

## Highline wants bridge to students

By Whitney Michelle Barrera  
Staff Reporter

Highline officials may possibly implement a program to boost access and support for students of various ethnic communities with a particular emphasis on outreach to Latinos, college administrators say.

Puente means bridge in Spanish and Highline officials

are seeking to partner with California educators and their Puente Project, which aims to span the various gaps that can inhibit access and success in higher education for minority populations.

Of particular interest is serving the burgeoning Latino communities within the Highline service area.

"With 19 percent of our students being Latino/a, along

with our surrounding school districts seeing increasing numbers of our Latino/a student population (Federal Way School District at 27.8 percent, Highline School District is at 37 percent, and Tukwila School District at 27 percent), this is a timely meeting," said Rolita Ezeonu, dean of Instruction, Transfer and Pre-College Education.

The Puente Project is a

30-year-old program that supports students of all ethnicities and backgrounds as they seek to successfully graduate, and transfer to a four-year school, earn a bachelor's degree, and return to their communities as a leader and/or mentor.

College officials hosted an informational meeting last

See Puente, page 19

## International students get back into career fields

By Taylor Lee  
Staff Reporter

Sarah Abdullah came to the United States as a refugee from Iraq in July of 2013.

It was not an easy journey, but a necessary one for a safe future.

Abdullah attended college in Jordan to enter the pharmaceutical field.

"After I graduated, I was told people from Iraq are not allowed to work in Jordan, so I went back home to find a job in hospital pharmacy," she said.

Abdullah soon began managing the pharmaceutical department at a hospital and gaining experience in the field she's always wanted to be in.

An increasingly dangerous work environment led her and her husband to the decision to come to the U.S.

"When there was a suicide bombing in the hospital I was working at, I knew it was time to look at leaving," Abdullah said.

When she arrived in the U.S., Abdullah realized that her education and work experience wouldn't qualify her for a pharmaceutical license.

"I didn't know where to go or what to do, until I heard about the Welcome Back Center," she said.

The Welcome Back Center is a national initiative that helps internationally educated individuals get back into their chosen fields.

"Highline opened a WBC on campus in 2008 and it has been an amazing success," said Linda Faaren, director of the Welcome Back Center.

Getting people the licenses

## CLASS OF 2016

## Valenciano lives life in fast lane

By Jesse Brand  
Staff Reporter

Somehow the Running Start appellation seems particularly appropriate when referring to Alaina Valenciano. She hit the ground running at Highline, both literally and academically.

Valenciano is graduating from Highline and high school at the same time and with honors.

In addition to her academic exploits, the Filipino-American has been playing sports since elementary school - nine different sports to be specific. During this school year, she played rugby, soccer, and did power lifting.

Off campus, Valenciano plays for the Washington State Loggers, The Rainier Highlanders Club and The Atavus All Stars girls rugby teams.

The Atavus team consists of players from all over the United States and competes in international tournaments. She is currently helping coach her rugby teams after an injury a few months ago, but that is only a temporary slowdown. She will be playing for the UW



•Read about more of Highline's Class of 2016 inside today's paper on pages B1-B8.

girls rugby team next season.

"I wish I had a dozen more like her in every class," Professor Geoff Turck said, who teaches accounting at Highline.

She will also be hitting the books at University of Washington-Tacoma next year with direct admittance to the

See Valenciano, page 20

See Welcome, page 20

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Highline nursing graduate honored as Alumna of the Year



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Season begins for the Des Moines Farmers Market



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Highline men's soccer aims to reload team for next year





## Justice found for victims of theft

**By Ani Miller-Wells**  
Staff Reporter

The car that was stolen last week on May 31 at 8:40 p.m. out of the East Parking Lot, was returned to the owner. The individual who stole the car was arrested in Peirce County.

## Bus stop robber apprehended

A man connected with the robberies and assault that happened near campus on May 21 was arrested by the Kent Police Department.

A victim had \$40 stolen; another had \$20 stolen, while another man was punched in the face.

These incidents happened on Pacific Highway South at the bus stops near the AM/PM and Chevron last week on May 21 and May 24. The Des Moines Police Department is also looking to book the man.

## Marijuana not legal on campus

The lobby of Building 4 smelled strongly of marijuana on June 1 at around 9:20 a.m. A Public Safety officer investigated classrooms and restrooms trying to find the culprit, but could find none.

While marijuana is legal for 21-year-olds and older in the state of Washington, its use remains illegal in public spaces. Highline is considered a public space, so smoking marijuana anywhere on campus is an illegal activity.

# Retirees off to new adventures

**By Jesse Brand**  
Staff Reporter

Commencement is a beginning, and it's not just students who will be embarking on new adventures next week. Thirteen faculty and staff members will be commencing new stages in their lives as retirees.

The retiring faculty and staff have various lengths of time at Highline, but their reasons for being here are all the same. They say they loved their experience and their decision to make Highline their home.

Professor of history and anthropology, Emmanuel Chiabi, spent his first 13 years teaching in Yaounde, Cameroon. He thought of Highline as a mere stepping stone when he arrived to teach part-time in 1997.

That soon changed.

"I really enjoyed the students, teaching, faculty and staff," Chiabi said.

Chiabi received tenure in 1999 and planted roots in Des Moines despite having the opportunity to teach at four-year universities.

"I am helping someone and am appreciated," Chiabi said. "To teach is to touch and change a life."

Chiabi derives his motivation to teach from the impact he makes on his students.

He will continue his passion of education after retirement by opening a research and reading library in Belo, Cameroon.

"The culture of reading is not yet embedded," Chiabi said. "My goal is to inspire [people] to read."

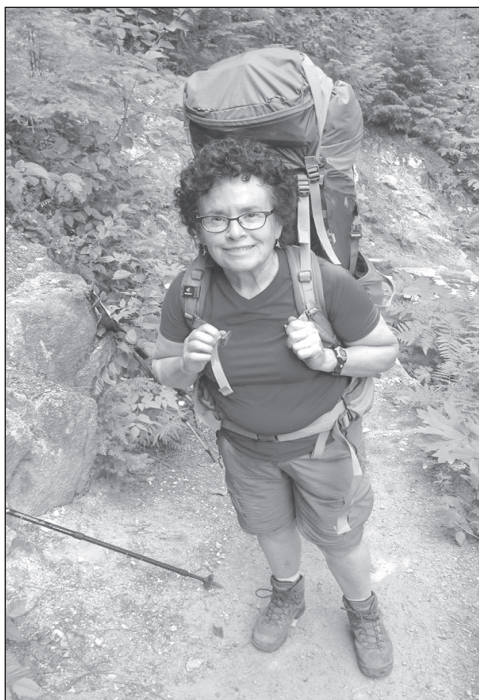
Chiabi is collecting books for the library, but he's not the only one continuing the passion of education.

Professor Rosemary Adang has spent the past 26 years here at Highline, including one year teaching English in China as part of a teaching exchange program. She's also the Pacific Northwest Writing Center Association president.

Adang has taught English and Diversity and Globalism, but focused her career on the Writing Center and Women Studies.

She helped to establish the Writing Center in 1997. Over time she developed writing workshops and trained students to tutor in the Writing Center.

"What stands out most is the increasing diversity and integration of that into the curriculum," Adang said. "Keep supporting each other in our differences, includ-



Ruth Windhover

ing making the most of all the languages spoken on campus."

Adang has adapted and improved the way writing skills are taught at Highline for its vast multi-lingual population. Writing is a part of her and retirement just means she's turning the page to a new chapter in her life.

She is taking retirement as an opportunity to focus on writing her first novel and creating a local community writing center.

Rather than the art of writing, Professor Bob Bonner spent his career teaching a technical field.

After starting off as Highline's youngest faculty member, Bonner has been teaching Paramedical Respiratory Care at Highline for more than 36 years.

"It's great seeing graduates 20 years later at conferences and professionally," Bonner said.

Teaching a professional technical program is more than just academics to Bonner. He tries to develop good employees as well. He works with his students on finding the perfect-fitting position and professional aspects of respiratory care.

"[Highline] has been able to adapt to a changing environment," Bonner said. "Culturally responsive education is important."

The mix of student population and diversity has greatly increased over the years. Technology and medical practices have also greatly advanced.



Chiabi



## News Briefs

### IRS warns of Student Tax scam

The Internal Revenue Service sent out a media release on May 27 stating that there is a new scam going around.

A phone call asking people to wire transfer money to the scammer. If the victim does not comply the scammer threatens to report the student to the police. Even though the tax deadline has come and gone, scammers still use a variety of tricks and strategies to scam people.

The IRS warned people of the

signs of a scammer: demanding payment over the phone, threatening to contact local police, require you to use specific payment methods, asking for credit or debit cards over the phone and they may also threaten to take away the victims drivers license if they do not pay.

Tax scammers often threaten to intimidate and bully the victim into paying the fake tax bill.

### Learn to critically assess your writing

The Writing Center is hosting a writing workshop on self-assessment today at 11 a.m.

The workshop will help students evaluate their writing, and write reflective self-assessments.

The workshop takes place today, June 9, from 11 to 11:50 a.m. in Building 26, room 319i.

### Scholarship open for applications

Scholarship opportunity for engineer, science or design students.

The scholarship is offered to any student enrolled in a graduate or undergraduate program in engineering, science, or design. A copy of transcripts, along with a short essay must be submitted. The winner will be awarded \$2,000, and second and third place will each be awarded \$1,000.

To apply, visit [www.reverie.com/wp/scholarship](http://www.reverie.com/wp/scholarship)

## 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



# Student's work saves cyber competition

**By Cierra West**  
Staff Reporter

Eric Garay wants to keep your computer safe.

Highline student Garay is graduating with honors and his bachelor's degree in cybersecurity and forensics after winning a Highline College Student Achievement Award 2015-2016.

He received the award for developing real-world simulations for the Annual Pacific Rim Collegiate Cyber Defense Competition, as well as helping to run it.

The Annual Pacific Rim Collegiate Cyber Defense Competition brings students from around the Pacific Northwest to practice thwarting hackers in real-life simulations at Highline.

After the school that was supposed to design the program dropped out only four months before the competition, Garay took the initiative and helped design the program after having participated in the event the year before.

Taking the initiative is an important skill to have in this field. You see something that has to be done, and you do it. It is also a great skill for life in general, said Garay.

The people who worked to make the program the year before had five to eight months to develop the program, plenty of time.

"We did it in just under four months," Garay said.

"We came up with the story line and built the network off of that," Garay said, "leaving holes and backdoors to simulate a real world experience."

The Blue teams were groups of students from different



Cierra West/THUNDERWORD

*Eric Garay will graduate in the fall and has received an award for his cyber simulations.*

schools trying to defend against the Red team, who acted as the hackers, while also completing injection tasks.

Injections are tasks that might happen in a real world situation. These include researching, adding user accounts, answering phone calls, stopping active attacks, and working through the challenges

with other people.

The students on the Blue teams had to complete these tasks when they were delivered to them, while at the same time defending against the over 30 hackers from the Red team.

"It's one thing to talk about when a hacker breaks in, but it is another thing to actually kick

them out," Garay said.

During the competition, Garay led the White team. The White team had many jobs, including giving the Blue teams injections on an exact schedule, score the injections and create the documentation while also helping with the network.

The White team can be cha-

otic because they are not just defending networks, but also dealing with a dozen other things at the same time, he said.

Working on a team has its difficulties, Garay said.

"There are a lot of different perspectives, ideas, and options, but the cool thing is one of them is going to be the right idea," he said.

"You can't take things personally," in this field, Garay said.

Garay's favorite part of working on the White team was watching all the teams interact.

"In just those two days, you see the students grow more than a whole quarter or even a whole year," Garay said.

Some of Garay's friends, who worked for Intel and a video corporation, influenced his decision to get a degree in cyber defense.

"They were always doing something cool with computers," Garay said.

"I have worked with computers since the early 2000s. I thought it might be nice to learn how to keep people out of them," he said.

Born in Florida, he came to Washington after joining the Army in 1989.

"It's a lot cooler here," he said about the weather.

As an older student, he wanted to come back to school to improve his life.

"There are a lot of folks in their 30s and 40s who want to go to school, that can and should," he said.

After graduation he wants to get more certifications and get to work.

"I don't think I have a dream job," he said. "As long as I get to do cybersecurity, I will be happy."

# Highline grad receives prestigious award

**By Ani Miller-Wells**  
Staff Reporter

Sandra Cravens Robinson came to Highline more than 50 years ago and broke barriers.

Cravens Robinson was recently named the Distinguished Alumna for 2016, following a distinguished career as a nurse and in the U.S. Army.

Cravens Robinson was not warmly welcomed by two nursing schools before she became the first African-American graduate of Highline's program.

Sandra Cravens Robinson found an accepting community at Highline at a time when it was hard to be accepted as a young, educated, African American woman.

"It's like a dream that you never had," Cravens Robin-



**'I never was, in reflection, aware of any discriminatory bias towards myself' at Highline.**

**- Sandra Cravens, 2016 Distinguished Alumna**

son said of her Distinguished Alumna recognition.

Cravens Robinson was accepted into a school in Portland, but upon arriving was informed that upon accepting her, they

hadn't known she was African American. She only stayed for three months after that unsavory introduction to the school.

After that she transferred to a Seattle nursing program,

where they almost didn't allow her in because they thought her hair was "too big."

After making it through that program, Cravens Robinson finally made it to Highline.

