I'm not insane, I'm just 19.

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Festival celebrates Kent's diversity

By Ani Miller-Wells
Staff Reporter

Highline's Yamato Taiko drum corps will help kick off Kent's one-day salute to cultural diversity next week.

The Kent International Festival will unfold on June 4, at the Showare Center in Kent.

Diversity is celebrated in the city of Kent, with more than 130 languages spoken in the Kent School District alone, and the zenith of this celebration is the Kent International Festival.

The website states the mission of the festival is that "We believe that, through coming together and celebrating our various heritages with respect and understanding, we build a stronger and wider sense of



Kent International Festival
Taiko drum corps are one of many featured acts at this year's festival.

community that is inclusive of all."

"We're a minority-majority city," said Nancy Skipton, the

head of the festival. This means that there are more minority groups in Kent than any other groups.

The festival will span over one day beginning with a World Wide Walk that begins at 9:30 a.m. at the Kent Farmers Market.

"[The walk is] sort of like a parade just not in the middle of the street," Skipton said.

There will be many types of entertainment including a Chinese Lion Dance and music performed by the Japanese drumming group from Highline.

There's also going to be a set of 18 cultural booths set up, representing 18 different countries. Each booth will give attendees a stamp for a fictional passport.

"It's mainly geared towards kids, but a lot of adults do it, too," Skipton said.

Skipton said that there will be eight different mom-and-pop ethnic restaurants present

in the food area of the festival. There will be Vietnamese, Mexican, Thai, Middle Eastern and more types of food available to attendees for \$5 a plate.

The festival is brought together by The Kent Sister Cities Association Committee, a non-profit organization that is made up of volunteers, more than 200 of which will be present on the day of the festival.

The festival will also feature numerous entertainment options and food booths.

There are 17 sponsors for the festival, including Costco and the Muckleshoot Indian Tribe.

Skipton said there will be vendor booths outside the Showare Center, as well as booths that will offer support to the refugee and immigrant populations.

Silence is golden

Local students perform songs in sign language

By John Van de Ven
Staff Reporter

Students from Kentlake High School are putting on a concert for the deaf.

The concert will feature a number of contemporary songs, translated into sign, and performed on stage to create a visually musical experience. This is the ninth year Kentlake students have been performing in a concert like this.

Kathleen Underhill, who teaches sign language at Kentlake, helped the students organize and create the concert. This is not an easy process, and not just as straight forward as translating songs word for word.

"Since it is rather impossible to translate word for word and not appropriate, what we do is look for the conceptual meaning in the song lyrics and translate them into the most appropriate American Sign Language," Underhill said. "We also try to keep an element of rhythm and music in our translations."

Music is not unknown in the Deaf community.

"Deaf churches have their own type of Worship music. Some only use rhythm instruments and adapt worship music to suit their Deaf congregations," she said.

The event can be expected to have a voice interpreter for the



Kentlake High School Photo
Kentlake students performing one of many popular songs, signing lyrics to the audience.

signing impaired.

"Most of our audience is hearing, but we do have deaf individuals who attend," Underhill said.

However she added, "Music is not necessarily something all Deaf individuals enjoy, depending on their background and personal experience. We attempt to make this concert a visual event for a mixed audience."

The show is meant to entertain all comers.

"We use English lyric videos on screen behind the signers onstage," said Underhill. "Some of our songs use props and costumes as well as choreography."

Underhill said interpreting music for Deaf is not uncommon.

"Some Deaf translate music and perform for audiences and post on YouTube," Underhill said.

Concerts like these work to include Deaf into society more and more. Underhill said that Deaf like to be included when they attend public events, including events centered around music, art lectures and workshops.

Most often however, Deaf persons may need to contact venues or event coordinators to set up interpreters.

About 200,000 Deaf and

hard of hearing persons are currently living in Washington, according to recent Census data.

"Deaf folks move around so an exact count is never easy to know. But I will say that being a large city, Seattle is one that has a lot of services for the Deaf and has a large Deaf/Blind community," said Underhill.

The ASL Music Project is going on May 2, 3 and 4 beginning at 7 p.m., at Kentlake High School, 21401 SE Falcon Way, Kent. Tickets start at \$10 for general admission, and \$6 for students, children, and seniors. Tickets and info can be found at <http://www.brownpapertickets.com/event/2553610>.

Calling all future film makers

Scene one, take one: Students fill a classroom eagerly awaiting their turn to kick-start their careers in film.

All aspiring film artists are encouraged to attend a meeting today for Highline's first ever film contest.

The meeting will be in Building 29, room 105 at 1 p.m. Contest coordinators Sean Puno and Susan Rich will be there to explain the rules of the contest and to allow contestants to pick an on campus filming location.

The theme of the contest is centered around the idea of "home." Each film submitted is required to include a scene featuring a Highline location, landmark or one of the many pieces of art around campus, and must tie into the contest theme.

The deadline to enter the contest is June 16. Contestants have until midnight on Oct. 3 to turn in their submissions.

Top placing winner submissions will be shown at Highline's first Film Festival later in October.

This meeting is not mandatory, however, those who show up will have first choice to pick a filming location.

For additional information, please refer to the contests website at, <https://highlinefilmfestival.blogs.highline.edu/>.

Des Moines farmers market returns

By Qeeshon Yim
Staff Reporter

This Saturday on June 4 marks the return of the popular Des Moines Farmers Market for a four-month run through September.

New this year will be the abbreviated schedule. Past market runs have gone through the month of October, but crowds thin at that time and the weather becomes unpredictable, which persuaded market officials to set a Sept. 24 closing date this year.

Gone, too, is the annual Chili Cook-off that marked the end of previous market seasons.

Farmers markets in King County provide cities with fresh, farm-grown produce while supporting local farming.

Although their goals are similar, each farmers market strives for uniqueness. Whether it's their location, or the events they hold, each market does what it can to stand out.

The Des Moines market's not-so-secret weapon is that it's located in the Des Moines Marina. The market will be open from 10 a.m. to 2 p.m. each Saturday.

Rikki Marohl, Des Moines Waterfront Farmers Market manager, said the market seeks to reach out to more than the people of the Des Moines area.

"We are our own entity, but we also try to include other groups if possible," Marohl said. "The market has its own board.



Photo by Michael Brunk

Overview photo of past farmers market . The market opens Saturday in Des Moines.

The board itself is composed of [representatives from] local non-profit groups."

The Des Moines Waterfront Market provides opportunities for local community groups to help promote their programs and events. Some of Mt. Rainier High School's groups will participate, along with the Mt. Rainier Pool.

In addition to the usual events, the market offers music, often by local musicians, each week.

As for attendance, the Des Moines Waterfront Farmers Market hosts 5,000 to 6,000 customers each week. It averages around 55 total vendors weekly.

The market also has a program called Fresh Bucks that allows customers to purchase produce with EBT and WIC

checks.

This year marks the second year that the aptly named Sunset Market will take place every Wednesday from 4-8 p.m. in the north parking lot of the Des Moines Marina. Also, on the opening and closing days, the market will have additional food trucks to provide prepared food.

In addition to the Des Moines market, the city of Burien hosts its own farmers market near the Town Square Park.

Burien's market started earlier this month on May 5 and is going on until October 27. The market is open every Thursday from 11 a.m. to 6 p.m.

Vendors at the market will not only include farm fresh produce, but also hand-made goods as well. Other vendors of-

fer fresh baked goods, and basic food. There will also be flower vendors around the market. Live performances are another feature.

Smaller than Des Moines, Burien's market attracts roughly between 1,500 to 2,000 people and averages around 50 vendors each week.

Burien's market offers the community the opportunity to physically participate in the market. Citizens can apply to the market to set up their own booths, whether it is to sell food, or crafts.

Farther south is the Federal Way Farmers Market.

Similar to Burien, Federal Way's market started earlier in May. It opened on May 7 and ends October 29. The market is open every Saturday from 9 a.m. to 3 p.m.

Federal Way's market is in the Sears parking lot at the Commons Mall.

