

## Finalists make their pitch for president

### Dr. Guillory aims to assist in student success

**By Izzy Anderson**  
Staff Reporter

Dr. Justin Guillory wants to help students succeed if he becomes Highline's next president.



*Dr. Justin Guillory*

Dr. Guillory is a finalist for Highline president, and expressed his want to listen and work together with students during his on-campus visit last Tuesday.

Former Highline President Dr. Jack Bermingham announced his retirement in July 2017, after more than a decade working at Highline.

Dr. Jeff Wagnitz has since stepped up as the interim president, and will continue in this position until a new president is hired.

After Dr. Bermingham retired, the Board of Trustees arranged together a search subcommittee of faculty, staff and community members. The committee sifted through two dozen applicants before interviewing seven finalists, and then recommended three finalists for the board.

These top three candidates, Dr. Justin Guillory, Dr. Lisa Avery, and Dr. John Mosby, were each given an on-campus day for open forums on May 14, 15,

See Guillory, page 19

### Dr. Mosby attracted by Highline's diversity

**By Mitchell Roland**  
Staff Reporter

Dr. John Mosby said that one of the things that drew him to Highline College was the diversity on campus.

One of three finalists for the position of president of the college and the students, faculty and staff had an opportunity during his in-person forums on campus Wednesday to ask him questions and to meet him.

Dr. Mosby made it clear that he intends to be the president of a college in the future, if he is not given the opportunity here.

"If it's not going to be here, it's going to be somewhere else," he said.

But Dr. Mosby also made it clear that he wants the job here, for a variety of reasons. Chief among them was the diversity, as the community looks like the one he grew up in.

"I felt like [Highline] aligned pretty much with my values," Dr. Mosby said, adding that "looking on campus and seeing people that look like me and not like me is wonderful."



*Dr. John Mosby*

See Mosby, page 18

### Dr. Avery wants to offer tuition help

**By Chloe Wilhelm**  
Staff Reporter

Presidential finalist Dr. Lisa Avery said she would like to make free tuition a reality for Highline students if she becomes the college's next president.

Dr. Avery, who became the president of Portland Community College's Sylvania campus in 2015, was named last as one of three finalists for Highline's presidential search last week.

She spoke at several forums on Monday to meet community members, students, faculty and staff and hear their questions and comments.

Dr. Avery said that she is interested in developing a financial aid program at Highline known as the Promise program.

Her home state of Oregon currently provides a Promise program for community college students based on financial need, with awards ranging from \$1,000 to \$3,540 per year.

Students typically use grants, scholarships, and other forms of financial aid first, with the Promise program covering the remaining cost.

One challenge Dr. Avery noted was having



*Dr. Lisa Avery*

See Avery, page 20

## Experts: Vaping could lead to serious health risks



*Peter Brooks/THUNDERWORD*

*The traditional use of electronic cigarettes is to help smokers gradually wean off of cigarettes.*

**By Byron Patten**  
Staff Reporter

Electronic cigarettes have become a new popular alternative to smoking among youth, but some officials are concerned that a product designed as an alternative to cigarettes are a health hazard in itself.

Electronic cigarettes are traditionally used for weaning smokers off cigarettes. The small devices convert liquid nicotine into vapor, allowing it to be inhaled.

Since its commercial release in 2003, there are now an estimated 460 electronic-cigarette

brands on the market. Increasingly popular brands in the United States include Juul and Fix, with Juul contributing to about half the current market.

"I see young people using them quite often, especially at the smoking zones on campus," said student Maegan Gomez. "We see them all over social media and at Highline from time to time. They are pretty socially acceptable."

In a survey on youth and their usage of electronic-cigarettes, conducted by the Washington state Department of Health, grades 8-12 had a significant increase in electronic

cigarette/vape usage between 2012 and 2014.

In King County alone, there was an increase from 3 percent to 14 percent in a 30-day usage, according to King County Public Health.

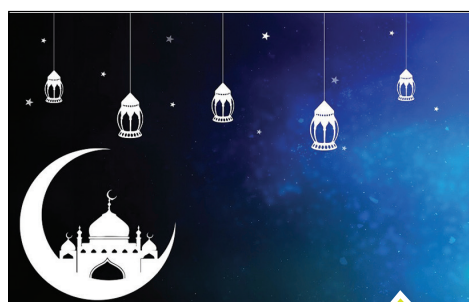
Gomez said she was not surprised by the increasing usage.