Cravens Robinson worked as a nurse for nearly 50 years, 20 of which she was working as a clinical nurse specialist in psychiatry for the US Army, as well as serving as the Dean of the only psychiatric nurse program the Army had.

Cravens Robinson worked at the Madigan Army Medical center as a civil servant for ten years after leaving the Army. She currently works as a licensed mental health counselor part-time.

Cravens Robinson had some words of wisdom for current and future nursing students, "It's a great journey toward an

optimal goal of serving others," and that students should "stay on the path," she said.

Cravens Robinson has definitely stayed on the path, as she is still pursuing higher levels of education to this day, at the age of 72.

She is almost finished with her doctorate in psychology from the California Southern University, while she already holds a Master of Divinity and a Master of Science in Nursing.

"I had already been a psychiatric nurse for 42 years," Cravens Robinson said, explaining why the doctorate was a logical next step for her education goals.

Cravens Robinson said she didn't set out to be a trail blazer.

"If that has in fact happened, I am very grateful for that," she said.



# Former felons deserve better

When someone is released from prison, they’ve done their time, they’ve paid their debt to society, and it should be time for them to re-integrate themselves into society.

However, felons and other former prisoners face discrimination almost everywhere they turn, from housing, to employment, to job retraining and higher education.

While discrimination for almost anything else is illegal, in most states it is legal for employers or other entities to question people about their criminal backgrounds and discriminate against them for that reason alone.

It would be fair for a bank to not hire a person because they recently committed fraud. However, it would be unfair for that bank to not hire the person because they committed a felony assault during a bar fight in college.

It is even possible for a business to reject someone for having been arrested but not charged with a crime.

If someone has been released from prison, it should mean that they are ready to re-integrate into society. Thus, there should be no reason for so many applications to ask about a person’s criminal history.

Restricting the jobs a person can have and the places they can live does no favors to anyone.

If a person cannot find legitimate employment that pays their bills, committing crimes in order to have a more comfortable existence becomes more likely.

If a person is restricted in renting or buying a home, they are more likely to live in higher crime areas.

Returning to an environment with more criminal activity makes a return to crime more likely for the person.

If a person’s application to an institution of higher education is denied, they will not be able to improve their job prospects with an education, and the menial jobs they can do often give way to reoffending.

While the U.S. criminal justice system has huge flaws, such as lack of emphasis on rehabilitation, overcrowding, mass incarceration, a lack of support services once offenders are released, and more, the blame for high rates of recidivism does not just lay with the criminal justice system.

American society has a problem accepting people released from prison back into society and allowing them to reintegrate.

The not-in-my-back-yard mentality very much applies here, while people may understand that former prisoners need homes and work, they don’t want it to be near them.

Everybody makes mistakes, but most everyone deserves a second chance. Especially if that second chance reduces the likelihood of that person committing further crimes

## Have something to say?

Have something you want to say to the student body?

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

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

Send submissions to [thunderword@highline.edu](mailto:thunderword@highline.edu) by Monday for print on Thursday.

Write to us!



# Try a club or activity next quarter

In order to have the best experience at Highline, it is important to take part in some sort of extracurricular activity.

If you have the time, participating in a club, a sport, the school newspaper, or some other extracurricular activity will drastically improve your time at Highline.

My first two quarters consisted of only commuting to and from campus, spending the minimum amount of time at Highline possible. I did not feel involved with anything at Highline, I didn’t make friends, and I didn’t enjoy my time here. This was because I didn’t take part in any activities outside of class.

When you decide to participate in an activity, it really brings meaning to your time at Highline. You make new friends and you become involved in the goings on at Highline.

I stumbled into my activity of choice by accident. I took Journalism 101 because it satisfied my English composition requirement.

That decision was a good one, as writing for the Thunderword has been the highlight of my time here at Highline.

There are so many great events on campus that I would have never even considered attending if it hadn’t been for my work at the Thunderword. I have met so many wonderful students, staff, and faculty that

## Guest Commentary



**Bryce Sizemore**

are striving to make Highline, and the world, a better place.

I went from knowing only one or two people in my classes to being recognized and greeting students, staff, and faculty alike.

The work I do for the paper is also very rewarding, as it allows me to inform the campus community about important happenings, and bring to light both the injustices and the amazing things that are relevant to the Highline community.

While there can be a substantial time investment involved in working at the Thunderword or any other extracurricular activity, it is very much worth the benefits you experience from participating.

Next quarter, if you have the

time, you should look into participating in some kind of extra-curricular activity. If you take the leap, your time at Highline will be much more fulfilling.

*Bryce Sizemore is the Opinion*



## No to sex on campus

**Dear Editor:**

I find it extremely appalling that sexual activities are running rampant in our school.

This is totally uncalled for. This is a place of learning, if people want to have sex on campus than they should be rightfully kicked out.

Why you may ask? It’s morally disgusting, if you want to spend your time studying by screwing your partner on campus, than you should just leave.

There is a preschool here on campus, what kind of message are we sending to the running start students, and newly admitted students? That having sex on campus is alright? Because it’s not. I’m thoroughly disgusted by the depravity of this section alone.

— **James Richmond,**  
Highline student

# the Staff “

Congratulations Mike and Emily

” E-Mail: [tword@highline.edu](mailto:tword@highline.edu)

<b>Editor-in-Chief</b>	Olivia Sullivan	<b>Reporters</b>	Whitney Barrera, Olivia Beach, Jesse Brand, Jessica Crane, Phynehas Grib, Konner Hancock, Taylor Johnson, Taylor Lee, Ryan McCandless, Analise Miller-Wells, David Moran, Michael Simpson, Ariana Thomas, Cierra West, Qeeshon Yim	<b>Photo Editor</b>	Mike Simpson
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<b>Web Editor</b>	Jonas Martin				Gene Achziger



# Weekly SUDOKU

by Linda Thistle

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		7			4			6
	4		3			5		
2				1				3
		9			8		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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1. **GEOGRAPHY:** What is the capital of Honduras?
2. **GENERAL KNOWLEDGE:** Which one of Christopher Columbus' three ships was wrecked in the New World and didn't return to Spain?
3. **EXPLORERS:** What was Christopher Columbus' nationality?
4. **MOVIES:** What was the name of the character played by John Travolta in *Pulp Fiction*?
5. **GAMES:** What is the best hand in poker?
6. **ANATOMY:** What is the most common blood type in humans?
7. **LANGUAGE:** What characteristic makes the word *facetious* interesting?
8. **LITERATURE:** In which

of Shakespeare's plays does the ghost of Banquo appear?  
9. **RELIGION:** What are the seven virtues as defined in early Christianity?  
10. **MUSIC:** What instrument does the musician James Galway play?

Answers  
1. Tegucigalpa  
2. Santa Maria  
3. Italian  
4. Vincent Vega  
5. Royal flush  
6. Type O positive  
7. It contains all five vowels in the correct order.  
8. *Macbeth*  
9. Faith, hope, charity, courage, prudence, justice, and temperance  
10. Flute

## Puzzle answers on Page 16

# GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

## DIFFICULTY: ★

★ Moderate ★★ Difficult  
★★★ GO FIGURE!

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	-		×		12
17		10		20	

1 2 3 4 4 5 6 8 9

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# King Crossword

## ACROSS

- 1 Apiece
- 4 Hot tubs
- 8 Vail gear
- 12 Expert
- 13 Ancient Briton
- 14 Flirtatious look
- 15 Review
- 17 Roddick or Rooney
- 18 Popular logic puzzle
- 19 Nonstick spray
- 21 Teensy
- 22 Unrivaled
- 26 Tatter
- 29 Mole, e.g.
- 30 Oft-chanted letters
- 31 Revolutionary period?
- 32 They're between mis and sols
- 33 Architect -- van der Rohe
- 34 A Bobbsey twin
- 35 Aviate
- 36 In one's cups
- 37 In-group
- 39 Ger. neighbor
- 40 Actress Thurman
- 41 "Doonesbury" journalist Hedley
- 45 Arp's style
- 48 Chic shop
- 50 Tidy
- 51 Bancroft or

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50					51					52		
53					54					55		

- Boleyn
- 52 Salt Lake athlete
- 53 Actress Jessica
- 54 No stay-at-home
- 55 Cleo's slayer

- 7 Increases
- 8 Pundit
- 9 Family
- 10 Third-party abbr.
- 11 Firmament
- 16 Eiffel's masterwork
- 20 Whatever amount
- 23 Witticism
- 24 Works with
- 25 Uncomplicated
- 26 Harmonization
- 27 Get better
- 28 Hindu process

- 29 Express
- 32 Sleazy hotel
- 33 -- Vanilli
- 35 "Fee fi fo --!"
- 36 Person with a horn?
- 38 Production number?
- 39 Lop
- 42 Blue hue
- 43 Crazy
- 44 Profound
- 45 "CSI" evidence
- 46 Moray or conger
- 47 Taxi
- 49 Yoko of music

## DOWN

- 1 Lobbying orgs.
- 2 Beige
- 3 Nevada senator Harry
- 4 Added alcohol to
- 5 Resentment
- 6 Prefix with puncture

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**ARIES** (March 21 to April 19) A heads-up alert to all free-spirited Ewes and Rams: Be wary of a deal that could result in compromising your independence. Check every detail before making a commitment.

**TAURUS** (April 20 to May 20) New facts emerge that help put an irksome workplace situation in perspective. Meanwhile, pay more attention to a family member who needs your wisdom and strength.

**GEMINI** (May 21 to June 20) A slight setback in plans is nothing to worry about. Use this delay to deal with a number of matters you might have ignored for too long. Expect news from someone in your past.

**CANCER** (June 21 to July 22) You're entering a period of stability. Use it to straighten out any outstanding problems related to a very personal situation. Also, pay closer attention to financial matters.

**LEO** (July 23 to August 22) As much as you love being a social Lion, you might well benefit from staying out of



the spotlight for a while. You need time to reflect on some upcoming decisions.

**VIRGO** (August 23 to September 22) A difficult family situation improves, thanks to your timely intervention. You can now start to focus more of your attention on preparing for a possible career change.

**LIBRA** (September 23 to October 22) An on-the-job change works to your benefit by offering new opportunities. It's up to you to check them out. Meanwhile, a stalled romantic situation starts up again.

**SCORPIO** (October 23 to November 21) That flare-up of Scorpian temperament cools down, leaving you more receptive to suggestions about changes that might need to be made in your personal life.

**SAGITTARIUS** (November 22 to December 21) An

unusual period of indecisiveness is a mite frustrating. But things soon clear up, allowing the sage Sagittarian to make those wise pronouncements again.

**CAPRICORN** (December 22 to January 19) You might feel that you know best, but it's not a good idea at this time to try to force your opinions on others. Best advice: Inspire change by example, not by intimidation.

**AQUARIUS** (January 20 to February 18) Some setbacks could affect your plans to fortify your financial situation. But things start moving again by early next week. Meanwhile, enjoy your resurgent social life.

**PISCES** (February 19 to March 20) Show that often-hidden steely spine of yours as you once again stand up to an emotional bully. You've got the strength to do it, especially as friends rally to your side.

**BORN THIS WEEK:** Your ruling planet, Mercury, endows you with a gift for writing. Have you considered penning the world's greatest novel?



Think past ties and socks for Father’s Day

On behalf of fathers everywhere, please, no more NECK-TIES or SOCKS for Father’s Day! Instead, give Dad one of these cool cookbooks with a scientific culinary edge, perfect for food-loving fathers. Both books are available through online bookstores. Happy Father’s Day, Daddy!

•Deluxe Molecular Gastronomy Kit with Book

The kitchen becomes a bubbling laboratory, and Dad – with his cookbook and pipettes in hand – is the resident science genius and master chef rolled into one!

First, there’s the hardbound recipe book, with detailed instructions for concocting 40 different palate pleasers, from cocktails to desserts and everything in between.

There are nine different food additives that Dad can use to transform familiar ingredients into jellies, foams and beads.

And finally, there are six food-grade laboratory tools, from syringes to a silicone mold, to help Dad make magic happen. This set turns food preparation into an ongoing culinary adventure. It’s molecu-

larly delicious!

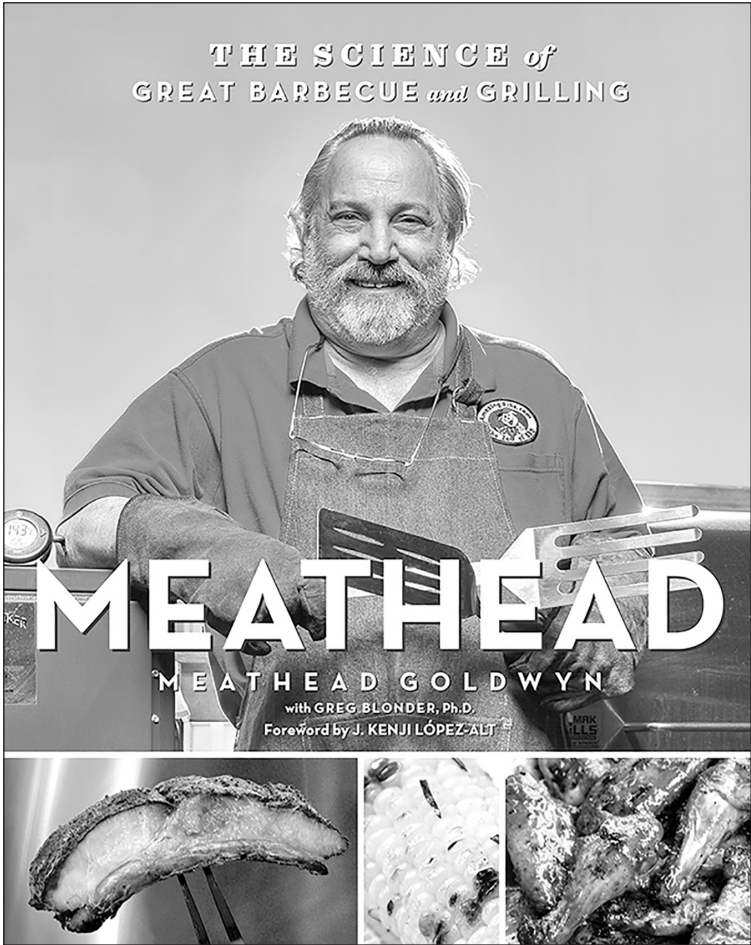
•Meathead: The Science of Great Barbecue and Grilling, by Meathead Goldwyn, with Greg Blonder, Ph.D

Meathead Goldwyn is a highly regarded pit master and meat-loving carnivore with the soul of a poet and the mind of a mad, charcoal-loving scientist. For example, his description of the differences between conduction heat (when your lover’s body is pressed against yours), convection heat (when your lover blows in your ear), and radiant heat (when you feel the heat of your lover’s body under the covers without touching) will stay with me forever!