The Federal Way market also allows the use of WIC and EBT. Federal Way also provides people the opportunity to participate in the market.

Much like Burien, citizens and/or business groups can submit an application to set up their own booth. However, Federal Way requires that those who set up their own booth have a state of Washington business license. An option for insurance is provided.

Applications for entertainment, the outdoor bazar, and other vendor types are available online at <http://www.federal-wayfarmersmarket.com/Vendors.html>

Heading eastward, you'll find the Kent Farmers Market.

This market opens this Saturday, June 4 as well, and runs until Sept. 24. It will be open from 9 a.m. to 3 p.m. in Kent's Town Square Plaza next to the Kent Library.

Kent also offers people the opportunity to take part in the market. What makes Kent different is that the Kent Lions and Kent Lions Foundation operate it.

Their motto is "We serve."

The Kent Lions and Foundation is an all-volunteer community service organization, dedicated to helping the needy. Their mission is to enhance the community through a series of hands-on projects, such as the market, and grants.

New sculptures to become part of city's art family

By Qeeshon Yim
Staff Reporter

This Saturday the Des Moines Arts Commission will announce the addition of six new sculptures that will temporarily become part of the city's public art collection.

The unveiling of the Art on Poverty Bay will coincide with the annual opening of the Des Moines Waterfront Farmers Market.

The market opens at 10 a.m. with the announcement of the new artwork coming at 11 a.m. at the Des Moines Marina Plaza.

From 2013 to 2014, the commission acquired five sculptures by local artists. It has since acquired a total of 12 sculptures. With the second round, the number increased to 15. By the third year, they averaged a total of 21 sculptures.

The purpose of these sculptures is to make Des Moines artistically diverse. The mission of the Des Moines Arts Commis-

sion is to bring different cultures together to share their heritage and traditions with local people.

Jean Munro, chairwoman of the Des Moines Arts Commission and WorkFirst Coordinator and Advisor of Highline's Women's Programs and WorkFirst Services, said that bringing in these sculptures helps the commission reach out to the community.

"Art is something that is missing in people's everyday life," Munro said. "Having these sculptures emphasizes all of us coming together. All of us to bring arts to Des Moines."

In addition to being on display, many of the sculptures are for sale. Most of the money goes to the artists. The remaining 20 percent goes to the commission, for additional projects. The sculptures being sold are listed below:

- Harpoon by Ben Dye
- Dreaming Chicken by Sara Ybarra Lopez
- Honey Blue by Lin Junkin and Milo White
- Beginning by Sabah Al-Dha-

her

- Celebrating Life in Des Moines by Chandelle Anderson
- Spirit of Des Moines by Anita Corby
- Pier Group by John Hicks
- Graduated Progression by PSSC and Dale Copeland
- A Gentle Nudge by Kelly Barker
- Octavia by George C. Scott
- Yakutat by Gretchen Daiber
- Beyer Panels by Richard Beyer
- Turtle Island Puget Sound by Mark Twain Stevenson
- Big Catch by Richard Beyer
- Expecting to Fly by Leo Osborne
- Blackfish by PSSC and Dale Copeland
- Tree of Life by Kris Vermeer
- The Redondo Arch by John T. Young
- Compass Rose by George C. Scott

The people who buy the sculptures have the choice to either take the sculptures and relocate them, or donate them to the



Mike Simpson/THUNDERWORD

Ruby Beach Woman by Mark Stevenson.

Des Moines Arts Commission to keep them in Des Moines.

Nancy Stephan, a member of the Des Moines Arts Commission, said that donating the sold sculptures helps get people involved in art.

"One of the purposes of these sculptures, if not the only purpose, is to provide people with the education that comes with them," Stephan said. "The history behind each sculpture helps people understand what it is."

Munro said that Des Moines is becoming known for its public art. She also said that the purpose of the project is to help promote the artists and to influence young artists.

Portfolio Show displays student work

By Ryan McCandless
Staff Reporter

The best work of Highline's Art and Design Department students will once again be on display next week in the annual Student Portfolio Show in the Student Union.

The two-day exhibit on June 6 and June 7 will feature the work students from the all the different art fields of the school, whether that's photography, visual communications, interior design or drafting.

Tamara Hilton, manager of the Art and Design Department, as well as a teacher of visual communications, interior design and drafting design at the school is coordinating the show.

"The Highline Portfolio Show is a place where our graduating drafting design, interior design and visual communications students showcase their portfolios that they're going to use to get a job or transfer on to other schools. We also showcase photography and ceram-



Amanda Bennet/Interior Design Department

One of the many interior design works that will be on display at this years portfolio show.

ics," Hilton said.

One of the things Hilton appreciates about this show is the wide variety of artwork that can be seen there.

"Our students have portfolios that are very diverse. They include hand drawings. They include drawings with the latest industry software whether it be Sketchup and Autocad and Revit to, with Visual Communica-

tions, all the Adobe Suite programs. So I think the students do a really good job at showing their diverse range of skills," Hilton said.

While art can seem like a difficult area to find a career in, Hilton isn't worried about the future of the students that will be featured here. The Portfolio Show will be the first time that many of the students will be

displaying their talent to businesses.

"This Portfolio Show also brings in industry professionals with jobs and a lot of them are coming here to look at the student portfolios and maybe hire potential students," Hilton said.

She said the point is to show perspective employers that Highline students have the skills and can meet industry

standards to go to work right away.

"I think that there are so many different avenues for students to work and be creative whether they're drawing or working with their software skills," Hilton said. "There are so many diverse types of jobs between drafting and graphic design, interior design and multimedia that our students know the industry standards and have an opportunity to go into that workplace."

The Portfolio Show hours will be from 9 a.m. to 4 p.m. and then from 5 to 8 p.m. both days. It will be in the Mt. Constance and Mt. Olympus rooms of Student Union.

"I think it's really great for our community to see what our students have been working on for the past two plus years to complete their degrees," Hilton said. "I think it's important to celebrate there success and encourage them as they enter out into the world and then try to find jobs or transfer on to other schools."

Movie review: 'Weiner' leaves nothing to hide at SIFF

By Ryan McCandless
Staff Reporter

There was a time when the embarrassing collapse of Anthony Weiner's campaign for mayor of New York City was an event that the entire media was covering. But a new documentary that played the first weekend at the Seattle International Film Festival is the first time that the scandal has been covered with the nuance and complexity the story deserves.

The 42nd annual Seattle International Film Festival runs from May 19 to June 12 and takes place in eight different locations in the Seattle area. Throughout the festival, over 450 movies play that come from 90 countries from all over the world.

Weiner is a documentary that follows New York City politician Anthony Weiner. For seven terms, he served as a Democrat in the House of Representatives until a sexting scandal forced him to resign in 2011. In 2013, he sought redemption from the voters and ran for the mayor of New York City. But as he began to rebuild his reputation, he got caught up in an even more explicit sexting scandal that once again destroyed his career.

The documentary mainly follows Weiner's run for mayor from its hopeful beginning to its bitter end and the footage captured for this film has to be



Weiner Film

Anthony Weiner, once a promising politician, now disgraced.

seen to be believed. Filmmakers Elyse Steinberg and Josh Kriegman were given seemingly endless access to the behind-the-scenes of Weiner's campaign and they show it all.

In the immediate aftermath of the allegations that he sent lewd comments and images to women online under the nickname "Carlos Danger," he is shown 20 minutes before he has to give a speech to the press. He's in a small room with his wife Huma Abedin as his staff is scrambling around desperately trying to find a way out of the mess Weiner has made.

Though Weiner and Abedin aren't saying that much to each other in this scene, the camera focuses on them and you can tell how frustrated, uncomfortable and exhausted they both are. They have likely fought for a long time before the cameras started rolling and there's no

doubt that they will keep fighting when the camera turns off.

It's a sad, quiet moment that does a lot to humanize a person who would eventually become a punching bag for the media.

Later on in the movie, one of the women Weiner sexted with shows up at the front of a place where Weiner will be making a big speech. To avoid making contact with her in front of the press, Weiner and his staff come up with an elaborate plan to sneak into the building by using a nearby McDonalds. What follows is a surprisingly thrilling chase scene that would seem absurd if it didn't actually happen.