"My teacher even mentioned it in class the other day," Gomez said. "They told us it is not as bad when compared to other drugs." "I see young and old people using it," said Highline student

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Ramadan Mubarak: Moslem community begins holy month



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Global Fest highlights people and cultures of the world



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180: Student survives trials to find success in school





## Emergency phones available

**By Krista Gaines**  
Staff Reporter

In case of emergency, Public Safety encourages students to use the emergency phone lines located in the parking lots.

“If you hit the button, it calls straight up to Public Safety,” Sgt. George Curtis said.

“If not answered in three rings, it will connect you to the local police department,” he said.

There are two land-lines located in the east lot, one in the north lot, and three in the south lot.

Public Safety is on campus 24 hours a day, seven days a week.

## Retrieve lost water bottles

Public Safety wants students to know they will not be holding lost water bottles in Lost and Found.

“There have been too many [bottles] turned in. We have no room for them,” Sgt. George Curtis said. “We don’t want to deal with the contents inside either.”

He said they will hold the lost water bottles until the end of each day.

Sgt. Curtis advises people to check the lost and found immediately if their bottle is missing.

The lost and found is located at the Public Safety office in Building 6.

## Pick up missing phones and keys

There is an abundance of phone and keys being left in Lost and Found said the Public Safety Department.

“People need to start claiming their phones and keys,” Sgt. George Curtis said.

Typically, items are discarded after 60 days after being found.

“Phones can’t be tossed out because of the personal information on the phone,” he said.

“If you are missing a phone, come claim it,” he said.

“A valid ID is required to claim lost items,” according to the Public Safety’s website.

# Register to vote for midterms

**By Chloe Wilhelm**  
Staff Reporter

Make a difference and register to vote in this fall’s elections by attending Highline’s upcoming Voter Registration Drive.

The event, which will be on May 22, will give students the opportunity to register to vote online, which takes around five minutes.

Students can register if they will be 17 years old by the time of the next election, which can be either the August primary election or the November general election.

They must also be a U.S. citizen and have a valid Washington state ID, such as a driver’s license.

Students will also have the chance to update their information if they have moved since the last election.



Astrid Duenas

This year’s elections will feature state legislative, congressional, and judicial races.

Astrid Duenas, Speaker of the Caucus for Highline’s student government, is helping to organize the drive. She said that these elections are very important, since local government has a large impact on people’s day-to-day lives.

## Celebrate new park opening

Celebrate the improvements of Parkside Park in Des Moines by attending the opening celebration today.

The park recieved a federal block grant to renovate the area.

Improvements to the park include new walkways, outdoor fitness equipment, a sports court, and seating area.

Refreshments will be provided at the celebration.

The event will be at 3:30 p.m. at Parkside Park, which is located at South 244 St. and 25 Avenue S. in Des Moines.

## Learn about US-Mexico relations

Learn about the current relationship between the United States and Mexico by attending Highline’s upcoming event on May 23.

Luisa Mingo, the head of Political, Economic, and Academic Affairs at the Consulate of Mexico in Seattle, will speak at the event and discuss current relationships and what it means for the future.

The event will be presented by Global Programs, the Political Science Department, and Defining Democracy. It will be in Building 8 from 10 to 11 a.m.

## Become a community leader

Learn how to find your role in your community and gain experience in leadership by attending the upcoming event “Community Building in the Era of Resistance.”

The event, which will be on May 23, is part of Highline’s Honors Speaker Series. It will feature Highline alumnus Austin Bell, who currently serves as the deputy mayor of Burien.

Bell will discuss his personal



experiences and how students can become community leaders.

The event will be in Building 3, Room 102 from 12:15 to 1:20 p.m.

## Learn about civil engagement

Jim Ferrell, mayor of Federal Way, will be visiting campus on May 29 to discuss the importance of voting in the upcoming elections.

The event is part of Highline’s Civic Tuesdays, which will host local leaders to talk about the importance of civil engagement.

The event will be held in Building 7 from 10 to 11 a.m. It is free and open to the campus community.