Meathead Goldwyn also is the founder and editor of the world’s most popular barbecue and grilling website, AmazingRibs.com. He applies the latest research to backyard cooking in his just-released cookbook, which features more than 100 thoroughly tested recipes.

For succulent results every time, nothing is more crucial than understanding the science behind the interaction of food, fire, heat and smoke. This is the definitive guide to the concepts, methods, equipment and accessories of barbecue and grilling. Best of all, every cookbook purchase comes with a 90-day free membership in the AmazingRibs.com Pitmaster Club!

With the help of physicist and food scientist Prof. Greg Blonder, Ph.D, of Boston Uni-



Craig Goldwyn photo Meathead Goldwyn’s new book includes more than 100 tempting barbecue recipes.

versity, Meathead blends chemistry, physics, meat science and humor. Every page and each unique recipe shatter the myths that stand in the way of barbecue perfection.

Here’s Meathead’s recipe for Skinny Steaks. It serves two and takes just 10 minutes. Enjoy!

SKINNY STEAKS

Reverse sear works best on thicker cuts. For thin steaks and

ultrathin steaks like skirt steak, you need a very different technique. As with thick steaks, the goal is the same: a dark brown exterior and a tender, juicy, medium-rare interior. For steaks 1-inch thick or less, the secret is to use very high heat and keep them moving. You are a human rotisserie. Be the rotisserie.

2 steaks, each about 3/4 inch thick

- Kosher salt (about 1/2 teaspoon per pound)
- Freshly ground black pepper
- Vegetable oil

•Prep: Trim the surface fat and silver-skin from the steaks, if necessary. Sprinkle with salt, and dry brine in the refrigerator for 1 to 2 hours before cooking.

Just before cooking, pat the meat dry with paper towels (moisture creates steam and prevents browning). Sprinkle with pepper, pressing it in with your hands.

•Fire Up: Get your grill screaming hot. If you’re using charcoal, pile the coals just beneath the cooking surface. On a gas grill, drop the grate as close to the burners as possible. Leave the lid off. You won’t really be using the indirect zone, but it is nice to have in case you need a safe zone away from the flames.

•Cook: Put the meat over the hottest part of the grill. You need to stand by the grill and flip every minute so the hot surface cools, inhibiting heat buildup and preventing the interior from overcooking. Aim for a uniform dark brown without grill marks and 125 F to 130 F in the middle. Things move fast, so be on your toes.

\*\*\* 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.



Stir up some steak and potatoes

Bourbon-Marinated Flank Steak

A sweetly spiced marinade adds flavor and tenderness to classic grilled flank steak.

- 1/2 cup packed brown sugar
- 1/2 cup bourbon whiskey
- 1/3 cup soy sauce
- 2 tablespoons lemon juice
- 1 tablespoon Worcestershire sauce
- 1 teaspoon coarsely ground black pepper
- 1/4 teaspoon hot pepper sauce
- 2 flank steaks (about 1 1/2 pounds each), well trimmed\*
- 1. Prepare marinade: In jumbo self-sealing plastic bag (2 gallons), mix 1 cup water with all ingredients except steaks.
- 2. Add steaks, turning to coat. Seal bag, pressing out excess air. Place bag in shallow glass baking dish and refrigerate at least 4 hours or overnight, turning bag occasionally.
- 3. Remove steaks from mar-

Good Housekeeping

inade. Discard marinade. Place steaks on grill over medium heat and cook 15 to 20 minutes for medium-rare or until of desired doneness, turning once. (Or, preheat broiler and place steaks on rack in broiling pan. Broil steaks at closest position to source of heat 15 to 20 minutes for medium-rare.)

4. Transfer steaks to warm, large platter, let stand 10 minutes for easier slicing. To serve, cut into thin slices. Serves 12.

\* Or, use 2 beef top-round steaks, about 1 1/2 inches thick (about 1 1/2 pounds each). Follow recipe for flank steaks, but grill or broil 25 to 30 minutes for medium-rare or until of desired doneness.

Herbed Roasted Potatoes

Potato chunks tossed with parsley and butter cook into tender morsels when foil-

wrapped.

- 2 tablespoons butter or margarine
- 1 tablespoon chopped fresh parsley
- 1/2 teaspoon freshly grated lemon peel
- 1/2 teaspoon salt
- 1/8 teaspoon coarsely ground black pepper
- 1 1/2 pounds small red potatoes, cut in half
- 1. Heat oven to 450 F. In 3-quart saucepan, melt butter with parsley, lemon peel, salt and pepper over medium-low heat. Remove saucepan from heat; add potatoes and toss well to coat.
- 2. Place potato mixture in center of 24-by-18-inch sheet of heavy-duty foil. Fold edges over and pinch to seal tightly.
- 3. Place package in jelly-roll pan and bake until potatoes are tender when pierced (through foil) with knife, about 30 minutes. Makes 6 accompaniment servings.

You’ll love layered Reuben salad

This salad will be a hit at any Father’s Day gathering. It has all of Dad’s favorites!

- 1/4 cup Kraft fat-free mayonnaise
- 1/2 cup Land O’Lakes no-fat sour cream
- 1/4 cup Kraft Fat-Free Thousand Island Dressing
- 2 tablespoons sweet pickle relish
- 2 cups finely shredded lettuce
- 1 (15-ounce) can sauerkraut, well-drained
- 2 (2.5-ounce) packages Carl Buddig lean corned beef, shredded
- 3 slices rye bread, toasted and cut into small pieces
- 6 (3/4-ounce) slices Kraft reduced-fat Swiss cheese, shredded

- 1. In a medium bowl, combine mayonnaise, sour cream, Thousand Island dressing and pickle relish.
- 2. In an 8-by-8-inch baking dish, layer lettuce, sauerkraut,



shredded corned beef and toasted bread pieces. Carefully spread dressing mixture over top. Evenly sprinkle shredded Swiss cheese over dressing mixture.

3. Cover and refrigerate for at least 1 hour. Divide into 6 servings.

TIP: Place sauerkraut in a colander and press juice out with a sturdy spoon.

\* Each serving equals: 187 calories, 7g fat, 13g protein, 18g carbs, 681mg sodium, 271mg calcium, 2g fiber; Diabetic Exchanges: 1 1/2 Meat, 1 Starch/Carb, 1 Vegetable.

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## DeLillo has a cold vision of the future

Don DeLillo's new novel, *Zero K*, ignites the imagination at the sentence level.

His sentences are a work of art, packed with vivid images of life, death and ideas. A person reads DeLillo for his beautifully crafted sentences.

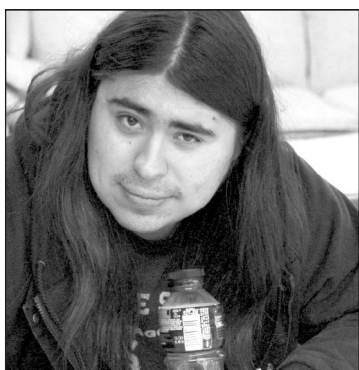
DeLillo is arguably one of the great authors of our time and is certainly one of the most prolific.

The author has written sixteen novels including *Underworld*, *White Noise* and *Mao II*.

His expansive catalogue can be seen as a lifetime meditation of global proportions. His novels are chalk full of possibilities, introspection and contemplation of what it means to be an American today, what it means to exist in the present historical moment that he sees as both idyllic and bleak.

His novels paint a picture of a world burning with war, falling apart at the seams, more primitive and dangerous than ever, and yet thrusting itself far, far

### Art and Letters



Michael Muench

into the technological future.

These books lay out the problems of the world clear as day and the questions they pose are pertinent and poignant.

They ask the reader to consider the present day in a larger way, to strive to understand the muddy connections that exist all across the world; language, war, death, international politics, right down to the small things, little things we forget to remember day to day.

*Zero K* exists and moves within the theoretical mind-space of Jeffery Lockhart, whose stepmother is planning to undergo a radical procedure in order to cryogenically maintain her body and her mind.

This is a book of ideas, first and foremost.

Several prominent ideas are threaded throughout the book, weighing against each other, beautifully, from sentence to sentence, word to word.

They emerge and grow and become clear in tandem with each other.

The nature of the self and its reliance on the external world, death, language, and the tendency of humanity toward chaos and war all play a part in the narrative thread.

The majority of the novel takes place in a think tank, cult, hospice and futurist establishment hidden somewhere in the barren wastes of Eastern Europe called The Convergence.

The Convergence is the home of a group whose sole purpose is to find ways to transcend death.

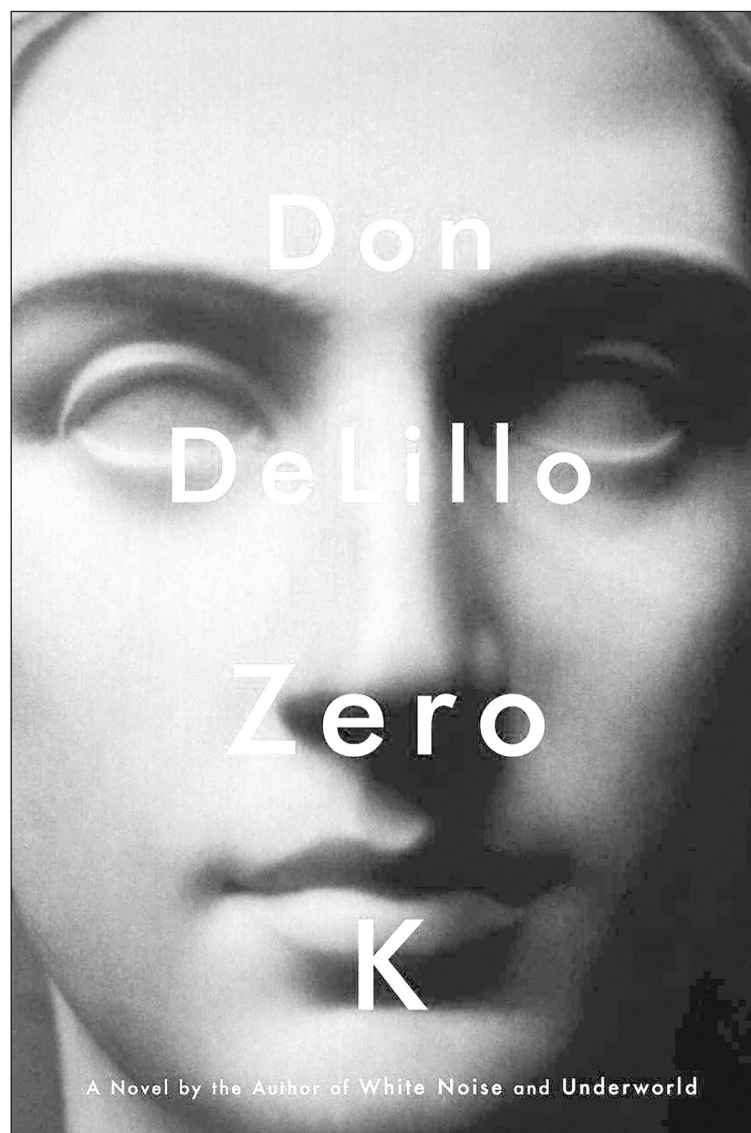
It is a place where billionaire investors go to die and be cryogenically frozen with the faith that, sometime in the future, they will be reborn, deathless.

They are a group who believes that the world is presently on a route to destruction, that the prevailing mindset of mankind is one oriented toward death and obscurity.

They are a group of visionaries who have not only set out to imagine a post-racial, post-war, post-death world, but have made strides to create it.

The location itself is a place of bare minimums, and necessities, intermittently dotted with disturbing abstract art and rolling screens displaying all forms of death and strife.

It is in this place that the protagonist begins his descent into himself. Undistracted by the everyday rigors of life, surrounded by surreal, bare artwork, he spends his time considering what this group's pursuit means for humanity, what it means for the individual, and what it means for the self.



DeLillo's characters are almost all philosophical polymaths. Their mystic contemplations on the nature of things juxtaposed with words that positively glow on the page are what make up the core of a DeLillo novel.