These two sequences are just a just a few examples of what makes *Weiner* such a fascinating documentary. The film acknowledges that what Weiner did was wrong and he should've been chastised for what he did.

But by showing Weiner warts and all, the film also argues that Weiner, above all else, is a human being.

The film opens with a passionate speech Weiner gave in 2010, he's enraged that the Republicans in Congress have voted against a bill that was created to help 9/11 first responders. Throughout the film, we see him connecting with the voters in a personal and honest way, regardless of their personal opinions of him. He brings up valid points regarding how he would like to help New York City. He loves his city and he would die for the people who live in all of its unique communities.

He comes off as a decent person; he's kind to his staff, he's appears to be a good enough father and despite his shortcomings, he clearly has a deep respect for his wife (one of the most notable moments in the film involves Weiner fighting with a voter after he criticizes him for being "married to an Arab.") By the end of the movie, the case is clearly made that Weiner could've been a good mayor for New York City.

But the ultimate tragedy of Weiner's campaign was that despite how good he might've been as a mayor, people are still unable to look past his flaws. In various speeches he tries to bring up subjects that are very important to him, but the media only wants to focus on the

sexting scandal. Everybody is focused on the surface issues with him and they failed to seriously bring to light some of the actual bright ideas he might've had.

Weiner shows how genuinely caring people can be denied at face value for their flaws. A person can be the most well-equipped person in the room but if they have a blatant personal problem, it can be become so much easier to just mock that person.

If there are any problems with the movie, it would be that it occasionally feels over-directed. The soundtrack throughout the film is very over the top in places where music wasn't needed. The directors occasionally attempt to use flashy editing in parts where it was unnecessary. The movie might've impacted more if it was put together by the in a way that felt more subtle and restrained. Steinberg and Kriegman have an endless supply of great footage, there was no need to make this any more stylized.

Despite this, you should definitely see *Weiner* when it comes out. Regardless of your opinions on the man, you'll walk away from *Weiner* with a more detailed look at the political system from the perspective of a campaign that was doomed to fail. *Weiner* might be an odd guy, but the film dares to ask if that makes us any better.



Nary a naaaa-sayer

Facilities finds few faults with herd of landscape lunchers

By Cierra West
Staff Reporter

The goats are back at Highline and they are munching costs as well as undesirable vegetation.

The herd been grazing next to the tennis courts on the southwest corner of campus, around the retention pond. They are here to clean up the shrubbery and naturally fertilize the areas in which they are enclosed.

Goats are a natural alternative to person-powered machinery or herbicides, said Barry Holldorf, director of Facilities and Operations.

The retention pond collects much of the run off from the schools parking lots, storing lots of dirty water, with the plants growing there helping to clean it up, Holldorf said.

It is necessary to keep the plant life maintained so the retention pond does not turn into a mucky pit.

"When it [leaves and branches] settles to the bottom, over time the capacity of the pond would be reduced as decay material fills up from the bottom," Holldorf said.

"The goats help keep that vegetation back and out of the pond. Heavy equipment and chainsaws can do the same thing but they introduce oils and CO₂," he said. And "the machinery would cost twice as much as the goats."

The goats also replenish the land with their natural fertilizer (poop) and help kill blackberry bushes for good.

"By bringing them over and over again, the blackberries tend to die away, versus if they are chopped, they grow right back," Holldorf said.

There are about 260 goats munching away, making quick work of the blackberry bushes and tough terrain.

They are everyone's favorite four-legged sustainability measure, Holldorf said.

The goats are from a company called Healing Hooves here in Washington. They are transported, fenced off, and herded by a team of one man and three dogs.

Craig Madsen and his dogs Harvey, Nussy, and G.G., run the operation.

Madsen started the company 14 years ago when he saw the need for it in Washington.

Cities in California were doing it to re-

duce wildfire fuel loads and there was no one doing it here in Washington, Madsen said. Now there are more and more companies.

Madsen travels with the goats, staying in his sleeper that is attached to his truck tractor. Connected to the back is a 30-foot, double-deck trailer the goats travel in.

Before he started the company, he had never owned goats, Madsen said.

"They are a fun animal," he said. "They are social and curious."

People are welcome to come check the goats out, Holldorf said. "Just be careful, as there is an electric fence," he said.

The goats' curiosity is part of the reason they are surrounded by an electric fence. The fence deters the goats from getting free and munching the wrong area, Madsen said.

It is important the goats are kept in the enclosure so they don't eat anything poisonous. "They are allergic to rhododendrons," Holldorf said.

Madsen checks all the areas that the goats will graze for plants that are poisonous to the goats, said Holldorf.

So don't feed them, said Madsen. They are supposed to be eating what is inside the fence.



Mike Simpson/THUNDERWORD photos

Craig Madsen, right, wields a weed eater to complete the job after his herd of goats has chewed through a thicket of Japanese knotweed near the tennis courts on the west in of campus. Madsen is periodically hired to pull his trailer full of goats on campus to help keep undesirable undergrowth in check.

There are no adult male goats in the enclosure, but there are plenty of baby goats, both males and females, he said.

The babies jump around and are very playful, he said. They like to get on top of things and play king of the mountain; even the older ones do it sometimes.

Although some goats can climb trees, these don't. They will stand on their hind legs to reach high branches, but they can't climb, Madsen said.

With so many goats munching, the blackberries and knotweed are history.

The goats left on Wednesday to do another job on Bainbridge Island, but will return for another week soon to finish cleaning the area up.



Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ◆◆◆

◆ Moderate ◆◆ Challenging
◆◆◆ HOO BOY!

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- GEOGRAPHY:** What is the easternmost state capital in the United States?
- MUSIC:** What country was the group ABBA from?
- MOVIES:** In what movie was the character of John McClane introduced?
- LITERATURE:** The line *Fools rush in where angels fear to tread* was written by which poet?
- FOOD & DRINK:** Where did the potato originate?
- SCIENCE:** Sunlight exposure on bare skin can help to form which vitamin?
- GENERAL KNOWLEDGE:** How many minutes are in one degree of longitude or latitude?
- ADVERTISEMENTS:** What product's advertising campaign declared that

its consumption was "The Right Thing To Do"?

- SPORTS:** How many periods are in a National Hockey League game?
- TELEVISION:** What was the forerunner of PBS, the national public broadcasting service?

Answers
1. Augusta, Maine
2. Sweden
3. "Die Hard"
4. Alexander Pope
5. South America
6. Vitamin D
7. 60
8. Quaker Oats
9. Three
10. National Educational Television

**Puzzle answers
on Page 14**

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!

	+		×		13
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11		11		15	

1 1 2 3 4 5 6 8 9

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King Crossword

ACROSS

- Asian desert
- "-- Only Just Begun"
- Book-spine abbr.
- Director Reitman
- Met melody
- Inventor Whitney
- Green-blue deposit on copper
- Edge
- Guarantee
- Bar legally
- Neighbor of OR and NV
- Worth
- Macadamize
- Entreat
- Recedes
- Inseparable
- Exist
- Regret
- Old Italian coin
- Conclusion
- Zoo structure
- Conflagration
- Biz letterhead abbr.
- Definitely will
- Christie of whodunits
- Dine
- Red shade
- Longtime ring champ
- Furniture

1	2	3	4		5	6	7	8		9	10	11
12					13					14		
15					16					17		
18								19	20			
			21			22	23					
24	25	26			27				28		29	30
31					32					33		
34			35		36				37			
		38		39				40				
41	42						43			44	45	46
47				48	49	50						
51				52					53			
54				55					56			

- Flaccid
- George's brother
- Jane's "Glee" role
- "20,000 Leagues Under the Sea" author
- On in years
- D.C. figure
- Blackbird
- Not paraphrased
- Folksinger Joan
- Annoy
- Spot
- Every iota
- Anthracite
- carrier
- Cohort of Simon and Theodore
- Hollywood trickery, for short
- Line of fashion?
- Head light?
- for All Seasons"
- One of the Jackson 5
- Barrel part
- Heche or Hathaway
- Scrape (out)
- Speed-wagon

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ARIES (March 21 to April 19) Lots of possibilities begin to open up by midweek. Some seem more appealing than others. But wait for more facts to emerge later on before you consider which to choose.