## Apply for Highline scholarships

Applications for Highline scholarships ranging from \$500 to \$2,000 are open for the 2018-2019 academic year.

The scholarships, which will be provided by the Highline Foundation, are available to full-time Highline students, including incoming, transfer, international, and undocumented students.

Running Start students can apply only for scholarships for credits taken during the summer, or for quarters where they have more than 15 credits.

Students who wish to apply should have access to unofficial transcripts, financial aid information, and their student

She explained that everything from higher education funding to receiving clean water relates back to state and local government.

“Government is in everything you do,” she said. “No matter who you are, government affects you.”

Duenas said that voting is important because it is a way for students to get involved and make a difference.

“It’s your voice,” she said. “It’s how you show your opinions in political matters.”

Despite the importance of voting, Duenas said that many people decide not to vote.

She said that some of the reasons for this can include a lack of information, a belief that their vote won’t count, having difficulty voting, or because they aren’t registered to vote.

However, she said that there are many things being done to make it easier for people to vote, and said that it is now easier than ever to get involved.

“There’s so much being done to get people to vote and get people involved,” she said.

Duenas said that people can vote easily with mail-in ballots, and with online voter registration, people can register to vote in minutes.

She explained that it is important to educate people on the importance of voting so they have the drive to get involved.

“If people don’t understand the impact they can have, they won’t be interested in getting involved,” she said.

The voter registration drive will be on May 22 from 8 a.m. to 1 p.m. in Building 8, in front of the Fireside Bistro.

identification number. Students should also be prepared to write an essay, which may vary depending on the scholarship.

To apply, visit [www.fund-s4highline.org/scholarships](http://www.fund-s4highline.org/scholarships). The deadline is May 20 at 11:59 p.m.

## Nominate important faculty

Nominations are due on May 25 for Highline’s Outstanding Faculty Awards, which are given annually by Highline.

Two awards worth \$1,500 are provided to one tenured faculty member, and one adjunct faculty member.

Nominations for either award can be made by students, staff members, faculty members, or administrators at Highline.

To nominate a faculty member, two written endorsements are required from the nominator and a second reference that gives emphasis on the faculty member’s contribution to education at Highline.

The nomination letters should include examples of how

the nominee is an outstanding teacher, and how they have made an extra contribution in the world of education, community, or industry.

Nomination forms must be submitted to the Office of Instruction, Mailstop 9-2, by 5 p.m. on May 25.

## Learn how to help marine mammals

Learn about marine mammals and how to help stranded animals by attending Highline’s Marine Mammal Stranding Information Session on May 30.

The event, which will be at the Marine Science and Technology Center from 6 to 7 p.m., will provide information about marine mammals, why they are on local beaches, and how to help stranded animals.

The Marine Science and Technology Center is located at 28203 Redondo Beach Drive S. in Des Moines, and is five minutes south of the Highline campus.

To RSVP to the event, email [citizenscience@highline.edu](mailto:citizenscience@highline.edu).

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# Ramadan returns to Highline

By **Nayyab Rai**  
Staff Reporter

The Holy Month of Ramadan has started and Muslims from all over the world have prepared themselves for the month of fast.

“Ramadan (Arabic: رمضان) is the ninth month of the Islamic calendar, and is observed by Muslims worldwide as a month of fasting to commemorate the first revelation of the Quran to Muhammad,” said Highline Professor Oussama Alkhalili, who teaches in the Business Technology program.

During this time, Muslims fast from the first prayer (sun-up) to the fourth prayer (sundown) every day for one month.

They start the fast with Sehri (break-fast) and end it with Iftar (the break of the fast, dinner).

Swam (fasting) is one of the five pillars of Islam that all Muslims need to follow.

“Fasting is obligatory for adult Muslims, except those who are suffering from an illness, travelling, are elderly, pregnant, breastfeeding, diabetic or going through menstrual bleeding,” Alkhalili said.

In Islam, when a child turns 12 years old, they are obligated to fast the entirety of the month.

Ramadan is the time for Muslims to come together as a community and pray.

Around campus, Muslim staff and students

have been diligently preparing themselves for the month of fast.