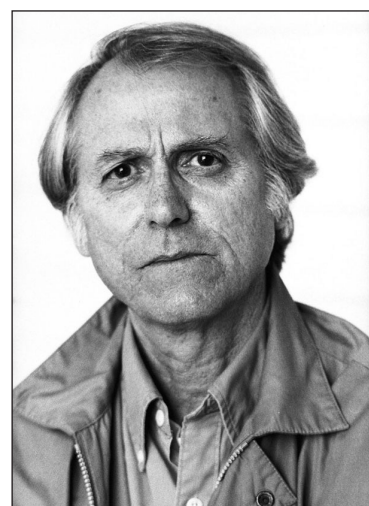
Often their meditations are played out in a format that is reminiscent of Beckett's style, stripping away, piece by piece,

the elements of individual and nationalistic life, sloughing off language itself in the pursuit of ontological answers.

The novel thrums with bright life and new ideas all the way through until its extremely satisfying conclusion.

You should most definitely read this book over the summer.

*Zero K* was published by Scribner in May 2016.



Don DeLillo

## 'Person of Interest' didn't draw enough interest

Q: I have been watching *Person of Interest* since the beginning, and I read in your column that it won't be back next year. I'm so bummed! Can you give me any scoop as to what to expect for the series finale? -- Steff S., Mims, Florida

A: The sci-fi crime drama -- which stars Jim Caviezel and Michael Emerson -- takes its final bow on Tuesday, June 21, on CBS.

I was fortunate to get to speak with Emerson about these last few episodes of this creative and intense series, and he revealed: "I think that the ending is really satisfying. And you do worry about that. You think: 'Well, what can they do? Samaritan has taken over the world.' We're going to try to find a way for The Machine to do battle with it, but as you can



see from the episodes that have already aired, it's not looking that good. So, what cards have we left to play? It seems like a losing battle now."

Emerson enjoyed working with Jim Caviezel these past five years, telling me: "It's been good, and we made a good odd couple, because in real life we are an odd couple. We lucked out. You can't plan to have good chemistry among your actors, but we actually do. It was a good, odd chemistry."

As for his future plans, Emerson is taking a well-deserved break.

"The one thing I cannot contemplate is going right back onto a network series. I want to mix it up a little bit and knock around a little and recharge my battery and do some other kinds of things. Maybe do a play somewhere or get some guests spots. Play some odd, quirky character that I haven't been able to do before. I would be happy to do a series that shot only 10 episodes a year. Then you would have seven or eight months to do other things, whatever you please. I'll just see what comes my way."

\*\*\*

Q: A while back, you had mentioned a sequel to *Trainspotting*. Is that still happening? -- John T., via email

A: The *Trainspotting* sequel is officially a go, and production has already started. Original



Michael Emerson

cast members Ewan McGregor, Ewen Bremner, Jonny Lee Miller and Robert Carlyle are all returning, as well as director Danny Boyle.

Right now the film is using the working title *T2*, but it's loosely based on the book called *Porno* by *Trainspotting* author

Irvine Welsh.

\*\*\*

READERS: It's time for another episode of "Canceled or Renewed." Held over from last week is CBS's *Limitless*. The series was being shopped around to other networks, but it failed to find a home, so it now resides in the canceled category.

And now, onto the CW: *America's Next Top Model* was canceled by the CW but picked up by VH1 in February. However, *Beauty and the Beast* is now airing its fourth and final season, and *Containment* is kaput.

Write to Cindy at King Features Weekly Service, 628 Virginia Drive, Orlando, FL 32803; or e-mail her at letters@cindyelavsky.com.

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# Festival season

## Summer fun begins with wild strawberries and strong apples

By Jessica Crane  
Staff Reporter

The warm weather earlier this week is heating up anticipation for the many festivals and events of the upcoming summer season.

Numerous carnivals, parades, and events will unfold over the next three months.

- The **Wild Strawberry Festival** kicks off the list when it takes over Burien’s Town Square Park June 18-19. The festival will have live music, games, activities, craft vendors, inflatables, and its famous strawberry shortcake. The address for Burien’s Town Square Park is at 400 SW 152nd St., Burien.

Burien Parks and Recreation Cultural Arts Supervisor Gina Kallman said that students can bring their families to enjoy events such as the Touch-A-Truck, a chance for children to climb and play on a fire truck.

“There will be a breakdance competition on Saturday from 3-6,” Kallman said. “It will be a lot of fun, [with] high energy.”

The Wild Strawberry Festival will also include its 13th annual Father’s Day Car Show June 19 beginning at 10 a.m., which will feature music, raffles, a chili cook-off, and many classic cars.

- If you want some heavier fruit, **Washington’s Strongest Apple** weight competition takes place on June 18 at the Des Moines Marina, which is at 22307 Dock Ave., Des Moines.

The fun will begin at 10 a.m. and include events such as the keg carry, tire flip, log press, sled drag, and more.

- Kent Black Action Committee will also be hosting a festival to honor fathers. The **Juneteenth Festival and Celebration** will be June 19 at Morrill Meadows Park. “If you have never attended this event you should come and see what you have been missing,” states the committee’s website.

The fun continues with multiple Fourth of July celebrations.

- Burien will have its 95th annual **Burien Independence Day Parade** in the Burien Town Square Park. The parade starts at 3 p.m. but it is recommended to arrive early to ensure a great seat and view of the marching bands, floats, local cheer and drill teams, Seafair pirates, and more.

- The **Seatac Family Fourth of July** event and fireworks takes place at Angle Lake Park featuring a water spray park, bouncy houses, food and drink, and more. The fireworks will begin at approximately 10 p.m. Angle Lake Park is at 19408 International Blvd. in Seatac.

- Federal Way will also have



Michael Brunk photo

Contestants in the Washington’s Strongest Apple competition will display their strength in a number of different events.

its annual **Red, White and Blues Festival** at Celebration Park at 1095 S 324th St, Federal Way. The festival will be from 3-11 p.m. and will include entertainment, games, arts and crafts, and fireworks beginning at dusk.

- Another July 4 tradition that will take place this year is the **Fireworks Over Des Moines**. The firework show begins at the Marina at dusk and can be seen all over the city.

Once all the sparklers are extinguished, Des Moines hosts its annual **Community BBQ** at Beach Park to help retire the tab for the pyrotechnics two nights before. The barbeque will include food, a beer and wine garden, and a root beer float station. All funds will help to support the Fireworks Over Des Moines and the Des Moines Art Commission.

- Mark your calendars for what the Kent Lions say is “South King County’s largest family festival.” The annual **Kent Cornucopia Days** will be July 8-10.

This event will have more than 600 vendors, live music performances, carnival attractions, rides, a 5k fun run, and more. The money raised from the event will benefit more than 250 charitable organizations.

The Cornucopia run will take place on July 9 and will begin and end at Three Friends Fishing Hole.

- To help you stay active this

summer, Redondo Beach will have kayak and paddle boarding opportunities from June until August. And on July 16-July 17 there will be the **Dive-Around-The-Clock** scuba diving relay-a-thon at Redondo Beach.

- The **Des Moines Waterland Festival** will be July 22-24 at the Des Moines Marina. The festival includes a carnival, parade, car and boat show, and a fun run.

- The **Summer Stride** is a fun run on Aug. 12 beginning at 6 p.m. at Les Gove Park in Auburn.

For music lovers, there will be many local concert and music events happening all summer long.

- Auburn’s **AugustFest** will be Aug. 13 at Les Gove Park 910 located at 9th St. SE, Auburn from 11 a.m.-8 p.m. The event will include fun for any age with a car show from noon-5 p.m., entertainment stages, a zip line, a beer garden, inflatables, pony rides, craft vendors, and more.

A large part of the August-Fest fun is the **Auburn Days Parade** and the **5k Summer Stride**. The parade will begin at 11 a.m. on Main Street in Downtown Auburn on Aug. 13 and will be a one-mile route of marching bands, drill teams, and one-of-a-kind cars.

- **Poverty Bay Brews and Blues** foams forth at Des Moines Beach Park on Aug. 27 from noon-8 p.m. Enjoy some brews from craft breweries

while listening to featured blues musicians. The event continues to be the prime fundraiser for the Music4Life program, which aims to expand music education for children. Des Moines Beach Park is at D, 22030 Cliff Ave S, Des Moines. Attendees must be 21 or older.

Returning also is the **Summer Concerts Series at Des Moines Beach Park** every Wednesday in July and August.

- Burien will have **Music in the Park** at Lake Burien School Park each Thursday July 7-Aug. 11 6:30-8 p.m. Lake Burien School Park is at 14640 18th Ave. SW, Burien.

Kallman encourages students to join the “evening for families to come out and listen to the bands.” She said it will be a fun, laid-back evening with a

good community environment.

- SeaTac will have **Music in the Park at Angle Lake** on Fridays June 24-29 beginning at 6 p.m.

Both Burien and SeaTac will also be co-sponsoring **Music in the Park at North SeaTac Park** each Wednesday July 13-Aug. 3.

- On Aug. 7 at Des Moines Beach Park, Seattle Shakespeare will present **Shakespeare in the Park** at 5 p.m.

“Students should take advantage of free art programs,” Des Moines Arts Commissioner Jean Munro said. “Art in all forms should be embraced by our community [because] it is therapeutic and exposes us to diversity. Whether it’s the performing or visual arts, it’s important for us to know and embrace all forms.”

## Chorale final called off

The Chorale performance scheduled for today has been canceled due to extensive illness.

Several students from the tenor and baritone sections have become unable to perform due to the illnesses.

This is the third time in more than 16 years that this concert has had to cancel, said Chorale Director Dr. Sandra Glover.

This performance was a final exam for the students.

Dr. Glover said that it is difficult to have students acting as a group for a grade, because something like this affects other students. Although being intertwined and co-dependent on each other isn’t necessarily bad, she said.

Although the June 9 performance has been canceled, the Class Voice students will perform their final tomorrow, June 10 at 12:15 p.m. in Building 7.



# Iranian horror flick shows true terror

By Ryan McCandless  
Staff Reporter

In the past few years, there has been a massive misunderstanding on the part of the bigger studios of what makes for a good horror movie. Especially with the advent of the found footage genre, it has become easier for studios churn out cheap, lazily written movies that usually feature obvious jump scares that tend to be less frightening and more like those obnoxious pieces of shocking gum.

Great horror is more than just jolting the audience at random moments. Most of the iconic horror movies that stand the test of time work because they keep the audience in the dark. You don't know what's terrorizing the Torrance family in *The Shining*. You don't know what's transforming Regan in *The Exorcist*. You can't see the shark in *Jaws*.

Anyone can punch you in the face, but these are films that shock you to your core because they draw you into the movie with wonderful, sympathetic characters. But just when you become attached, they put those characters in chaotic, unpredictable situations that as a result make the audience feel completely helpless. When you watch a good horror movie, you should feel like you're sinking deeper and deeper and the movie is clutching you so hard that you can't escape its grasp.

With that in mind, a horror movie played last weekend at



Narges Rashidi takes the lead in the new movie, *Under the Shadow*, which sets fictional demons with real world ones in an eastern country deep in political turmoil.

the Seattle International Film Festival called *Under the Shadow*. It's an Iranian movie set in late-1980s Tehran during the Iran-Iraq war. Shideh is a mother living with her daughter in an apartment in the war-torn city while her husband is off giving medical attention in the war.

As the tenants begin to leave the apartment complex to seek shelter in less destructive areas of the country, Shideh finds that she and her daughter are being haunted by an evil presence that intends to tear the family apart.

While the movie may sound like a typical paranormal film and while it's a damn good ghost story on its own merits, it's more supernatural elements aren't what makes *Under the Shadow* an excellent example of horror done properly. What makes *Under the Shadow* unique is the way that its real life elements become unsettling to watch.

Shideh's life, regardless of the monster stalking her, is already hellish. She leads an

empty, isolated existence in an extremely repressive time and place for women. She is living in a society that condemns women for speaking out, being independent or doing anything that isn't subservient to men.

The movie gives you a ton of glimpses into how difficult it is for Shideh to be alive in this era.

When she was younger, she was on her way to becoming a doctor and it appears that she might've been the best in her class. But she took part in some protests during the Iranian revolution and has since been blacklisted from getting her medical degree.

Her husband doesn't respect her free will and wants her to give up her hopes of ever getting the career that she desires. When she makes a bold choice later on in order to save her daughter, he becomes verbally abusive to her over the phone.

There's a point later on in the movie where she escapes the apartment after being chased by the ghost and she's almost im-

mediately chastised by a group of men because she forgot to wear her hijab outside. Almost every male character she meets in the film talks down to her and tells her what to do.

And beyond that, she lives in constant fear of missile attacks.

Perhaps the scariest thing in the film involves these loud sirens that go off when bombs are about to hit. When the alert happens, the tenants have maybe a minute tops to get to the bunker before a bomb could potentially hit the apartment and kill them.

The true horror in this film ends up being not the fantastical elements, but real life.

By the third act, Shideh is trapped, not just by the ghosts that are haunting her, but by the shaky and unstable reality that's suffocating her. She doesn't know where she can go to protect her family from war and she has nowhere she can run to where she can become the doctor that her mom believed that she could be.

She tries to ignore everything and she tries to tell people that everything is okay, but the demon finally forces her to face all of the problems that are killing her inside. The ghosts symbolize all the things she's managed to put away at the back of her head in order to live with what she's going through.

Without spoiling the entire story, the film finds some sense of hope. While it may be too late for Shideh to become a doctor, she can put her ambitions and her dreams into her daughter with the hopes that someday, her daughter may be able to be whatever she wants to be.