TAURUS (April 20 to May 20) Bravo to the determined Bovine. While others might give up, you continue to search for answers. Expect your Taurean tenacity to begin paying off by week's end.

GEMINI (May 21 to June 20) You might want to consider stepping back from the task at hand for a while. This could help you get a better perspective on what you've done and what still needs to be done.

CANCER (June 21 to July 22) Your keen Cancerian insight should help you determine whether a new offer is solid or just more fluff 'n' stuff. The clues are all there, waiting for you to find them.

LEO (July 23 to August 22) Being ignored is difficult for any proud Leo or Leona. But pushing yourself back



into the spotlight might be unwise. Instead, let things work themselves out at their own pace.

VIRGO (August 23 to September 22) Trying to uncover a colleague's secret under the pretext of showing concern is ill-advised. Control your curiosity in order to avoid raising resentment in the workplace.

LIBRA (September 23 to October 22) Expect to hear good news about a loved one. Also, be prepared for some changes in several family relationships that could develop from this lucky turn of events.

SCORPIO (October 23 to November 21) Some surprises are expected to accompany a number of changes that will continue through part of next week. At least one could involve a romantic situation.

SAGITTARIUS (Novem-

ber 22 to December 21) You might be upset by some of your critics. But most of your associates continue to have faith in your ability to get the job done, and done well.

CAPRICORN (December 22 to January 19) A workplace goal that suddenly seems out of reach is no problem for the sure-footed Goat, who moves steadily forward despite any obstacles placed in his or her way.

AQUARIUS (January 20 to February 18) Uncertainty about who is right and who isn't might keep you from making a clear-cut decision. Wait until you know more about what you're being asked to decide.

PISCES (February 19 to March 20) Be careful to keep your emotions in check when dealing with a demanding personal situation. You need to set an example of strength for others to follow.

BORN THIS WEEK: You have an extraordinary ability to rally people to do their best. You would be a treasure as a teacher.

Simplify summer with tasty recipes

Schools are letting out, summer’s almost here and the kids are hungry! Simplify your summer this year by planning ahead to make mealtime part of your child’s summer fun! Here are some tips for creating an easy, time-saving meal plan for summer ... or all year-round

1) Enlist your children to help plan the meals they’d like to eat. You can plan meals based on three- or six-month lists; Spring/Summer and Fall/Winter. Planning ahead will save you time and money that you can use for a fabulous family vacation!

2) Make a list of menu items based on breakfast, lunch, snacks, dinner and dessert categories. Select at least seven dishes for each category, and rotate them at least twice to ensure plenty of variety.

3) Choose some easy recipes that can be made at least 30 minutes ahead of time and/or ones that can be doubled and frozen.

4) Set a budget and stick to it. Shop for your ingredients based on what’s already in your pantry, fridge and freezer; what’s in season; weekly sales and farmer’s market finds. The freezer is your friend, especially when it



Easy summer meals can still be tasty and nutritious.

comes to bargain buys on seasonal fruits and vegetables.

5) Let your child be the “assistant chef” for their favorite meals, and encourage them to help you with the planning and preparation. You’re not only making a great meal, you’re making precious memories.

Here are some delicious kid-friendly recipes that are perfect for summer meals!

BANANA BREAKFAST BAGELS

- 2 tablespoons natural nut butter, such as almond, cashew or peanut
- 1 teaspoon honey
- 1 teaspoon vanilla
- 1 teaspoon cinnamon
- 1/8 teaspoon salt
- 1 whole-wheat bagel, split and toasted
- 1 small banana, sliced
- 1/4 cup sliced almonds

Stir together nut butter, honey, vanilla, cinnamon and salt in a small bowl. Divide the mixture between bagel halves and top with banana slices and a sprinkle of almonds. Makes 2 servings.

MEXI-MELT WRAPS

- 8 large whole-wheat tortillas
- 1 (8-ounce) can nonfat refried beans
- 1/2 cup prepared mild to medium salsa
- 1 tablespoon chili powder
- 1/2 cup shredded coleslaw
- 1/2 cup shredded cheese, such as Mexican blend or Jack

1. Wrap the tortillas in a damp, food-safe paper towel. Microwave on HIGH for 10-15 seconds until the tortillas are hot.
2. Meanwhile, in a small bowl, mix together the beans,

1/4 cup of the salsa and the chili powder. Microwave on High until the beans are hot, about 45 seconds.

3. Spread beans on tortillas. Top with coleslaw, the remaining salsa and the cheese. Fold the tortillas in half. Makes 4 servings.

SPAGHETTI PIZZA

- 8 ounces (1/2 box) spaghetti
- 3 cups marinara sauce
- 1 tablespoon Italian seasoning
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1/8 teaspoon nutmeg
- 1/8 teaspoon cayenne pepper
- 2 eggs, beaten
- 4 ounces (1 cup) grated pizza cheese blend (mozzarella, Parmesan, Romano, etc.)
- 2 teaspoons olive oil
- 4 to 6 ounces sliced pepperoni

1. Cook spaghetti according to the package directions. Drain and return to the pot.
2. Heat oven to 425 F. Toss the spaghetti with 2 cups of marinara sauce, Italian seasoning, salt, pepper, nutmeg and the cayenne pepper. Mix well. Add eggs and 1/2 cup of the pizza cheese blend. Mix well.
3. Heat 1 teaspoon oil in a 10-inch ovenproof skillet over medium-high heat. Add the spaghetti mixture and gently press it down. Top with the remaining 1 cup of marinara and 1/2 cup of the cheese blend. Place the pepperoni evenly over the

spaghetti. Bake until browned, 18 to 20 minutes. Serves 6.

BLUEBERRY WATERMELON FREEZER POPS

You’ll need 10 (3 ounce or similar-size) freezer-pop molds to make these pops. You can prepare them ahead of time and freeze for up to 3 weeks.

- 3 3/4 cups chopped seedless watermelon
- 2 tablespoons lime juice
- 1 to 2 tablespoons sugar or stevia
- 1 cup fresh blueberries

1. Puree watermelon, lime juice and sugar to taste in a food processor or blender until smooth.
2. Divide blueberries among freezer-pop molds. Top with watermelon mixture. Insert sticks and freeze until completely firm, about 6 hours. Dip the molds briefly in hot water before unmolding. Makes about 10 (3-ounce) freezer pops

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.



Grill some shrimp for summer

Grilling puts a smoky, summertime twist on this traditional shrimp recipe.

- 1 lemon
- 2 tablespoons extra-virgin olive oil
- 3 cloves garlic
- 1/4 teaspoon dried oregano
- Salt
- Pepper
- 2 medium red peppers
- 12 ounces multigrain pasta
- 12 ounces medium shrimp
- 1/4 cup packed fresh parsley leaves

1. Heat large saucepot of water to boiling on high. Prepare grill or grill pan for direct grilling on medium-high.
2. Into large bowl, from lemon, grate all peel and squeeze 3 tablespoons juice. Stir in oil, garlic, oregano and 1/4 teaspoon freshly ground black pepper; set aside.
3. Grill red peppers 7-8 minutes or until crisp-tender and lightly charred, turning once. Transfer to cutting board.
4. Add pasta to boiling water.

Good Housekeeping

Cook as label directs.

5. Sprinkle 1/4 teaspoon freshly ground black pepper on shrimp. Grill shrimp 2 to 3 minutes or until opaque throughout, turning over once. Transfer shrimp to medium bowl. Add 2 tablespoons of lemon mixture; toss to coat.
6. Chop red peppers; add to large bowl with remaining lemon mixture.
7. Drain pasta; add to bowl with peppers, along with parsley and 1/4 teaspoon salt. Toss until well-combined. Serve pasta with shrimp. Serves 4.