“We live our lives as usual but we do make sure to come to-



Khadijah Diop



The month of Ramadan is a time of fasting and reflection for Muslims all over the world.

gether at the end of the day and break our fasts together,” Highline student Khadijah Diop said.

Ramadan is not just a time to pray and fast, it is also a time for families and communities to come together and celebrate the fast.

Muslims might feel a little tired by the end of the day and lose a little weight, but fasting helps to sharpen the mind and cleanse the body.

Ramadan is a time of worship and family.

When it’s time to eat, Muslims typically go light.

“We break our fast with very simple and light foods, dates and water. Sometimes, even a little fruit,” Diop said.

It is hard on the stomach to eat heavier foods after fasting.

“Fasting serves as a great way of cleaning yourself spiritually and physically, and keeps you focused throughout the day. Ramadan is a spiritual boot camp; where I leave with better health, character, state of mind, and a closer relationship with God,” Diop said.

A part-time employee at Highline who asked to remain anonymous, said “During Ramadan, I like to put up

Christmas lights in the corners of my house to give a little festive feel.”

“Our family would gather together and bring food for everyone to eat at the end of the day,” she said. “We eat rice, chicken, and drink Tamr Hind, a yogurt drink.”

Highline’s Arabic Club will host an Iftar event on June 1 in Building 2, from 7-11 p.m.

During the event, people will learn about Ramadan and Islamic traditions regarding Ramadan. There will be a presentation and a video about what people in general know about the month.

People can bring food to serve and show others their way of breaking the fast.

Because the start of Ramadan is dependent upon the moon-sighting methodology, Ramadan begins on May 16 and 17 and will end around June 14 -- whenever the next crescent moon appears.

The traditional greeting for Muslims celebrating Ramadan is Ramadan Mubarak, which means “congratulations.” Ramadan Kareem, another common greeting, is offers the blessings of the season.

# Student’s eye-surgery fundraiser advances

By **Peter Brooks**  
Staff Reporter

People interested in helping a fellow Highline student afford eye surgery can now donate online.

Jessica Crane has recently developed retinal vasculitis, inflammation of the vascular branches of the retinal artery. She needs surgery but can’t afford all of the costs. The goal of the fundraiser is \$2,000.

To donate to the fundraiser, go to <https://www.gofundme.com/pray-for-jessica-eye-surgery>.

Crane has been attending Highline since 2013 and is a 3.95 Honors student, actively enrolled in PTK honors society and was also the vice-president of the Psychology Club.

She’s majoring in psychology and will transfer this fall if her condition improves.

“I first noticed symptoms right before finals last quarter,” Crane said. “The disease progressed quite quickly from one eye to both and swelling worsened every day.”

Crane said she was previously very healthy and her doctors aren’t sure what the cause of her condition is.

“At the worst, I lost pieces of my vision, some color perception, line perception, a general drop in my vision, and experienced pain and redness,” Crane said.

She continues to say that she also experienced fatigue, intense headaches, stiffness in her neck and back, and generally feeling weak.

“Many days I couldn’t get around due to the pain,” Crane said.

Crane mentioned she’s missed all quarter due to her condition.

As a temporary solution, Crane has been prescribed Prednisone which is a type of steroid to help with inflammation.

“It’s helped a lot,” Crane said. But it’s not good to be on for too long because of the side-effects.

“It creates its own issues like osteoporosis, diabetes, insomnia, anxiety, and mood swing among other things,” Crane said. “We need to start looking towards other treatments.”

Though her condition may be cured at some point, there is already permanent damage.

“The extreme excess vitreous gel in my eyes and some lesions throughout the eyes requires surgery,” Crane said.

Crane expressed her gratitude for everyone involved in organizing and donating to help her.

“This is extremely generous and I thank everyone for helping. It’s very sweet and unexpected and I’m so appreciative,” Crane said.

# Wagnitz won’t return as vice president

By **Izzy Anderson**  
Staff Reporter

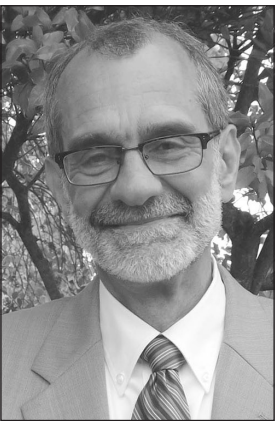
Interim President Dr. Jeff Wagnitz will not be returning to his old job as vice president of academic affairs when a new president is chosen, he announced last week.