Shideh's own dreams may be a lost cause, but she can still give her heart and soul to someone who may have a fighting chance at changing the world. It's bleak for sure, but at least it's something.

Horror works by making the audience feel confused and trapped. *Under the Shadow* takes this lesson to heart by putting the film in the midst of a historical event where people were confused and trapped. Even if Shideh can get away from the literal ghosts that are haunting her, she still can't get away from the real world surrounding her.

That is true terror.

While foreign films can be difficult to find, you should definitely search for *Under the Shadow*. If you're a fan of horror movies, this is a thrilling example of the genre executed brilliantly.

## 'Midnight' uses suspense for special effect

"Midnight Special" (PG) – Roy (Michael Shannon) has just kidnapped his own son, Alton (Jaeden Lieberher), from a Southern cult (led by Sam Shepherd) that wanted to use the boy for his supernatural abilities. He sees and hears things we don't, and otherworldly lights emanate from his eyes and hands.

Of course, the government wants control over the boy, and it has a quick-thinking NSA specialist (Adam Driver) trying to unravel the mystery while the manhunt unfolds. Actors Joel Edgerton and Kirsten Dunst also are there to assist getting Alton to his destination, but what awaits him there remains shrouded in intrigue.

Director Jeff Nichols lets the special effects (though admirable) take a backseat to the suspense and powerful performances, notably from Shannon an intense actor who is great at depicting men with thunderstorms hiding behind stoic faces.

Some viewers might not find



satisfaction in the concluding act, but everyone can appreciate the road it takes to get there.

"My Big Fat Greek Wedding 2" (PG-13) – More than a decade after their endearingly quirky nuptials, Toula and Ian (Nia Vardalos and John Corbett) are trying to re-spice their relationship while anxiously preparing for the college-departure of their eye-rolling teen daughter, Paris (Elena Kampouras).

It also turns out that Toula's parents were never technically married because the priest back in Greece never signed the marriage certificate, so there's another overblown wedding to plan as a centerpiece for the family comedy.

Those who were pleasantly surprised by the charming na-

ture of the original will sadly see anything unique and surprising washed away. It's strictly formula and gags-by-numbers this time around.

Much of the cast returns for this sequel, but many of them seem at a loss when it comes to reproducing that initial charm.

"The Brothers Grimsby" (R) – The ultra-raunchy comedy from Brit comic Sacha Baron Cohen follows two young orphan brothers, separated as children and reunited as a mismatched action team.

Nobby (Baron Cohen) is a moronic yokel and drunkard, who's overplayed redeeming quality is his love for his younger brother, Sebastian (Mark Strong), who has grown into a killer super-spy for MI-6.

Cohen's comedy used to laugh at things we weren't comfortable acknowledging, but now it's mostly about butts and gross-outs.

TV RELEASES: *How to Get Away with Murder: Season 2*; *Workaholics: Season 6*; *Waller: Season Four*.



## What do video games say about culture?

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

## Fall Quarter 2016

### Fulfills Diversity & Globalism Requirement





Olivia Sullivan/THUNDERWORD photos



The Note-Ables, far left, serenade opening day visitors to the Des Moines Waterfront Farmers Market last Saturday. Throngs of people, left, enjoy the warm, sunny weather along the Des Moines Marina promenade. They come to take in the early season produce, below right, while others come to nosh from the wide variety of food trucks, below left. And then there is the opportunity to stroll among the boats docked at the various piers, bottom right. All of it blends into one of the most popular farmers market experience's across the state.

# It's the Waterfront and a lot more...

## Des Moines Waterfront Farmers Market capitalizes on location, location, location

By Olivia Sullivan  
Staff Reporter

Head down to the waterfront in Des Moines and you'll find much more than a beautiful view of the Puget Sound with snowcapped Olympic Mountains in the distance.

Rows upon rows of portable canopies filled with crafts, brightly colored flower bouquets, fresh fruits and vegetables, and friendly faces transform the marina into a community extravaganza each week.

Last Saturday the Des Moines Waterfront Farmers Market kicked off its 11th season at the Des Moines Marina.

Market managers said more than 7,000 people were in attendance to shop, pick up fresh produce, listen to live music, eat delicious food, and enjoy the waterfront atmosphere.

"Just can't beat the weather like this," said Wayne Corey, president of the market. "We knew it was just going to be jammed today once we heard about the weather."

The market unfolds 10 a.m. to 2 p.m. every Saturday from June to Sept. 24.

This season the market will also continue the Wednesday night Sunset Market from 4 to 8 p.m. These new hours coincide with the Des Moines free Summer Music in the Park concerts, sponsored by the Des Moines Arts Commission.

The concerts are every Wednesday from 7 to 8:30 p.m. in Des Moines Beach Park.

"People come and eat, then go into the park to enjoy the free music," Corey said. "Last year was the first year and we were pleased with it."

The Sunset Markets will have fewer vendors than the Saturday markets, but "We are hoping for a better year, which will happen if the word gets out more," he said. "We're doing more marketing and advertising."

Last year, the Saturday market had to close several days, especially in October, due to stormy weather. That led market officials to trim this year's season, Corey said.

"When these canopies start blowing around, people get injured. Just not worth it," he said.

Despite the past bad weather stories, there was not a cloud in the sky on opening day. Marketgoers sat on the grass or ambled along the nearby Marina promenade to soak up the sun.

"The people are nice, the weather is pretty good, and I make some money," said Delsie Johanson, the owner of Red Wagon Kettle Corn from Tacoma. "It's really the only market I want to do. Rikki [Marohl, market manager] has something planned for every weekend and it's well organized."

Many people said the weather and location are what makes this market the best in the area.

"Location is pristine, one of the biggest parts about the market that draws in the crowd," said Jack Armstrong of 18th Ave. Pasta Co. in Tukwila.

"I'm here because it's the first day of the market," said Mary Ellis from Normandy Park. "It's an added bonus that it's such a nice day. The views of the water and the mountains are just breathtaking."

"I love the environment," said Toni Maritima, the owner of Around Your Wrist custom accessories. "People almost always are in a good mood here at the market."

Maritima has been coming to the market for the past three years to sell her colorful bracelets, charms, necklaces, earrings, key chains and more.

"It's a great place to try new things," Maritima said. "I test out new products here all the time."



The selection at the market is always changing; some of the same vendors are there each week, while new vendors are also added to the mix, market managers say.

"We try to stay true to the farmers market theme, as much as we can," Corey said.

The market focuses on local farmers and most of the fresh produce and fruits are organic, he said.

Due to the high quality and popularity, several vendors ran out of stock completely before the end of opening day.

"I'm looking for berries, but it looks like they're all sold out," said Amy Rowe of Des Moines. "I wanted to make jam and pies. I love the food from here."

Another popular attraction were the food trucks. Everything from wood-fire pizza, gyros, burgers, and pasta to salads, donuts, shave ice, and ice cream were available. Chinese, Mediterranean, and Mexican foods were also favorite eats of the day, people said.

"I love coming down to the market on my lunch break and finding something good to eat," said Kevin Davey from Des Moines.

The Des Moines Farmers Market also provides a sense of community to everyone that visits, people say.

"It's nice to see the same people each week," said Emily Davis of Emily's Handmade Soaps from Des Moines. "I've already had at least half a dozen people that I know stop in and say hello. I feel connected to the community. These are my neighbors."

Morgan and Rodrigo, a local couple who stumbled across the market by accident a few years ago and have been coming back each year since, said the Des Moines market gives a comforting feel.

"This one is more Des Moines-centered, it shows off the best aspects of our area," Morgan said. "The other [markets] aren't as homey as this one."

The market has many parking spaces available and also offers a free shuttle service that transports people from the farther parking lots directly to the market.

Focused on giving back to the city, the market donates to and supports more than 10 nonprofit organizations, such as Dollars for Scholars, the Police Department foundation,



Rotary and more.

"We just won't go backwards. We can never slide and never relax," said Corey about maintaining the reputation of the market.

The Des Moines Waterfront Farmers Market is in the Des Moines Marina north parking lot at 22307 Dock Ave.



Good news for the kids, the market is stroller-friendly.



Getting defensive

T-Bird Men’s soccer team hopes to replace key players

By Samuel Biehn  
Staff Reporter

The Highline men’s soccer team will have to recruit some defenders if they hope to defend their NWAC West Division title.

Despite having 10 returners for next season, Highline is losing their starting back four and their goalkeeper.

Highline’s back four consisted of right back Tyler John, midfielder Alex Castillo, defender Colton Ronk, and midfielder Isidro Prado-Huerta. Highline’s keeper was Grayson Raffensperger.

All four players are moving on to play at four-year universities.

Prado-Huerta was one of the star players on the team last season, receiving the honor of West Region MVP and leading the team in assists with 11.

“Last year I had nine freshman starters, and several key players who all came back,” Highline Head Coach Steve Mohn said. “I didn’t have to sign or bring back a lot of players. That’s a lot of the reason I like it though. The goal is to help these guys move on and play soccer and get a degree.”

Given Highline is losing some key players, Mohn now has to assess his roster and figure out what is best for the team in the recruiting field.

“Losing the starting back four and the goal keeper, the majority of people we have coming back are attackers. A big emphasis [recruiting] is making sure we’re solid defensively.”

This past season, the T-Birds were denied a chance at a championship repeat, losing to Chemeketa in a shootout in the NWAC quarterfinals.

“We did have a good season going into that point,” Mohn



Photo by Jack Harton

Highline midfielder Isidro Prado-Huerta advances the ball in a game against Tacoma last season.

said. “Chemeketa had a playoff game under their belt and we had a bye, but last year we also had that bye. Maybe it was some of the guys took it a little bit for granted, maybe it was just the mindset that we were going to win it again.

Highline finished with a record of 12-2-1 while leading the NWAC in goals scored with 59 and goals allowed with 13 on the year.

The T-Birds were also the top ranked team throughout much of the season in the NWAC coaches poll.

“Unfortunately we came up a little bit short,” Mohn said.

For next season, the team’s goal still remains to win a championship.

“We set the goals to make the playoffs, win the division and win the championship. That’s my goal,” Mohn said.

Mohn said that although finding new players to help fill the voids left by starters is a difficult process, he has confidence that the new players will fit in nicely with his returners.

“We’ve signed 10 players to the NWAC letter of intent,” Mohn said. “I’ve got about five who have committed without signing a letter, [I’m] still recruiting some kids to finish out the roster. I think with the returners and the new guys coming in it will be a good mesh to get us in the right direction.

“All the guys I’ve signed are talented players, they’ve shined in high school. Early on we have to find a way to mesh and be on the same page.”

Mohn also stressed academic performance on top of on-field performance for his new recruits.

“They got to do well academically and on the soccer field in order to get a shot at the next level,” Mohn said.

Being a former player at Highline and eventually transferring to UW in his college playing days, Mohn knows how to connect with players on a relatable level, which also benefits him in the recruiting process.

“I like coaching here because this is where I grew up,” Mohn said. “The majority of the players we have want to play two years here and move on to the next level. If they have questions in the soccer aspect, I can give them perspective of how far they can go.”

Mohn is also the head coach of the men’s soccer team at Mt. Rainier High School, giving him a direct pool of players to recruit to Highline.

“There’s some guys coming in who I have talked to for a couple of years,” Mohn said. “There’s some kids coming in from Mt. Rainier so they know me.”

Mohn said the recruiting process for a two-year college

is different than recruiting to a four-year university.

“The recruiting process is different,” he said. “We get guys through academic finances. [Also when] the player isn’t quite mature enough so they have to stay local. Our coaching staff and myself, we go out and watch club and high school games and we try to talk to players and get them on recruiting trips here, get them here and show them around a little bit. Having a good track record is definitely beneficial in the recruiting platform.”

Regardless of where Mohn gets his new recruits or how many returners he has from the previous season, he emphasized that the team coming together will be key.

“Team chemistry is a big factor to be successful on the field,” Mohn said.

Mohn said that an interesting experience for next year’s team will be going on the summer team-bonding trip, which in the past has been beneficial for members of the team to get to know one another.

“Every year we go on a team-bonding trip,” Mohn said. “It’s cool to see it all develop, that’s one of the pieces I really enjoy. It’ll be fun, it’s one of my favorite times at the beginning of the year.”

On top of the trip, Mohn said that the NWAC friendlies that

take place in August will give the team some time to get experience playing with one another on the field.

“It’s a good time to assess where we are, how well we’ve done as coaches. We have three games [in the preseason]. Everybody is going to have some playing time,” Mohn said.

That playing time is going to be key for a T-Birds team that hopes to make a run toward another championship. Mohn said he only wants to recruit the players who are top notch.

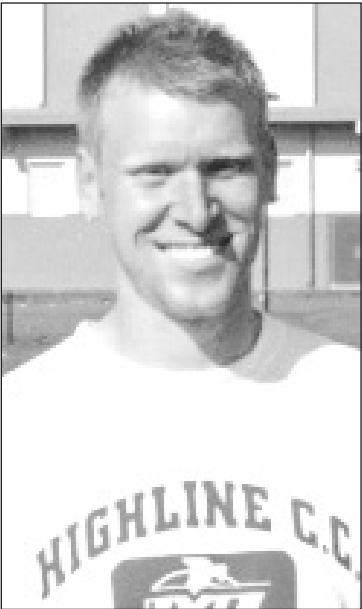
“Every year we try to recruit the best possible players and have them mesh in with our returners to give us the best opportunity to win the division and win the championship,” Mohn said.