Peking Pork Wraps

This simple recipe for tacos with bold Asian flavors won’t take much time, but it will taste fantastic.

- 2 small cucumbers, thinly sliced
- 1/2 teaspoon sugar
- 1/4 teaspoon salt

- 1 1/2 pound thin boneless pork loin chops
- 1 teaspoon toasted sesame oil
- 1/4 teaspoons salt
- 1/4 teaspoons pepper
- 3 green onions
- 8 tortillas
- 8 teaspoons hoisin sauce

1. Garnish: Toss cucumbers, sugar and 1/4 teaspoon salt in medium bowl; set aside.
2. Heat grill or grill pan on medium-high.
3. Rub pork loin chops with toasted sesame oil; sprinkle with 1/4 teaspoon each salt and pepper. Grill pork 3 to 4 minutes each side or until cooked through (145 F).
4. Thinly slice green onions on an angle; set aside. Wrap tortillas in damp paper towels. Microwave on high 2 minutes or until warm and pliable.
5. Drain cucumbers and thinly slice pork. Place pork in tortillas; top with cucumbers and green onions. Drizzle each with 1 teaspoon hoisin sauce; serve with additional sauce, if desired. Serves 4.

Toss up a carrot-apple salad

Here is a “keeper” when trying to work in those five-a-day fruits and vegetables!

- 1 1/2 cups shredded carrots
- 1 cup (1 medium) cored, unpeeled and finely chopped apple
- 2 tablespoons chopped walnuts
- 1/4 cup Kraft Fat Free French Dressing
- 1 1/2 tablespoons orange marmalade spreadable fruit
- 4 lettuce leaves

1. In a medium bowl, combine carrots, apple and walnuts. Add French dressing and spreadable fruit. Mix gently to combine. Cover and refrigerate for at least 15 minutes.
2. For each serving, place a lettuce leaf on a salad plate and spoon a full 1/2 cup salad mixture over top. Serves 4.

* Each serving equals: 90 calories, 2g fat, 1g protein, 17g carb., 165mg sodium, 18mg calcium, 3g fiber; Diabetic Exchanges: 1 Fruit, 1/2 Vegetable, 1/2 Fat; Carb Choices: 1.



Staying patient and persistent

Men's basketball head coach says recruiting takes time

By Samuel Biehn
Staff Reporter

Highline Head Coach Che Dawson has found out that each basketball player coming out of high school is going to have high expectations for themselves.

"The process every year is becoming more and more delayed," Dawson said. "More and more players coming out of high school are hopeful that they will play at a much higher level, and they stay hopeful for a much longer time."

Dawson said that this process has made the months of March through August a busy time for a head coach of a two-year program such as Highline.

"Recruiting takes a lot of work and time," Dawson said. "It's a competitive thing, most of the time you're told no. You have to get used to that, not get discouraged. That's just a part of the deal."

"I have kids that think they're still going to get a Division 1 offer with no serious interest from a D1 school. People around them will tell them that is the case, and they turn down our offer and money for their education."

Through many years, however, the Highline program has succeeded with the recruits they have been able to land. The Thunderbirds have gotten some great players towards the back end of the recruiting trail, such as last season's stand out forward Jaime Orme.

"The longer you do this, the more coaches you get to know," Dawson said. "It was an assistant coach at Washington State who called me in mid-August and said it wasn't going to work out [with Jaime]."

Orme finished the season averaging 17.7 points per game for the T-Birds, leading the team. Orme also led the T-Birds in rebounding last season with 9.5 per game.

Dawson said Orme's status for next season is unknown up to this point.

Even with the turnover for two-year college programs season to season, Dawson has been able to put together great groups of student athletes, including those who are returning from last year's roster who put together an 11-3 record in the NWAC West and finished second in the division.

The T-Birds lost in the second round of the NWAC Tournament, losing 70-54 to Columbia Basin.

"We have eight guys right now [returning]. The culture of



Photo by Jack Harton

Highline center Cass Matheis blocks a lay-up in a game against Pierce this season.

those eight guys is incredible," Dawson said. "They are all really good character young men. [They are] loyal to each other, committed to each other. It makes you feel a lot more comfortable with the group you have the following year, and it makes it easier to get other kids."

Dawson emphasized that one of the biggest things he values in players is the ability to put the team over themselves.

"I wouldn't want to highlight an individual over the team," Dawson said. "We'll only sign guys that we're excited about and that we want to invest in. We're going to lose a game at

some point. I want the guys who can deal with that."

Beyond team commitment, Dawson had some particular ideas for what he wants the team to improve upon going into this year.

"We need to take care of the ball," Dawson said. "We need to develop our weak hands, [we have] a lot of guys who can't attack to their left. Continuing to get stronger, putting in work in the weight rooms."

When it comes to the new recruits Highline has been able to sign so far for next season, Dawson stressed patience and perseverance, and working on a

consistent basis to get the players his team needs.

"We've learned at this level to wait to get the better players," Dawson said. "It's non-stop texting, getting on the phone, doing research on players, watching film on players. The second you feel you didn't do that, Tacoma or some other schools are on the phone with the kid [potential recruit], you get behind."

"We take a certain level of pride and we want to be the best, so you have to stay on top of it. My assistant coaches do a great job of helping me with that."

Dawson said that success for T-Bird players on and off

the court in recent years makes Highline an intriguing destination, even while being a two-year college.

"We emphasize that we've been successful on the court for an extended period of time," Dawson said. "Even more than that we emphasize that this needs to be a stepping stone in their lives, academically and athletically. We have a high level of athletes moving on to four year schools. They're [new recruits] going to be a part of something bigger than themselves, they'll have that brotherhood."

Dawson said that it will take time for everything to come together, and that it usually takes a while for him to get a clear picture of the potential of his roster for the upcoming season.

"It's hard to tell [potential wise]. We don't know who's going to be with us, we lost some significant pieces," Dawson said. "It's really hard to say. Late August I'll start settling into the group that we have."

However, Dawson said he and the rest of the staff continues to push to add more pieces and prepare to make the team the best it can possibly be in two-year college basketball's fast-paced recruiting environment.

"You have to stay grinding on the recruiting front," Dawson said. "It can change at a moment's notice."

Write for the Thunderword.
Take
Journalism 101
Fall Quarter.
item no. 4216



Mike Simpson/THUNDERWORD

Highline basketball Head Coach Che Dawson.

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Highline honors 91 students in ceremony

By Jesse Brand
Staff Reporter

Irina Golub snagged four Highline student awards, the most out of all 91 students honored in a ceremony last week.

Over the past month, students of Highline have been honored with awards for academic excellence and school involvement for the 2015-2016 academic year. Most of the students were recommended for the awards by various faculty within each department.

Golub is a Running Start student from Kent-Meridian High School. After attending Green River College for a quarter in Fall 2014, Golub has attended Highline College since. She has worked in the Tutoring Center since Fall Quarter, helping others with math. Math is her favorite subject, differential equations in particular.

“Read the textbook,” Golub told students. “Everything you need to know is there.”

She is a pre-engineering student and will be applying to the University of Washington for electrical engineering before she graduates from Highline next Winter quarter. Golub has a 4.0 GPA.

With the little free time she has, Golub plays the violin and plays volleyball.

“Time management has been hard,” Golub said.

Another honoree was Luis Brito Santana, the one math student who earned the persistence award this year. After starting at MATH 81, he worked his way up to MATH 254. That is 11 total math classes here at Highline College. Santana hasn’t been the top student grade wise and has expressed difficulty in mathematics, but his professors say he is persistent.

“He is the stealth super student,” professor Terry Meerdink said.

He is quiet and works very hard, being a solid student, Meerdink said.

Santana also worked with engineering and ESL.

Also honored was Matt Wilson, recognized by faculty for his hard work and school involvement.



John Vandeven/THUNDERWORD

Highline Professor Rick Schultz gives awards to students at last week’s ceremony.

“He’s done a lot of work for the MaST Center,” said Pure and Applied Science Division Chair Dusty Wilson. “He makes a great scientist. Very thorough, great observations, and a hard worker.”