The Board of Trustees had invited him to return to his old post, but Dr. Wagnitz said he is looking into new opportunities.

Dr. Wagnitz became acting and then interim president after Dr. Jack Birmingham retired in July 2017. The college has been searching for a new president ever since.

Dr. Wagnitz has been at Highline for 18 years, previously serving as dean of instruction before taking the vice president’s job when Dr. Birmingham became president in 2007.

In a faculty meeting on May 10, Dr. Wagnitz expressed his decision to explore other opportunities aside from returning to this role.



Dr. Jeff Wagnitz

“It certainly isn’t that the job isn’t attractive -- it is,” Dr. Wagnitz said. “In fact, I’d say it’s the best higher education job in the Pacific Northwest. In it, you get to work with spectacular students, a dynamic community, an exceptionally strong and innovative faculty, and a solid administrative and executive team.”

He said that since he began serving as interim president, the leadership has taken the position in a new direction, one which should be allowed to flourish, not restarted.

“Probably the biggest consideration for me is that, in my nearly two years

away from the job, it has evolved in new directions under the leadership of Dr. [Rolita] Ezeonu, Executive Dean [Alice] Madsen, and Interim Dean [Raegan] Copeland. That momentum should be given space to continue, rather than being [reversed],” Dr. Wagnitz said. “Finally, personally, I’m ready to try new things.”

Dr. Wagnitz said he is currently open to a number of different paths this next step could lead him to.

Whether it’s playing a different role in the educational system, assisting the surrounding community, or focusing in on his own family life.

“I remain very inspired by the community college mission and the role that our campuses play in their communities. I hope to contribute more to those efforts,” he said. “I might pursue other interim leadership positions, consulting, teaching, or agency work in Olympia, where I live. If none of those pans out, being a professional grandpa wouldn’t be a bad option.”



# Food pantries can only do so much to help

What is the mission of a college? To educate? To prepare students for the future?

These days it seems that colleges are having to expand their missions, and dive deeper into projects that in a perfect world would not be their responsibility.

Recently, Highline opened up a food pantry on campus. The resource is important for everyone on campus who do not have access to enough food. Too many people in our society are left wondering where their next meal is coming from, and this pantry gives students a little bit of stability.

When you're hungry, it is hard to think about anything else. How can a student be expected to learn when all they can think about is how hungry they are?

But ideally, Highline shouldn't need a food pantry. Ideally, it would not be left up to colleges to pick up a ball society is collectively dropping.

Food insecurity is a problem in life that people are way too easily forgetting. In America, roughly 12 percent of households are food insecure. That means one in eight people have either low food security or very low food security.

In any given class on campus, three to four students are likely focused on not knowing how they are going to eat. This problem is bigger than Highline. This is a problem that society as a whole needs to work on.

Trying to feed an eighth of the population out of food pantries is the equivalent of throwing a glass of water on a five-alarm fire.

Food pantries can give the rest of society a false sense of comfort. The reality is that there are not enough food pantries to try to feed everyone.

There is plenty of food in America. The issue is not with a lack of food, the issue is with a lack of money to buy it. Food pantries cannot be left to try to feed an eighth of the population.

The simple fact is that this is a symptom of a much larger problem. Wages for workers have been stagnant for years, the minimum wage is too low, and rent has been skyrocketing for people in the region.

The idea that minimum wage jobs are for college kids to get experience is simply not true. This region is facing an epidemic where people do not have the money to afford basics like housing and food.

This is a problem that is bigger than Highline, and it is going to require a solution that is bigger than Highline. It is going to take us collectively looking at the problem and realizing something needs to change.

Society needs to look at everything that is causing this issue. They need to focus on the root of the problem, and not just try to put a band-aid on a bullet wound.

Until we do that, colleges and other institutions are going to be forced to try to fix a problem that they can't solve on their own.

Highline's Pantry is a valuable resource, but ideally, it shouldn't exist.

### Have something to say?

Write to us!

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.

# It's not the lava, but the mud that leads NW volcano fears

On any given night these days, the Kilauea volcano eruption in Hawaii is dominating the news.