The bigger picture and prospects for next year usually becomes more clear for Mohn into the summer, however.

“Usually recruiting winds down in mid-summer and that’s kind of when you look at your roster and you can tell whether or not you have a good shot for next year,” Mohn said.

Mohn said that the good reputation of the Highline soccer program is what motivates him to keep driving the team forward on the recruiting front and on the field.

“The platform was laid pretty well for by the last coach, Jason Prenovost,” Mohn said. “I wanted to keep the success going.”



Steve Mohn



# Don't go wild with paleo-style diets

By James Jackson

Special to the Thunderword

Some 40,000 years ago is where we look for the roots of the Paleo Diet fad.

Based on the diets of our Paleolithic ancestors, the diet calls for meals made up of lean meats, veggies, fruits, and nuts. A diet very low in carbohydrates by today's standards. There are no dairy products, refined sugars, legumes or even grains allowed.

Figuring what early man actually ate has not been easy. Scientists recognize that our early ancestor's diets went through a profound change with the addition of meat.

But researchers propose that another addition to the menu was just as important: carbohydrates (to the frustration of paleo advocates). Scientists argue that by adding cooked starches into their diets, early man fueled the evolution of our oversized brains.

Seven million years ago, hominins (early humans) split off from apes and ate a diet high in raw, fiber-rich plants. Several million years later they started



The paleo diet is low on carbs, but may not be for everyone.

eating meat. Somewhere along the way they started cooking their meat.

Researchers have dated the remains of campfires dating back as far as 1.8 million years ago. Cooked meat provided more protein, fat, and energy that helped spur growth that allowed hominins to thrive.

Mark G. Thomas, an evolutionary geneticist, suggests that there was something else cooking on ancient fires: tubers and other starchy plants.

Cooking these starchy plants makes them 20 times easier for our bodies to digest. Our bodies convert this starch into fuel. This process starts in our mouth

with chewing. Saliva contains the enzyme amylase that breaks down starchy food. Cooking wild tubers would have made them much more nutritious for human consumption.

DNA studies of our early ancestors show that people had extra copies of the amylase gene in pre-agricultural times. Thomas and his colleagues suggest that the advent of fire, not farming, caused the need for more amylase. Humans started cooking these starchy foods and needed more amylase to unlock the supply of glucose. This glucose was the fuel needed for bigger brains.

The type of carbs we eat to-

day and those of our ancient ancestors are very different.

The modern diet tends to be represented by high calorie uptake, high glycemic load, high fat and meat intake, as well as an increased consumption of simple sugars like fructose.

The problem is that our bodies are not equipped to deal with such highly processed foods, and stores them as fat, causing health problems such as obesity, diabetes, and high blood pressure.

I think the conclusion is, contrary to the restrictions imposed by the paleo diet, that we do need carbohydrates in our diets. It's all about learning to eat a clean diet that includes a healthy balance of carbs, fats, and proteins. America is caught up in unhealthy fad diets that are doomed to fail. A wise man once told me that if a diet has a name, then don't do it. It's not about dieting; it's about living a healthy lifestyle and making wise lifestyle choices with the way we eat.

James Jackson is a student in Highline's Personal Fitness Trainer (PFT) Program.

## Is knee replacement surgery the only option?

DEAR DR. ROACH: I am a female in my 60s, and for the past couple of months I have been having some discomfort and swelling in my right knee. I am slightly overweight and have osteoarthritis. I have no pain when walking, but when leaning over, I get a tight pain



in the front of the leg, below the knee. I saw my orthopedic doctor, who told me that the cartilage is worn away, and said that I would need a knee replacement. I was given a cortisone shot, which helped the pain.

Would losing weight help me avoid surgery? I take an anti-inflammatory and rubbed Bengay on the knee, which helped. Is there anything more I can do to avoid having a knee replacement soon? -- C.W.

ANSWER: Osteoarthritis of the knee can cause permanent loss of the cartilage. Once the cartilage is gone, the knee replacement is by far the best option to reduce pain and improve function. However, there are some things you can do to delay the need for surgery, as well as to feel better. Losing weight is important, if you are carrying more than you should. Losing even a few pounds means much less pressure inside the knee.

Anti-inflammatories and Tylenol reduce pain but don't affect the progression of disease. Bengay, topical anti-inflammatories and capsaicin creams help some people. Steroid injections are a good option for some. Exercise, however, definitely improves both pain and function. Walking a little bit farther each day means being able to walk still more without pain.

A joint-replacement surgery shouldn't be undertaken lightly. Not everybody has a good outcome, and an infection in an artificial joint can be devastating. However, it has been my experience that most people who have gotten a joint replacement wish they had done so sooner, so don't suffer for too long if these treatments aren't helping.

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# Seven habits of highly effective exercisers

By Anna Gorbachuk

Special to the Thunderword

Everyone knows that exercise helps lower your risk for disease, reduces stress, and helps make your life more enjoyable by keeping you healthy. With the internet we now have access to any information we desire regarding good nutrition and fitness.

However, knowing how and actually doing it are two different things. Trying to make exercise a habit takes time and much effort. You need to have a smart approach and the right mindset.

Here are some tips to help point you in the right direction and make exercise a part of your routine.

1. Be nice to yourself. Don't beat yourself up about what your body looks like or compare your physique to your friends'.

According to a publication from Harvard Medical School, long-lasting change is most likely to occur when it's self-motivated and includes positive thinking.

One of the most important things I have learned is that everyone is on their own path to health and wellness. If someone is fitter than you they are just farther on that path than you are.

With hard work and dedication you will be there too someday. Everyone had to start somewhere after all.

2. Choose activities that you



Anna Gorbachuk

enjoy and boost your confidence. Don't force yourself to run every day if you're hating every minute of it.

You're not likely to stick to something that makes you feel clumsy or embarrassed. Find your special something(s) that you like to do and do it well.

3. Make small, clear, and specific goals. The more ambitious your goals are, the bigger the chance of you not reaching them, feeling bad, and quitting.

You don't just climb up a mountain in one go. Of course you should have at least one long term goal that your small goals will build up to.

However, you should start small and build that momentum so you can gain confidence

in your abilities and reach for those higher goals. This will also lessen the chance of injury from doing too much too soon.

4. Know your why. One of the most important things that will help you break through those mental barriers is knowing the true reason behind your desire to exercise.

You need to know what your fuel is so you can use it to keep that fire in you burning.

When you hear someone's story about how they lost a hundred pounds you know that they must have had a very powerful "why."

How else would they have done it? Frail and vague reasons won't be the things that will motivate you to get up early in the morning to go to the gym.

5. Make exercise social. This tip doesn't work for everybody, but many people are more motivated when they are with someone they know who can push them.

Some of us are competitive by nature and working out with another person or even a group will have us pushing harder than we thought we could to keep up because there's a challenge.

Sometimes having a friend to keep you accountable helps. You know you can't back down when your friend is waiting for you at the gym.

That person can also talk you into exercise if you're not feeling it some days.

6. Celebrate! It takes weeks and months to see real changes. Even a pound of fat lost or some muscle gained deserves an award.

Even a short term goal, once accomplished should at least be recognized. Buy some new shoes, go out with friends, or even eat a piece of cake.

It's OK to stray away from healthy food once a week or every two weeks for a meal. That way you'll remember your accomplishment and it'll help give you the confidence and motivation to keep going, because if you reached one goal what's stopping you from trying to get the next one?

7. Have physical cues. Make a list of goals and your achievements so far and post them on your wall where you can always see them.

Have healthy foods ready to go in the fridge so that when you look in there they are staring right at you.

Also, you can have workout clothes in an obvious spot in your closet, running shoes next to the door, or have exercise equipment next to the TV so at least during the commercials your eyes will wander over and you'll be reminded to exercise.

Having any kind of cues that you see often will help remind you to make health and fitness a priority.

Anna Gorbachuk is a student in Highline's Personal Fitness Trainer (PFT) Program.





Mike Simpson/THUNDERWORD

## Art for art’s sake

Public Safety Officer Frankie McKeever, above, she draws at Highline’s Artsy Par-tea! in Building 2 earlier this spring. She draws as much as possible in her down-time outside of the college-- a passion that she shares with her daughter. She said the art of Walt Disney has been a big inspiration to her. She displays her art online at <http://www.artofyote.com>. At right, Kayley Hillman, left, and Mulki Wardere make paper cranes at the event.



## Highline to help veterans

By Mike Simpson  
Staff Reporter

Highline officials want the campus to grow from being veteran-friendly to veteran-supportive and needs students who served in the military to tell them how to accomplish that.

But the first attempt to solicit input didn’t go that well.

The Veterans Services Office recently invited 169 student veterans who are using Veterans Affairs benefits to attend a catered lunch and open forum that included discussion and a written questionnaire.

“What do you need/want to be successful at Highline?” asked Program Coordinator of Veterans Services Brian Galloway, in an email to students before the event.

Veterans Services is seeking to attract more veterans by creating new programming, said TRiO Program Academic Coach Kendall Evans before the meeting.

While only a handful of veterans showed up to the discussion, Galloway and Evans remain undaunted. They speculated that scheduling conflicts may have played a role in the low attendance.

Galloway has since forwarded the questionnaire to students who couldn’t attend in an online survey in hopes of encouraging more to participate in the discussion.

One of the four questions on the survey asks, “As a new student at Highline, how helpful was Veterans Services staff in getting you started here?”

Students who voiced their opinion at the meeting said they want the Veterans Services Office to hold more consistent open hours and they want their own veterans center, “a quiet and private place” for them to socialize and study in, Galloway said.

Another issue that Galloway brought up during the meeting is the decreased level of veteran benefits paid to students attending the Des Moines branch of Central Washington University.

He said that students attending CWU on the Highline campus can receive a benefits underpayment of more than \$500 per month because the cost of living in Ellensburg, where the main CWU campus is located has a lower cost of living than Des Moines. Rates are afixed to standards at the main campus.

Galloway said that this could be fixed if Central Washington University were to hire a VA certified official to oversee the Highline satellite office and a student worker to handle general paperwork. The VA certified official would have to be paid by CWU, while the VA would pay for the student worker.

Galloway said that he hopes to hold another meeting with students at a future

### Long ordeal for Seattle worker who exposed veteran’s fraud

SEATTLE (AP) – A federal employee in Seattle helped expose a fraud in which an Army veteran lied his way to a Purple Heart and hundreds of thousands of dollars in government benefits.

Her reward?

The agency Cristina Jackson works for repeatedly tried to punish her for what it said were violations of the man’s privacy, according to an AP review of hundreds of pages of personnel and investigative records.

U.S. Commerce Department officials proposed suspending her for at least a month – even as they reached one of two settlements with the veteran. Darryl Lee Wright was paid for skipped work and legal fees he incurred complaining about a hostile work environment.

They tried to downgrade Jackson’s annual rating, then proposed a shorter suspension.

Jackson says she has racked up \$20,000 in legal bills fighting the discipline. The Commerce Department did not respond to requests for comment.

## Veteran transitions study is eye-opener

The RAND Corporation has spent a decade researching concerns for veterans, especially when it comes to transitioning to civilian life. It has recently released a study with 10 areas of investigation, and some of the answers are eye-opening. Here are a few of the questions:

**VETERANS  
★ POST ★**  
by Freddy Groves

How widespread is veteran unemployment?

The answer depends on the age of the veteran. Older unemployed veterans are on par with civilians, but the younger ones, aged 18-24, have more hurdles to jump, at least for a short period after leaving the service. RAND points out that the media lumps everyone into a group and doesn’t account for demographics.

Are tax credits for hiring veterans useful and cost-effective?

Bottom line: Yes. The credits cost \$610 million but increased veterans’ income by \$1 billion. It helps that the credit-eligibility rules have changed. It used to be limited to disabled veterans who had to leave the military because of service-related disabilities, but credits now can be used for any disabled veteran who was recently discharged or unemployed for more than six months.

Do service members and veterans earn less than civilians?

Short answer: No. Veterans earn more than civilians, as do active duty when the benefits are added in. Further, if the veteran worked in communications, intelligence or health care, he or she will earn more as a civilian than other veterans will.

How effective are support services for veterans’ transitions?

Bottom line: It depends on the service. But no matter what support service is used, some employers still can’t figure out how to translate military jobs into their civilian equivalent.

More questions in the study include: How widespread and costly are mental-health problems among service members and veterans? And is suicide a crisis in the military?

To read the whole report, “10 Frequently Asked Questions About Veterans’ Transitions,” go online to [www.rand.org](http://www.rand.org).



# Clean water means a healthy life

**By David Moran**  
Staff Reporter

Sanitary water is an important part of meeting basic health needs, says guest speaker to a recent science seminar audience.

Tom Zerkel, a perennial speaker at Science Seminar and civil engineer, spoke on the need around the world for more sanitary water.

Science Seminar is a weekly series of presentations in which staff and faculty members present on topics of interest and expertise to students and the public.

In the Pacific Northwest, most of the water comes from watershed sources.

“Watershed water is the run-off from the ridges near-by,” Zerkel said.

Water run-off works by collecting and cleaning the rainwater that collects in rivers and streams.

We also have particularly clean water in our area, he said.

Zerkel gave a brief history of sanitation to start.

Modern sanitation began in 1854 with Dr. Jon Snow and the cholera outbreaks in London.