Other award recipients were:

- ACHIEVE:** Isabel Flores
- Associated Students of Highline College:** Richelle Enriquez
- Bachelor of Applied Sciences and Pacific Rim Collegiate Cyber Defense Competition:** Eric Garay
- Biology:** Mariam Farhat
- Biology:** Christina Kim
- Biology:** Ben Simpson
- Biology:** Christean Jenkins
- Biology and Chemistry:** Allie Johnson
- Business:** Christine Evans
- Business:** Wintana Dawit
- Business Technology:** Suong Ha
- Business Technology:** Francis Hernandez
- Center for Leadership and Services Design Team:** Samantha Montes de Oca

- Center for Leadership and Services and Multicultural Affairs Leader:** Cody Scott
- Center for Leadership and Services and Multicultural Affairs Leadership Initiative Team:** Shijuan Haynes
- Center for Leadership and Services and Multicultural Affairs Leadership Initiative Team:** Jamar Wells
- Chemistry:** Heather Meadows
- Chemistry:** Minju Park
- Community Leadership Consultant:** Aundrea Voegtlin
- Community Resource Consultant:** Dulce Armas
- Community Resource Consultant:** Dinh Chung
- Computer Science:** Apars Walia
- Cooking Club:** Yesenia Ruiz
- Cooking Club:** Byron Patten
- Data Recovery Forensics:** Hung Hsieh
- Empowered People Club:** Victoria Gomez
- Engineering:** Jagbir Singh
- Engineering:** Garret SanLuis

- Engineering:** Kevin Smith
- English and Writing Center:** Baljeet Kaur
- English and Writing Center:** Emily Barrick
- English and Writing Center:** Wei-Chen Chin
- English and Writing Center:** Julius Carlo Olavario
- Environmental Club:** Uuriintuya Batbayar
- Financial Aid:** Sandy Gomez
- Financial Aid:** Iris Thiel
- First Nations and Indigenous Peoples Club:** Valerie Castillo-Warner
- General Science:** Chantel Trainer
- General Science:** Margaret Dycus
- General Science:** Tracie Wrolson
- General Science:** Cassandra Bennett
- General Science:** Nibras Meften
- Global Trade and Logistics:** Gursharanjit Singh
- Global Trade and Logistics:** Jose Ramos
- Honor Leadership Team:** Vanessa Primer
- Hospitality and Tourism:** Ashley Bowder
- Hospitality and Tourism:** Lisa Burr
- Inter-Cultural Center Student Leader:** Ederly Beausilien
- Inter-Cultural Center Student Leader:** Cinthia Velez-Regalado
- Journalism:** Olivia Sullivan
- Latin@ Center for Higher Education:** Cesar Mendoza
- Latin@ Center for Higher Education:** Leslie Velez
- League of Legends Club:** Kevin Burton
- Life, Ocean and General Sciences:** Matt Wilson
- Math:** Katie Howland
- Math Tutoring and Math Resource Center:** Hanh Pham
- Movie Appreciation Club:** Amelia Strayer
- Movie Appreciation Club:** Chloe McDougall
- Music Department:** Alexander Crawford
- National Poetry Month and**

- Community Leadership Consultant:** Angelia Miranda
- National Society of Black Engineers:** Jared Ataky
- Networking:** Spencer Stenger
- Non-Traditional Student Club:** Julie Bradbury
- Non-Traditional Student Club:** Heather Cade
- Nursing:** Pauli Lavochin
- Orientation Mentor:** Andrew Vo
- Orientation Mentor:** Jacobi Boudreaux
- Outreach Student Ambassador:** Aminata Drammeh
- Peer Navigator:** Anatoliy Voznyarskiy
- Physics:** Ting-Kai Huang
- Physics:** Kalvin Hallesy
- Physics, Math, Math Tutoring and Math Resource Center:** Irina Golub
- Pre-Allied Health:** Hawa Jagana
- Pre-Allied Health:** Gina Helms
- Pre-Allied Health:** Hyun Joon Cho
- Psychology:** Indpreet Kaur
- Psychology:** Jamie Urban
- Science, Technology, Engineering and Mathematics Persistence:** Luis Brito Santana
- Student Employee of the Year:** JaeLeesa Smith
- Student Employee of the Year:** Angelica Somera
- Table Tennis Club:** Paul Fernando King-Sanchez
- Table Tennis Club:** Rachmiel Kaipo Mendoza Duran
- The Richard Plagge Scholarship:** Apolonia Hall
- The Richard Plagge Scholarship:** Yasutaka Odo
- Thunderword:** Jessica Strand
- TRiO:** Alexandra Houle
- Universal Studios Club:** Tony Tai
- Urban Agriculture and ACHIEVE:** Andy Satkowski
- Voice Communication Club:** Ariana Thomas
- Web Database Developer:** John Snyder
- Yamoto Taiko Club:** Christian Napper-Mercer



John Vandeven/THUNDERWORD

Students and their supporters pack the Student Union to witness the presentation of honors and awards.

Des Moines honored with award

By Konner Hancock
Staff Reporter

The City of Des Moines received the State Historic Preservation Officer’s Award for Outstanding Rehabilitation.

The city received the award on May 17, which Parks and Recreation Director Patrice Thorell, accepted on behalf of the city, for restoring the Beach Park Dining Hall.

“It was a really big honor to receive the award,” Thorell said.

The hall was originally opened in 1934 and is located in Covenant Beach Bible Camp Historic District at Des Moines Beach Park.

Des Moines Beach Park is located at 22030 Cliff Ave. S.

The dining hall is a 3,700 square foot public facility that can be used or privately rented out for weddings, barbeques, birthdays, etc.

The dining hall was closed in 2002 because of damage from the Nisqually earthquake



Konner Hancock/THUNDERWORD

The Dining Hall is also home to the Founders Lodge, which holds baby showers, bridal showers, and class reunions.

and flooding from Des Moines Creek.

The restoration of the hall was an eight-year project done in three different phases.

Phase one spanned through-out 2008. The phase was the stabilization of the structure, construction of a new steel foundation and raising the

building three feet above the 100-year flood level, costing \$1,207,011.

Phase two started in 2011 and was finished in 2012. The second phase consisted of constructing disability access to the building via ramps, decking and the replacement of exterior apron around the building, at a

cost of \$476,450.

Phase three started in 2012 and lasted through 2015. Deepening and widening of the creek to keep it within its banks, replacing the dining hall roof and updating and replacing various utilities and interior projects, costing \$2,534,515.

“The project lasted for a long time but was very well done,” said Thorell.

“The dining hall has been out of use for more than a decade until now,” she said.

The park dining hall was reopened in July of 2015 “after the many years of rehabilitation,” said Thorell.

Go Figure!
answers

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King Crossword
Answers

Solution time: 25 mins.

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Weekly SUDOKU
Answer

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Author speaks about life after war

By Mike Simpson
Staff Reporter

An author and filmmaker whose journey to discover what compels people to go to war and how they then attempt to adjust to civilian life once they return home, spoke earlier this week at a Town Hall Seattle event about his new book *Tribe: On Homecoming and Belonging*.

Sebastian Junger’s discoveries have led him to try to change the way people think about conflict and how adversity experienced as a group has the power to create a cohesive society.

Highline college has more than 150 military veterans out of a student population of 16,000. Many non-veteran students have little idea of what it is like to serve in the military and readjust to life afterwards.

Junger said in the Town Hall event that it is the general civilian population’s responsibility to attempt to understand the veteran experience and accommodate their return.

In *Tribe*, Junger says that civilians rarely understand the veteran experience and have difficulty building societal cohesion unless disasters occur such as 9/11 in New York or the Blitz in London, adding that violent crime, depression and suicide rates go down in these circumstances.

“They revert to that tribal, communal, closely connected



Photo by Tim Hetherington

Photo of Sebastian Junger in the Korengal Valley in Afghanistan.

system...and the benefits of that system more than offset the hardships that brought it into being in the first place,” Junger said before the talk.