Video of the hot lava from the Kilauea volcano oozing over streets and destroying everything in its path can cause people in the Northwest to think about what would happen if that were to occur here.

This region has many active volcanos, and we have seen the destruction they can cause when they erupt. Mount St. Helens erupted about 40 years ago and killed 57 people while causing more than \$1 billion in damage.



Associated Press photo

A Highline professor says we face a different kind of volcano risk.

### Roland Along



Mitchell Roland

All of this can make people wonder if we are prepared for this type of event, and what we have learned that would help us if it were to happen in the future.

While the region does have active volcanos, Highline professor Carla Whittington said that we do not face the same dangers that Hawaii is currently facing.

The geology professor explained that the volcanos in Hawaii produce a different type of lava than the ones in our region.

If an eruption were to happen, the Seattle area would face a different set of dangers.

While the volcanos in Hawaii are spewing lava, the danger from an eruption in our region would be from mudflows.

Before St. Helens erupted, scientists did not understand these differences. When the volcano started showing early signs of eruption, scientists traveled over to Hawaii to try and learn about what would happen in the event of an eruption.

But, they still didn't know about the uniqueness of the volcanos in our region.

"No one really understood there could be a sideways blast," Whittington said.

Whittington said while places such as the town of Orting at the base of Mt. Rainier that hold drills and practice what to do are prepared for an eruption, overall the Seattle area is not

prepared.

"My personal belief is no," she said.

Whittington said that a lot of people who take her classes aren't even aware that we have active volcanos around us.

"I still have students that are surprised that Mt. St. Helens is an active volcano," she said.

When they find out that it is, she said that a lot of them assume incorrectly that they are in extreme danger. Whittington said that most of her students don't live in river valleys or aren't close enough to really be at risk.

Whittington explained that right after the eruption "people were still very aware" and knowledgeable about the dangers of volcanos. But as we have moved further and further away from it "there was a decline in knowledge."

Another reason for the lack of knowledge is a change in how people get their news, Whittington said. She said that people simply aren't seeing information about volcanos or their danger.

"If you are not looking for [information] it is easy to miss," she said.

In the event one of one of the volcanos in our region erupts, a landslide would kill people if they were close enough to the mountain, Whittington said. But most people wouldn't be close enough to face this danger.

In the last eruption, most people who died were out the "red zone." These people died from things such as the ash that was in the air or the mudflows that traveled down rivers.

It is impossible to know exactly when of the local volcanos will erupt, and Whittington said that Mt. Rainier has been "unusually quiet recently."

"They can erupt at any time," she said.

But people can sleep easy knowing that an eruption wouldn't happen without some warning signs occurring. Scientists monitor things such as earthquakes and movement of lava inside the volcano to try and understand the volcanos and their activities.

Mitchell Roland is the opinion editor of the Thunderword.

## the Staff

We're going to use our jazz voices.

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# Weekly SUDOKU

by Linda Thistle

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

**DIFFICULTY THIS WEEK:** ♦♦

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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1. **INVENTION:** When was the nylon-bristle toothbrush invented?
2. **HISTORY:** By what other name was the French military leader Joan of Arc known?
3. **GENERAL KNOWLEDGE:** What color is the famous Hope Diamond?
4. **U.S. STATES:** What is the capital of Kansas?
5. **TELEVISION:** What was the theme song to the 1970s cop show *Baretta*?
6. **BIBLE:** Who are the only two angels to be directly named in the Bible?
7. **GEOGRAPHY:** What is the name of the main mountain range where Mount Everest is located?

8. **MEDICAL:** What area of the body is affected by bursitis?
9. **LANGUAGE:** What is an elision?
10. **ENTERTAINERS:** For what crime was actress Sophia Loren jailed in 1982?