Dr. Snow recognized that the disease was coming from a contaminated street pump, and developed the first method of tracing disease, Zerkel said.

In 1861, Louis Pasteur developed the method of pasteurization to produce safe drinking water.

Locally, 1889 was a landmark year in which the Seattle water system was commissioned.

Water started flowing into Seattle from the Cedar River Watershed in 1901 from which, 70 percent of our local water still comes from, but it wouldn’t be until 1972 until the Clean Water Act was passed, that a piece of



*Findley Lake on a sunny day, located in the Cedar River Watershed, which provides the Seattle area with clean, drinkable water.*

national legislation that regulated pollution in water sources.

It was followed quickly by the Safe Drinking Water Act in 1974, which gave us the clean water standards in use today.

“The water we use is disinfected from lead, copper, organic chemicals, and radionuclides,” Zerkel said.

Today, Seattle filters water of the Cedar River watershed through various methods to make it clean.

The first method is sand filtration, which runs the water through a layer of clean sand which lets only water molecules through the sand.

“These sand pits are at least

36 inches deep,” Zerkel said.

The sand is made of diatomaceous earth.

“Diatomaceous earth is made of crushed and fossilized microbes that have made a powder,” Zerkel said.

In developing nations, there is very little history of water sanitation and no filters for water to run through.

“Over 1 billion people lack safe drinking water [in developing nations,]” Zerkel said. “And about 1 million people die each year because of it.”

Zerkel focused on one island in particular on Lake Victoria, between Kenya and Uganda.

Remba Island is 86 acres in

area.

“Highline College is 82 acres, for comparison,” Zerkel said.

Remba island only has 20 bathrooms for its 2,400 residents, Zerkel said.

Eighty percent of the wastewater used winds up back in Lake Victoria where people bathe and get drinking water from.

With the help of the Thurston County Rotary Club, Remba residents recently installed several devices to purify water.

Sky Hydrants are a water purification product that uses pressure to filtrate contaminants out of potential drinking water, Zerkel said.

Under the management of the island’s, the Water, Sanitation and Hygiene committee of Remba Island now produces 11,000 liters of clean water for residents per day.

“What’s nice about this [solution] is that it takes a First World solution and puts it compactly in a Third World problem,” Zerkel said. “Most times, First World solutions don’t work in Third World countries.”

The clean water is sold by the WASH committee in cases of 20 liters at 5 cents each.

The residents were surveyed about the new water system, which they give their overwhelming approval.

## Quantum computing launches tech light years into the future

**By David Moran**  
Staff Reporter

All computer chips will have to consider the laws of quantum mechanics within the next 10 years, a Highline professor said at last week’s Science Seminar.

Science Seminar is a weekly set of presentations where faculty of Highline present on topics of interest and expertise unique to them.

Dr. Austin Roberts is a professor of mathematics, and spoke on the decreasing size of transistor chips in computers.

A transistor is a device that sends or switches an electronic signal to pass through a computer. It is the most basic unit of computers, Dr. Roberts said.



*Dr. Austin Roberts*

“As our devices get smaller, like our iPhones, we need less space between transistors,” Dr. Roberts said. “At 15 nano-

meters, we can’t go any closer without considering quantum mechanics.”

Last year, computer chip companies built the first 15-nanometer chip.

“Fifteen nanometers is the size of a toothpick for a bacteria,” Dr. Roberts said.

Classical computers work by passing binary code through a series of transistors to make information.

“Quantum computers work differently,” Dr. Roberts said. “They pass information through electrons, photons or ions.”

Each of these things exists in a state of sending a message 0 or 1, Dr. Roberts said. “This is called a qubit.”

Qubits can exist as both a zero, and one, and all values in between those numbers, Dr. Roberts said.

This requires that the ion or electron be in different positions and states of being at once.

The transistor receiving the ion plays a role in deciding how the qubit is received.

To demonstrate, Dr. Roberts brought strips of polarized, transparent plastic and held them up.

Polarized material only allows light to pass through that has a particular orientation.

If an electron wants to pass through this, it has to decide which to be, a 0 or a 1, Dr. Roberts said.

This happens, and a binary

number is input to the computer.

Quantum computers can exploit this to hack classical computers, Dr. Roberts said.

“[A hacker] doesn’t have to guess one password at a time to access your account, he can guess all possibilities of passwords at once,” Dr. Roberts said.

This means that new security measures will have to be taken to combat quantum computing hacking attempts.

“The NSA is already adopting countermeasures, and we will have to soon,” Dr. Roberts said.

Science Seminar has come to a close for this quarter. It will not be offered in the summer, but will resume in the Fall. It is a one-credit science class, should students choose to register.



# Loggers play key role in World War I

By Ryan McCandless  
Staff Reporter

Washington's logging industry played a key role in the nation's war effort during the First World War, a Highline professor told last week's history seminar.

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

Robert Nylander, a professor in the paralegal department at Highline College and a retired attorney who worked as an attorney for 30 years said that when the United States entered into World War I in 1917, Washington state found that it already had one of the important keys to winning the war against the Central Powers (Germany, Austria/Hungary, Bulgaria and The Ottoman Empire).

During this time, the most important thing that was needed to build a plane was Sitka spruce, a large, strong tree that was perfect for the creation of planes. The Olympic Peninsula had an abundance of the Sitka spruce so The United States made a deal with the other allied nations that the country would provide a lot of the materials needed to build the planes.

Col Brice P. Disque was selected to head the spruce production division in Vancouver, Wash. and he started by securing rights for the workers, many of whom were drafted for the



A truckload of the aptly named "Spruce Soldiers" head off into the Vancouver woods in search of workable lumber for planes.

war. The people working in the forest would only work for eight hours and would be treated to better living conditions. Though that might be expected with many jobs today, this was a strange and outlandish concept at the time.

"The army tried to pick people who had experience as loggers," Nylander said.

"Some of the people they send here have been doing logging in the east where the trees are [relatively small] and the techniques are completely different, and some of them frankly didn't know anything about logging and lumbering at all. They took volunteers at the low end and the high end of the

draft age who had logging experience in addition to the draftees that they called out of the draft pool."

Nylander's strong connection to this story is that his Great Uncle Henry was one of the industrialists that who was brought in by the government to build one of the rail lines that linked the logging areas to the sawmills.

Over the course of a year, the spruce production division had more than 25,000 workers and in their prime, they were able to produce 22.5 million board feet in October of 1918. In all, the workers in this area managed to produce 150 million board feet of lumber. To put that into perspective, that's enough wood to

go around the world. This also meant that the allies had a 6 to 1 superiority over Germany in terms of Sitka spruce.

"They did some amazing things, they built the largest sawmill in Vancouver, Wash. in 45 days; soldiers built this," Nylander said.

World War I officially ended on Nov. 11, 1918 and the spruce production division was shut down immediately after. Though one might have expected praise for Disque's efforts, he received extreme criticism after the war ended.

"People who do good things very often are not rewarded and he was the subject of a very strenuous congressional inves-

tigation that accused the spruce production division, Bryce Disque himself and a lot of his colleagues like my Uncle Henry of absolute terrible corruption and so forth and on," Nylander said.

Nonetheless, the spruce production division had a clear impact on the war and eventually the treatment of workers in this camp would become the norm for all other logging companies in the Pacific Northwest.

"The spruce production division was successful because it stabilized labor and it allowed Washington to produce scads of spruce that made all kinds of airplanes able to fly. It probably helped to shorten World War I," Nylander said.

## Failure launches Boeing's company sky-high

By Ryan McCandless  
Staff Reporter

When people discuss many of the famous successful people of history, they often forget to talk about the failures that led to those people's greatest triumphs.

At the May 13 History Seminar, a local historian showed how William Boeing created one of the biggest airplane manufacturers in the world through three flights in the early 20th century that didn't go according to plan.

Each week, a member of the faculty or an occasional guest speaker is invited to do a presentation on a piece of history that is a part of their expertise. Located in Building 3, room 102, these weekly seminars can also make participants eligible for a single



William Boeing

history credit if they show up for every lecture of the semester.

Jules James, an expert on different parts of Washington's past, ran that week's seminar. He also occasionally gives tours aboard the Virginia V steamship in the Puget Sound area.

Today, Boeing is perhaps one

of the most well-known companies to come from Washington. Boeing designs, manufactures and sells things like airplanes and rockets.

In 2015, it was ranked 27th on Fortune Magazine's world renowned Fortune 500 list. In 2015, it was estimated that the company has a \$22 million economic impact on the state of Washington.

But when it all began, the company was just a man and a dream. In the early 1900s, William Boeing inherited a lot of wealth from his parents, but beyond this he had also received his father's lumber operations. He came up with the idea to build airplanes when he realized that he could use his lumber to build the planes.

When he first started the company, nobody took him se-

riously. As James explains, the papers saw Boeing's endeavors as the minor pastime of an out-of-touch millionaire.

"The Seattle Times did not respect Bill Boeing. They looked at Bill Boeing more as the idle rich, the person who inherited all this money and was just playing with giant toys," James said.

For his first attempt to build airplanes, in 1915, Boeing attempted to create seaplanes that could be used in World War I. His first attempt did not succeed and the plane crashed the first time it flew. But in looking for places where the planes could land and refuel, he helped in the creation of the hangar, a large shed for storing airplanes.

In 1916, Boeing failed to create an airplane that could be sold, but in the process he

helped to invent the wind tunnel, a tool designed to study the effect of air moving past solid objects. This creation was the thing that got a lot of the brightest minds to move onto Boeing.

And in 1919, Boeing tried to create a plane that could fly to Alaska and failed. However, did inadvertently manage to establish a route from Seattle to Victoria.

So while Boeing might not have necessarily gotten what he wanted from these three flights, he discovered things in these projects that would go on to cement Boeing's status in the history of flight.

"This is a man who has lost, lost, lost; and from that loss as we know in business, you gain the recourses and the knowledge that succeed in creating the Boeing company we know now," James said.



# Remember your past to help your future

By Olivia Beach  
Staff Reporter

Look within your deepest roots: Every breath, person and experience that led up to this moment you are in today to create your future, a motivational speaker said at last week's Honors Colloquy.

Jeffon Seely, a Highline alumnus, has overcome challenges and created opportunities for himself ever since a young age, watching his mom battle drug addiction and having no father present.

Seely said he felt like a unique puzzle piece that had no place in Salt Lake City where he grew up.

"When life goes up, when life goes down, when life goes to the left or goes to the right, you can re-center yourself and remember that even when things seem chaotic, dark, hectic, you can re-center yourself and start opening your mind to the things that are actually going right" he said.

Seely decided there was more that he could be doing outside of Salt Lake. He decided to move to Seattle, where his father lived, and attempt to reconnect while attending college.

This is when he wrote his first book of poems and began selling them on the streets. During this time, he met a group of people he has been working with to this day.

Seely said he and the group have just came off a two-month



Mike Simpson/THUNDERWORD

*Jeffon Seely points to the crystal he wears to remind himself of all the people that came before him.*

tour.

"We've been traveling the West Coast of America [playing] music and speaking and working with indigenous tribes and just being in nature and appreciating the beauty that's all around us," he said.

Seely emphasized how each day-to-day choice we make, creates the world that we live in.

"We are all drawn towards something and there's something that's calling out to each and every one of us. It might be a little different, but as we come together. ... We open our minds

to what is truly possible," he said.

Seely reminded the class that every person stands on the shoulders of giants.

"How many people, throughout the entirety of this world, this earth, this planet we have to call home, have existed to enable you to be here in this present moment today? Just open your mind to that," Seely said.

"Each and every one of us in here has roots that go very deep. Much deeper than just the surface level that we see in the person we are sitting next to, than

the people we see when we are walking past, or even deeper than the way we see ourselves," he said.

Honor the deep roots that people all have by being in the moment and always doing your best here and now, he said.

"Many of us are so caught up in what's going on in our personal world that we forget to open our minds to not just the ancestors, but to the way that this earth has aligned, the elements that have went into creating this life that we have to live now."

When one can open their

minds to this and can embrace their ancient roots, that is when one can begin to move forward in their future, he said.

"When things get hectic, when things get chaotic, when things get stressful, when you're going through a ten week quarter, when you're dealing with something with a family member, or you're going through your own trials and tribulations, at any given moment, you can simply stop for a moment and breathe deep, feel your heart that is beating, and remember that you are living," he said.

Create your life and your experiences by finding the power within yourself, Seely said.

"If you can embrace your thoughts, remember that you're the thinker and you can direct your mind to whatever end you desire," he said.

No one can make decisions for you, no one can act upon what you want, Seely said.

"Thoughts. Choices. Action. No one can control these things for you. But as you begin to embrace them in your own individual life... you are the painter who is assembling the creation of your experience," Seely said.

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.

## Highline counselor departs to pursue his passion

By Ariana Thomas  
Staff Reporter

Adam-Jon Aparicio will leave Highline in mid-August, at the end of his contract with the Counseling Department.

He has worked in the center for about two years.

In early 2014 as a consultant, he brought students from Seattle University to see his community college work. He said that when he met students and staff in the Center for Leadership and Service, TRiO, and other departments, he felt comfortable.

"I admired the level of commitment of work they do for the student population and how vastly diverse this population is," Aparicio said. "It gave me an eye-opening view of what it would be like to work here."

He soon got that chance.

He had his first opportunity to present at a First Fridays Leadership Workshop that the Center for Leadership and Service puts on every first Friday of the month.

"It was serendipitous- a chance and opportunity for me," he said.