In *Tribe*, Junger explains that humans have evolved over 2 million years from a hunter-gatherer society where people constantly worked, slept and performed selfless acts of sacrifice for one another in small groups that are comparable to a modern-day military unit.

“Soldiers go from a psychologically healthy situation in combat and by that I mean they’re living in very intimate circumstances with 30 or 40 people that they know extremely well,” Junger said before the talk.

War veterans, while suffering trauma in combat, never-

theless have the support of their fellow colleagues. Once home, they can feel isolated in a socially, economically and politically divided nation that is riddled in hateful speech in the media, Junger said.

“Contempt in public speech, I think, will fracture this country way faster than ISIS ever could by its attacks,” Junger said before the talk.

Junger has covered conflict for nearly 20 years, starting off with the war in Bosnia which he first covered on and off for six months, he said at the Town Hall.

He received an Oscar nomination in 2010 for the documentary *Restrepo* in which he covered a year that he embedded with a U.S. Army Platoon of the 173rd Airborne during the U.S.

intervention in Afghanistan.

At the Town Hall Seattle event, Junger was interviewed by KUOW military and veteran reporter Patricia Murphy.

She asked if civilian businesses could do veterans a favor by using hiring slogans that state, ‘we hire veterans.’

Junger said that what is important is that civilians attempt to create an empathetic society in which veterans are not judged for overarching political decisions that they don’t have control over.

Both pacifists or advocates for past conflicts need to claim equal responsibility for U.S. policy in order to consider ourselves a unified country, he said.

Junger added that two ways to unify the United States would be to implement a mandatory national service with a military option and advocate for town hall events across the country every Memorial Day to give veterans and civilians an opportunity to talk about the military experience.

An inclusive ritual such as this will help veterans release feelings of pride, anger and sadness about war, he said.

“Not only will [veterans] benefit, but it will begin to cohere the country a bit...which we desperately need and the healthier this country is...the more appealing it’s going to be for them to come home,” Junger said.

Off-site storage systems are growing in popularity

By Olivia Beach
Staff Reporter

Cloud computing has been a revolution for Internet users, a Highline alumnus and employee at Google said at last week's Honors Colloquy.

Joseph Burnett said cloud computing is a tool people use everyday, even though they may not understand the term. It allows users to rent, rather than purchase, various software.

"It's marketing actually. It's not a cloud, it's computers," he said.

Cloud computing involves economy-scale computers rented to store information by large cooperations such as NASA and



John Van De Ven/THUNDERWORD
Joseph Burnett discusses the cloud at last week's Honors Colloquy.

Netflix, or for smaller, personal use as well.

"It makes it easier to consume software, sell software

[and] it allows you to buy software as operational expenditure software rather than capital," Burnett said.

This means, payments are only for what is used as it's used. This results in lower costs for the computers.

He said the advent of cloud computing has provided a safer Internet environment.

"It will always be a race between the protectors and the hackers," he said. However the cloud provides better security than what anyone can do for themselves.

Cloud computing improves people's lives everyday, even when they don't notice it, Burnett said.

"I feel that people should be aware about cloud computing because, like the industrial revolution, it's a massive shift in how we move the world," Bur-

nett said. "There is an ongoing power struggle over how to control information which affects privacy, freedom of speech and freedom in general."

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 June 8 at 12:15 to 1:20 p.m. in Building 7. The presentation will be by Health Equity Circle, an organization of University of Washington students and community members focused on creating Health Equity.

Dogs

continued from page 1

said a fellow professor suggested it and the two began brainstorming.

According to a 2012 research study by the International Journal of Workplace Health Management, stress levels in the workplace were much lower of people who had dogs by their side, compared to those without four-legged friends nearby.

"I thought the week before that cram week would be best. I wanted to do something that is proven to lower stress," said Rucks.

Anyone and everyone who walked through Building 29 was able to pet, play, and unwind with registered therapy dogs.

"I'm amazed at CWU and Highline faculty, staff and students," Rucks said. "Students that are very introverted and never ask for help, they're out here rolling around with the dogs."

There were nine dogs at the event, ranging from Dalmatians to Golden Retrievers. The volunteer dogs were from two groups out of Kent, the Therapy Dog Pack and the Family Dog Training Center.

"It's not like bring your dog to work day. These are all trained and certificated dogs," said Rucks.

Many of the dogs specialize in group therapy. Some are retired show dogs, the owners said. The dogs have a strong desire to meet strangers and are well behaved around babies, children, adults, and other dogs.

The dogs worked in shifts throughout the three-hour event and were able to take breaks from the constant love. After an hour of work, the dogs then swapped out to get a water break and take a walk around the campus, Rucks said

"I know the therapy is working. It's very cool to see it in action," said Rucks.

Students earn All-Washington Academic Team award

By Whitney Barrera
Staff Reporter

Students at Highline College were recently honored for their academic achievement, community service and involvement on campus as members of the 2016 All-Washington Academic Team.

Fatima Khalil, and other top scholars from the state's 34 community and technical colleges, were recognized during the March 24 awards ceremony at South Puget Sound Community College in Lacey.

According to a newsletter by Highline College, "We are proud to have Ms. Candler and Ms. Khalil representing Highline as All-Washington Scholars," said Dr. Jack Bermingham, president of High-



Fatima Khalil

line College. "Their accomplishments and contributions both inside and outside the classroom are laudable, demonstrating the character and leadership worthy of national recognition."

Khalil is 19 years old. She is studying pre-medicine and hopes to become a doctor.

"I love calculus more than biology, but becoming a doctor [requires biology]. I love it more than just doing engineering," she said. "I believe that a person who can do well in math can do well in everything else."

Khalil maintained a 3.86 GPA through Fall Quarter and is involved with Phi Theta Kappa, an international honor society that recognizes and encourages academic achievement at two-year colleges.

"We explain to students how to improve their grades, especially for those who are struggling with their learning techniques. We tell them how can they be better and succeed in college," she said.

Moreover, PTK does not just encourage academic achievements, it also provides opportunities for individual growth and development through participation.

Khalil has been accepted to Washington State University but she may pursue her bachelor's degree in University of Washington beginning this fall.

In addition to it being successful in her academic achievements, Khalil said she loves to do community service.

"Last year in the summer I served in a food bank. I did over 80 hours just to serve society. It was just volunteering, but I loved to be there. It is just so good to help so many people that are suffering and struggling in life," she said.

Candler was not available for comment.

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Transgender

continued from page 1

Polz supports transgender bathrooms.

"It's fine," Poltz said. "I'm really comfortable about that stuff."

You should use a transgender bathroom even if you are a woman, she said.

A faculty member was supportive of unisex and bathrooms.

"We voted for them in my building," said Highline Eco-

nomics Professor Kevin Stanley.

"The stalls give privacy and I don't see an issue with it at all," said Linda Faaren, director of the Puget Sound Welcome Back Center.

Faaren add that the Highline community should ask the transgender community what they prefer.

"We should ask the transgender community what they want and do that," Faren said.

"Students in transition need a comfortable place to do everything everyone else does when they use the bathroom," said an anonymous student who identified as transgender.

Many students however, oppose the implementation of unisex bathrooms.

Some students are concerned that gender-neutral bathrooms may pose a risk to fellow students.

"I have seen the same homeless man, since last quarter going in and out of the bathroom on the south-east corner of the campus by the bus stop" said student Daniel Moliter.

"I don't use those bathrooms, they're just sketchy," said Nico Hernandez. "I have seen condoms and other stuff like crack pipes and stuff in them as well."

An anonymous student said that he does not support unisex and transgender bathrooms because "anyone can identify as anything and they can be perverts. They can just use the family restroom," he said.

"It's not safe, when high school age teens and young kids come to the campus, they need a place to go where they won't be standing next to a middle-aged cross dresser," said student Ben Carrillo.

One Highline student opposed unisex bathrooms for religious reasons.

"I'm Christian so I don't

believe in transgender," said Highline student Allison Kiforishin. She said that she did not believe that Highline should implement a transgender bathroom policy.