1. 1938, by Dupont
2. The Maid of Orleans
3. Blue
4. Topeka
5. *Keep Your Eye on the Sparrow*
6. Michael and Gabriel
7. The Himalayas
8. The joints
9. Omission of a sound or syllable
10. Tax evasion

**Puzzle answers on Page 20**

# 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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11		14		6	

1 1 2 3 4 5 6 8 9

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# King Crossword

## ACROSS

- 1 Gorilla
- 4 Lathers
- 9 Justice Dept. div.
- 12 Felon's flight
- 13 Violinist's stroke
- 14 Young chap
- 15 Shift back and forth
- 17 Work with
- 18 Have a bug
- 19 Texas city
- 21 Suppress the sound
- 24 Landlord's due
- 25 Web address
- 26 Finish
- 28 Nephew's sister
- 31 Author Bellow
- 33 — -tac-toe
- 35 Pharma-ceutical
- 36 Spritlike
- 38 "Bow-wow!"
- 40 Historic period
- 41 Pedicurist's target
- 43 Got away from
- 45 Supernatural spirit of Islam (Var.)
- 47 Existed
- 48 Regret
- 49 Confuses
- 54 Where — at

1	2	3		4	5	6	7	8		9	10	11
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54				55						56		
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- 55 " — Grows in Brooklyn"
- 56 Singer Sumac
- 57 Dog or cat, usually
- 58 Dilutes
- 59 Menagerie
- Saabs
- 9 Discomposed
- 10 Low voice
- 11 Concept
- 16 Half- — (Starbucks option)
- 20 Oklahoma city
- 21 Clio or Erato
- 22 Caspian feeder
- 23 Most superficial
- 27 24 horas
- 29 Remedy
- 30 "Zounds!"
- 32 Friend of Dorothy
- 34 Guys with
- oars, maybe
- 37 Local, often
- 39 Fires
- 42 Cultivated land
- 44 Gls' entertainment org.
- 45 Faucet problem
- 46 Twine fiber
- 50 Spoon-bender Geller
- 51 End of the alphabet
- 52 Comedian Philips
- 53 — Paulo, Brazil

## DOWN

- 1 TV alien
- 2 Chum
- 3 Ostrich's cousin
- 4 Vain
- 5 Rich
- 6 Lawyers' org.
- 7 Engine
- 8 Home of Volvos and

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

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

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

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

**LEO** (July 23 to August 22) Being ignored is difficult for any proud Leo or Leona. But pushing yourself back into the spotlight might be



unwise. Instead, let things work themselves out at their own pace.

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

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

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

**SAGITTARIUS** (November 22 to December 21) You might be upset by some

of your critics. But most of your associates continue to have faith in your ability to get the job done, and done well.

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

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

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

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

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Super salad to kick off your summer

A bowl filled with a cold salad with flavorful ingredients are a “hot” menu item this year! There are several ways to incorporate the numerous varieties of spring vegetables, superfoods, grains and cheeses into a “super” salad by using simple preparation methods. Here are a few tips to make a salad that will appeal to even the pickiest eater:

Make it colorful! Skip the iceberg and opt for spinach, kale or another dark leafy green. Dark leafy greens supply a tremendous amount of nutrients, including vitamin A, vitamin C, vitamin K, iron, calcium and fiber. Add color with some carrots, red bell peppers, tomatoes, blanched asparagus, beets or any other vegetable, and you get additional nutrients critical for maintaining eyesight, bone health and digestive health.

Salad isn’t just for vegetables anymore! Try adding in cooked grains such as brown rice, quinoa and barley to add nutritious texture, and fruits like apples, citrus segments, grapes, strawberries or blueberries to your plate of colorful vegetables. Like many vegetables, fruits contain antioxidants that can help protect against certain forms of cancer and reduce levels of LDL, or bad cholesterol. Try to limit or avoid dried fruits, such as dried cranberries or blueberries. These often have added sugars that can up the



Deposit photos

*This hearty and healthy salad is strong in fiber and helps lower blood sugar levels.*

calorie content of your salad. Add a healthy crunch! A few toasted walnuts or almonds, spicy baked garbanzo beans and pickled vegetables are a great addition to any salad. Add some protein! Protein takes longer to digest, so it keeps us full longer. Protein also is needed for healthy muscles. Eggs, lean meat, beans and cheese (in limited quantities) are easy ways to add protein.

Find a healthier dressing that works for you! There are currently quite a variety of light dressings and vinaigrettes to choose from. Vinegar-based dressings typically have less fat and calories than creamy dressings. Oil and vinegar is a healthy choice in limited amounts -- the healthy fat from the oil helps your body to absorb some of the vitamins from the salad.