Aparicio said he enjoys Highline and working with his clients, students and co-workers. But he said he feels it is time for him to move on to other opportunities.

"I had a great time presenting and working with the students here," Aparicio said. "They made me want to come here and work."

He shared a famous quote from Oprah Winfrey: "There are no mistakes, there are only next steps."

To him it means mistakes that happen are to be re-evaluated, so you can then take the next steps.

"Working at Highline has not been a mistake, it has taught me that there is something that I need to do, and that is the goal," Aparicio said.

He said that he values working with students in an educational situation as opposed to in a therapeutic one because there are limitations that he has with a client that he does not have with students.

He said he couldn't talk as freely when he is with a client

because he has a license that he is bound to and he takes it very seriously. Privacy is important.

He said he would like to expand his skills in student development and do so in a setting where students learn and are inspired by him and his story.

He has two master's degrees: One in Student Development in Administration from the University of Vermont in 2007, and a second in Counseling from Seattle University in 2014.

"I have seen student development in my counseling work, but I want to expand on those skills and reach out to all students," Aparicio said.

His goal was to revamp the way services are provided in the Counseling Center.

"Mainly, we needed to do more preventative wellness promotion, which we did," he said.

"I brought a student development perspective here. I was able to reach all kinds of students."

"You don't see a lot of brown skin, immigrant, students of color, low-income students using our Counseling Cen-



Adam-Jon Aparicio

ter. You also don't see many brown counselors," Aparicio said. "Our numbers [of students counseled] have grown because of outreach. Our numbers have doubled," Aparicio said.

He also said that has had some difficulty telling colleagues and clients, students and partnerships of his leaving because he doesn't want the focus on him.

He said having programs around personal development is great. He said he loves the stu-

dent experience.

"Students are so strong because education is important, along with family and community," he said.

He said he enjoys seeing students improve themselves in order to help their communities.

"I think the power of education is so great because of the experiences students have gone through and overcome," Aparicio said. "I feel that getting an education, being in an educational environment, students in counselling sessions and leadership, changes lives."

"I used to say when I was a student 'we change lives,' and I don't think as a student I fully believed that until I got to Highline," he said. "I have seen people who have been incarcerated and changed their lives around just by coincidence. They passed by a room and someone said, 'hey you should get involved' and now look at them," Aparicio said.

"Education does that. Education is a gateway to professional and personal skills."



# Nine seek to replace Rep. McDermott

**By David Moran**  
Staff Reporter

Nine candidates have filed to run for U.S. House of Representatives for District 7.

The incumbent, U.S. Rep. Jim McDermott, is retiring after 28 years of service.

In the Aug. 2 primary, voters in the district will choose the top two candidates who will advance in the general election for November.

District 7 is strongly Democratic, and covers the areas Burien and Seattle up to Shoreline, and also includes Vashon and Maury islands.

The nine candidates are: Arun Jhaveri, Pramila Jayapal, Joe McDermott, Leslie Regier, Don Rivers, Brady Pinero Walkinshaw, Scott Sutherland, Craig Keller, and Carl Cooper.

Arun Jhaveri is running as a Democrat, and is an immigrant from Mumbai, India.

He was naturalized as a U.S. citizen in 1976. He was mayor of Burien from 1992 to 1998.

He served on the Highline Board of Trustees from 1998 to 2005.

"My primary objective would be to implement the Global Climate Change Treaty that was passed in Paris," Jhaveri said during a debate televised on KCTS-9.

He has been a senior energy adviser at Arun Jhaveri and Associates.

"We have to make sure campaign finance reform is quickly done so that we do not have corruption of political activities," Jhaveri said in the same debate.

State Sen. Pramila Jayapal, D-37th District, is also an immigrant from India, having become a U.S. citizen in 2000.

"For me, getting comprehensive immigration reform done immediately is the most important thing," said Sen. Jayapal.

She is also running as a Democrat.

She founded an advocacy organization for minorities that were targeted after the 9/11 attacks. It was called Hate Free Zone, and she served as executive director for HFZ from 2001 to 2012, while the organization transformed into OneAmerica. It is an advocacy group for all immigrants in the United States.

In 2013, she was recognized by the White House as a Champion of Change.

"If you are working 40 hours a week, then you should be at least earning \$15 an hour, and you should be earning a wage that will let you take care of your family," Sen. Jayapal said.

King County Councilman Joe McDermott – no relation to Rep. McDermott – is also running for the position, as a Democrat.

"The first piece of legislation



Arun Jhaveri



Craig Keller



Joe McDermott



Pramila Jayapal



Leslie Regier



Don Rivers



Brady Walkinshaw

that we should pick up is campaign finance reform. We need to overturn Citizens United. We have to address our broken campaign finance system in this country," McDermott said.

McDermott is currently the chairman of the King County Council, and has been a member since 2007.

He was a Washington state representative from 2001 to 2010 in the 34th District, and a member of the state Senate from 2007-2010 in the same district.

Another candidate is Leslie Regier, who defines herself as a passionate supporter of STEM fields, and holds a master's of science in engineering, earned last year. She earned a bachelor's in science of industrial tech in 1990.

She is running as an independent.

"As an independent, I am not

tied up with the Democrats taking the house. No matter who is in the House, I want there to be less partisanship. If I am elected, I would work with any of these, and I think they should focus on the issues, listening to the people," Regier said during the debate.

Don Rivers is an activist in African-American rights, and is running for the position as a Democrat.

"One issue I would love to add is the issue of Black Lives Matter. Make sure that we know all lives are important but work on it in such a way that it would help bring back peace for all of our voters in our nation," Rivers said.

Rivers volunteered for community outreach in Kent, trying to eliminate racial profiling.

He was also the director of the African American Community Advisory Council from

2004 to 2008.

Rivers also served as a political adviser for retiring incumbent Jim McDermott.

State Rep. Brady Pinero Walkinshaw, D-43rd District, is running as a Democrat.

He was the primary sponsor for "Joel's Law," which allowed families to petition the state to commit persons involuntarily to mental health treatment.

The bill also added \$15 million to the state's mental health system. It passed without opposition.

"I think that climate change is the most pressing issue that our generation faces. It's why I got into this race," Rep. Walkinshaw said. "I believe that what congress needs is a bold new generation of progressive leaders who are willing to work across the aisle."

The last three candidates could not attend the televised de-

bate, or be reached for comment.

Craig Keller is running as a Republican.

He earned a bachelor's degree in economics from Hillsdale College, and served in Washington as a precinct committee officer for 20 years.

"It to be a crime for illegal aliens and non-citizens to register to vote and to vote," according to Keller's website.

Keller has been a co-president of the Parent Teacher Association.

His primary objective is to implement an E-verify system to insure that workers hired in the U.S. have legal residency.

Scott Sutherland is also running as a Republican.

He is an employee at Fred Meyer and considers himself a renewable energy enthusiast.

Carl Cooper has not published a public statement at this time, and has stated no party preference, according to the Washington state Elections Division.

The deadline to register to vote in the Aug. 2 primary is July 4 online or July 25 in person.

The registration deadline for the Nov. 8 general election is Oct. 10 online or Oct. 25 in person.

Visit <https://www.sos.wa.gov/elections/myvote/olvr.html?language=en> for more information.

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Puente

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week to explain the Puente Project and solicit input.

“There’s a sense of urgency now for us to kind of move this along, and I feel that this meeting is the time for all of us as an entire campus and community to come together,” she said.

The Puente Project is co-sponsored by the University of California and the California Community College Chancellor’s Office.

The goal of the Puente Project is to enable students to not only develop skills, knowledge, but also to become critical thinkers and problem solvers.

“The Puente Program covers more than literature, more than the California standards,” said Julia Vergara, interim co-director for the Puente Leadership Team.

“It covers life in the sense that students learn how to find their voice and project that voice, how to find their need in the community so they can get back,” she said.

“They become empowered and is not an individual process, they do it together as a family. The students do it as a community,” said Vergara.

The project has components such as English, counseling, mentoring and instruction as well as personal, academic and career counseling to prepare students for



Mike Simpson/THUNDERWORD

On May 31, an informational meeting was held for students, faculty, and staff about the Puente Program that will be coming to Highline soon. The program aims to empower Latino students by providing educational opportunities and mentoring.

advancement to a four-year school. It also seeks to build the educational support network necessary for each students’ success.

Arline Garcia, department coordinator for World Languages, said Highline is investigating, and evaluating if it’s worth implementing the Puente Project here.

“I think that between the additional programs and more opportunities for students that this is the best for them,” Garcia said.

According to the Puente Project website, the program currently benefits approximately 14,000 students across the

state of California.

“The important thing is that this program has to be inclusive, creating an environment of you’re welcome here whether you’re in the program or not,” said Garcia.

Even if the Puente Project is not implemented here, Highline instructors are adjusting current programs to reach out to various ethnic communities.

Even with the changes though, particular needs of some students, such as Central Americans, South Americans and Afro-Latinos, still need to be addressed.

“We have to give students

our 120 percent best,” said English professor Stephanie Ojeda Espinoza. “Also we have to think how we are going to treat our students, how we are going to make students feel that this is the right place for them.”

One of the drawbacks to implementing the program is in determining the cost. Also to be determined is how to synchronize with the California program since the schools there operate on the semester system as opposed to Highline’s quarter system.

That leaves the Highline Puente Project still in the “fact-finding stage,” and raises

questions as to when it might become operational.

“We are saying that maybe next year is too soon to start a Puente program, but I can say that there is a lot of interest and it is likely that the program will exist soon at Highline. It would be good if it works as well as Umoja (Black Scholars program),” Garcia said.

“We should have started this a [long] time ago. This is the beginning of understanding this model and how to apply it in Highline,” said Dean Ezeonu.

“We have to be thoughtful and deliberate to move forward with this project,” he said.

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June 15th 8:30am-4:30pm





# Welcome

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they need to be able to work in their field is the most challenging part, she said.

“We help students learn the processes and study for tests they need to take to be able to earn these licenses,” said Faaren. “Even though they have great experience and education, it doesn’t transfer when they come here.”

“Even with more than 20 years of experience, international candidates struggle to compete against brand new U.S. graduates,” said Cheryl Carino-Burr, educational case manager.

There is no application process to receive help from the Welcome Back Center, she said. All international students with previous edu-



Mike Simpson/THUNDERWORD

*Sarah Abdullah, a refugee from Iraq, previously managed a pharmaceutical department in Jordan. Since moving to the U.S., the Welcome Back Center has helped her transition back into the medical field.*

cation and or experience are welcome to come in.

Abdullah says she would be lost today without the Welcome Back Center.

“Not only did they help me learn what I needed to do, but I also was able to get a job work-

ing at the WBC while I finish getting my licenses,” said Abdullah.

After taking a pharmaceutical knowledge test in April, Abdullah has recently received word that she passed. She will be moving on to the next phase to earn her license.

“After you take a knowledge test, you then have to pass an English proficiency test,” she said. “Linda let me take a month off of work before my test to allow me to study and not be too overwhelmed with everything I had going on.”

After completing the English proficiency test, Abdullah says she will be searching for an internship to begin working.

“The best way I can describe everyone at the WBC is dream makers,” she said. “They always keep me motivated and have helped me work so hard to achieve my goals.”

# Valenciano

continued from page 1

Milgard School of Business as part of the First Running Start Cohort.

Valenciano will be the first of her family to graduate from a university. She will be working towards a degree in accounting and is not yet positive what career path she intends to follow.

“I have loved my experience at Highline, because it allowed me to interact with a diverse group of people including professors and students,” Valenciano said. “The culture has facilitated my learning, forced me to step out of my comfort zone and gotten me more involved in the classroom, clubs, and around the campus.”

If running to class and around the rugby field still wasn’t enough, she’s also managed to be active in several clubs.

Valenciano’s previous club experience includes the Family Career and Community Leaders of America, Phi Theta Kappa honors society, Future Business Leaders of America and Key Club. While attending UW, she plans to get involved with business related clubs, among others.

Whether it’s reading, hanging out with friends or going to movies, Valenciano enjoys being active. She’s a dare-devil, willing to take on all challenges and try new things.

With all that running, perhaps the only one capable of keeping up with her is Maya, her rescue dog.

# Health care organizations take action

By Olivia Beach  
Staff Reporter

Health is more than just healthcare, Health Equity Circle representatives said at this week’s Honors Colloquy.

Kelson Caldwell and Kelsey McGuire are a part of University of Washington’s organization, Health Equity Circle, a student-directed, community-oriented group whose mission is to support community health mainly through campaigns.

“We are kind of in our early stages,” Caldwell said.

However the group has already made changes in the Seattle community. Two years of campaigning has resulted in authorization for a tent city on the University of Washington campus.

“I was getting frustrated sitting in classrooms and creating possible solutions... but no one was actually doing anything about it,” McGuire said. “[Health Equity Circle] gave me the tools to make change.”

The type of change Health Equity Circle strives to accomplish is dependent upon how each community works. Solutions such as cheaper, healthier food options for low-income communities, for example.

“If we’re going to have a health care system that actually cares about people, we need to focus on more than just individual behaviors,” Caldwell said.

“The systems we have in place make it so certain groups get more help than

others,” McGuire said.

Key components for Health Equity Circle to grow and be successful are sufficient funding, supportive faculty, students who care and are ready to organize,

and a healthy anger about how things are, Caldwell and McGuire said.

This is the final Honors Colloquy for Spring Quarter, although the presentations will begin again in the fall.

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.

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