One student said she is just uncomfortable using unisex bathrooms.

"I'm more of a private person," said Wioletta Glabek. The more people that use a unisex bathroom, the more uncomfortable it becomes.

Staff reporters Taylor Johnson, Jessica Crane, Qeeshon Yim, and Mike Simpson contributed to this story.

Highline student struggles with transgender bathrooms

By Jessica Crane
Staff Reporter

Highline student Ari Saltarelli said she has refused to use public restrooms for the past four years unless it is an emergency, because of the looks and comments she gets.

Saltarelli cut her hair five years ago in support of a friend who had cancer. Ever since, she has stuck with the look.

With her short hair, a dis-

taste for makeup, and a tomboy style, some people can confuse her gender at first glance, she says.

"It's difficult looking like a guy and using gender-specific bathrooms because I feel forced to have a conversation with people just so they know I'm a woman," Saltarelli said. "Moms still grab their kids and pull them close even though I'm in the bathroom."

Saltarelli has been a student at the college for three years, and is majoring in biochemis-

try. She is not only in support of transgender bathrooms, but says she would rather use a transgender or unisex bathroom as opposed to a gender-specific one.

She said that some of the most common comments she hears are statements such as: "Get the hell away from my child", "You don't belong in here", "Are you aware this is a bathroom for women?" and "Wait, are you a man? Why are you in here?"

She said that is irritating

that the still gets harassed even though she is using the bathroom of her biological sex.

"I'm still being treated as if I were a man in the wrong bathroom," she said. "It doesn't matter what we identify with, someone will always get upset and someone will always get hurt over it."

Saltarelli said that it isn't about trying to make people uncomfortable, but rather trying to find her own comfort.

"It's a struggle because we're fighting against all these outside people who have no idea what we're going through, and ultimately think they have the final say in our comfort", she said.

Saltarelli said that she hopes that one day people can see her struggles and at least try to understand.

"We're not trying to do harm, just make ourselves feel normal," she said. "I know it's not easy for you guys, but it's not easy for us either."

Awards

continued from page 1

"I hope some of this visibility will get us on somebody's list that has a passion for the things we're doing on campus," she said.

This award also creates a sense of pride, she said.

"I think people should be proud, whether it's students or staff or faculty. It's nice to be recognized for a job well done," said Dr. Skari.

While Highline has received awards that limit each college to a one-time win, there are several awards that Highline continues to win, such as the Higher Education Excellence in Diversity award.

Highline has won this award for the past three years, and wants to keep that tradition alive, Dr. Skari said.

"There's a sense of pride that we are a leader in this award field and we want to keep that going."

While the awards are great acknowledgement, Dr. Skari said it is important for Highline to continue to hold on to the main values of the college.

"I'm proud when I look at

some of the awards that we have that really speak for the Highline spirit," she said. "The Diversity award, the Equity award, these are really at our core."

Highline is especially focused on student progression, academic excellence, diversity, community engagement, and sustainability, she said.

"These have been core themes for years. It's not like we've been changing and going after something else every five years," she said. "This is really what we believe in and what we think is important."

Not only is Highline a force of excellence, but the campus is also pretty to look at.

In April, LawnStarter ranked Highline as the seventh most scenic community college in the U.S.


"When we shared that [post] on social media, it became the No. 1 most shared item we've ever had," Dr. Skari said.

This article quickly circulated on popular social media networks like Facebook and Twitter.

The post had a total of over 19,000 engagements of likes, comments and shares.

Highline's breathtaking views of the natural scenery, landscaping, and the architecture led to the colleges win, according to LawnStarter.


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Des Moines honored with award

By Konner Hancock
Staff Reporter

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Konner Hancock/THUNDERWORD

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cost of \$476,450.

Phase three started in 2012 and lasted through 2015. Deepening and widening of the creek to keep it within its banks, replacing the dining hall roof and updating and replacing various utilities and interior projects, costing \$2,534,515.

“The project lasted for a long time but was very well done,” said Thorell.

“The dining hall has been out of use for more than a decade until now,” she said.

The park dining hall was reopened in July of 2015 “after the many years of rehabilitation,” said Thorell.

Go Figure!
answers

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+		+		×	
8	×	1	+	5	13
11		11		15	

King Crossword
Answers

Solution time: 25 mins.

G	O	B	I		W	E	V	E		V	O	L	
I	V	A	N		A	R	I	A		E	L	I	
V	E	R	D	I	G	R	I	S		R	I	M	
E	N	S	U	R	E				E	S	T	O	P
			C	A		V	A	L	U	E			
P	A	V	E		B	E	G		E	B	B	S	
O	N	E			A	R	E			R	U	E	
L	I	R	A		E	N	D		C	A	G	E	
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S	H	A	L	L			A	G	A	T	H	A	
E	A	T			V	E	R	M	I	L	I	O	N
A	L	I			I	K	E	A		E	T	O	N
M	O	M			N	E	O	N		R	O	P	E

Weekly SUDOKU
Answer

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

Author speaks about life after war

By Mike Simpson
Staff Reporter

An author and filmmaker whose journey to discover what compels people to go to war and how they then attempt to adjust to civilian life once they return home, spoke earlier this week at a Town Hall Seattle event about his new book *Tribe: On Homecoming and Belonging*.

Sebastian Junger’s discoveries have led him to try to change the way people think about conflict and how adversity experienced as a group has the power to create a cohesive society.

Highline college has more than 150 military veterans out of a student population of 16,000. Many non-veteran students have little idea of what it is like to serve in the military and readjust to life afterwards.

Junger said in the Town Hall event that it is the general civilian population’s responsibility to attempt to understand the veteran experience and accommodate their return.

In *Tribe*, Junger says that civilians rarely understand the veteran experience and have difficulty building societal cohesion unless disasters occur such as 9/11 in New York or the Blitz in London, adding that violent crime, depression and suicide rates go down in these circumstances.

“They revert to that tribal, communal, closely connected



Photo by Tim Hetherington

Photo of Sebastian Junger in the Korengal Valley in Afghanistan.

system...and the benefits of that system more than offset the hardships that brought it into being in the first place,” Junger said before the talk.

In *Tribe*, Junger explains that humans have evolved over 2 million years from a hunter-gatherer society where people constantly worked, slept and performed selfless acts of sacrifice for one another in small groups that are comparable to a modern-day military unit.

“Soldiers go from a psychologically healthy situation in combat and by that I mean they’re living in very intimate circumstances with 30 or 40 people that they know extremely well,” Junger said before the talk.

War veterans, while suffering trauma in combat, never-

theless have the support of their fellow colleagues. Once home, they can feel isolated in a socially, economically and politically divided nation that is riddled in hateful speech in the media, Junger said.

“Contempt in public speech, I think, will fracture this country way faster than ISIS ever could by its attacks,” Junger said before the talk.

Junger has covered conflict for nearly 20 years, starting off with the war in Bosnia which he first covered on and off for six months, he said at the Town Hall.

He received an Oscar nomination in 2010 for the documentary *Restrepo* in which he covered a year that he embedded with a U.S. Army Platoon of the 173rd Airborne during the U.S.

intervention in Afghanistan.

At the Town Hall Seattle event, Junger was interviewed by KUOW military and veteran reporter Patricia Murphy.

She asked if civilian businesses could do veterans a favor by using hiring slogans that state, ‘we hire veterans.’

Junger said that what is important is that civilians attempt to create an empathetic society in which veterans are not judged for overarching political decisions that they don’t have control over.

Both pacifists or advocates for past conflicts need to claim equal responsibility for U.S. policy in order to consider ourselves a unified country, he said.

Junger added that two ways to unify the United States would be to implement a mandatory national service with a military option and advocate for town hall events across the country every Memorial Day to give veterans and civilians an opportunity to talk about the military experience.

An inclusive ritual such as this will help veterans release feelings of pride, anger and sadness about war, he said.

“Not only will [veterans] benefit, but it will begin to cohere the country a bit...which we desperately need and the healthier this country is...the more appealing it’s going to be for them to come home,” Junger said.