Creating a healthy salad can be a

simple way to satisfy recommendations for fruit and vegetable intake. It’s also a wonderful way to use leftover cooked meats, vegetables and grains. Don’t be afraid to use your grocery deli section selections for sliced vegetables and roasted deli meats to make a delicious meal in record time.

SPRING SALAD BOWL

For the Salad Dressing:

- 3 tablespoons fresh lemon juice
- 2 tablespoons unseasoned rice vinegar or sherry vinegar
- 1 teaspoon sugar, stevia, agave or honey
- 1/2 teaspoon Dijon mustard
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon garlic powder
- 1/2 cup olive oil

Using a small bowl, whisk together the lemon juice, vinegar, sugar, mustard, salt, pepper and garlic powder. Drizzle in the olive oil while whisking until the mixture is well-combined. Dressing will keep up to three days in a jar or container with a tight-fitting lid. Whisk together or shake the dressing to re-combine the ingredients. Makes about 1/3 cup.

For the Salad Bowl:

- 9 cups mixed tender greens (such as mizuna, tatsoi, arugula, dandelion greens and/or sorrel)
- 3 cups Romaine hearts, or kale leaves cut into bite-size pieces
- 2 apples (Gala, Fuji or other sweet, crisp apples) or 2 pears (Green Anjou or Bartlett) sliced thinly or chopped into bite-sized pieces, 1 large orange, peeled and segmented, or 3/4 cup of berries
- 1/2 cup cooked brown rice, quinoa, barley or any other whole, cooked grain
- 6 ounces deli sliced roast turkey, roast chicken breast or roast beef, cut into bite-size pieces, or cooked leftover poultry or beef cut into bite-size pieces
- 1 large Haas avocado, peeled, seeded and cut into bite-size chunks
- 1/2 cup slivered almonds or walnut halves, toasted

1. Using a large bowl, add the mixed greens, Romaine or kale. Pour 3/4 of the salad dressing over the greens and toss together to coat the leaves, about 1 minute.
2. Add the fruit and grains, meat and the remaining salad dressing; toss together until combined. Sprinkle the avocado and nuts on the top of the salad. Serves 6.

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Sun’s out, steaks out

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 marinade. Dis-

Good Housekeeping

card 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. Makes 12 servings.

\*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.

\* Each serving: About 215 calories, 9g total fat (4g saturated), 47mg cholesterol, 235mg sodium, 4g carbohydrate, 27g protein.

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Reveal your sweet side

It’s grilling season, and if you’re looking for a new side dish to go with pork or ham, look no further.

- 1 (8-ounce) can crushed pineapple, packed in fruit juice, undrained
- 1/2 cup fat-free mayonnaise
- 1/4 cup no-fat sour cream
- 3 cups diced cooked sweet potatoes
- 1 cup chopped celery
- 1/4 cup chopped walnuts
- 1/2 cup seedless raisins

1. In a large bowl, combine undrained pineapple, mayonnaise and sour cream. Add sweet potatoes, celery, walnuts and raisins. Mix gently to combine.
2. Cover and refrigerate for at least 30 minutes. Gently stir again just before serving. Makes 8 (1/2 cup) servings.

TIP: To plump up raisins without “cooking,” place in a glass measuring cup and microwave on HIGH for 20 seconds.

\* Each serving equals: 142 calories, 3g fat, 3g protein, 28g carbs, 182mg sodium, 40mg calcium, 2g fiber; Diabetic Exchanges: 1 Starch/Carb, 1 Fruit, 1/2 Fat; Carb Choices: 2.

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# Research reveals orca's DNA differences

By Andrew Jokela  
Staff Reporter

Most of the resident whales in Puget Sound are inbred, a local scientist said last week.

However, extensive research has only been conducted within the past twenty years, so it isn't fully known how it impacts the population.

Dr. Kim Parsons, a research biologist for the National Oceanic and Atmospheric Administration, spoke to interested community members at Highline's Marine Science and Technology (MaST) center on Saturday, May 5.

Dr. Parsons holds a Ph.D. in zoology from the University of Aberdeen, and has spent the last 25 years researching whales.

These days, her research is more focused on pods of killer whales in the Puget Sound.

"Most people call them killer whales, but scientists tend to favor the scientific name, *Orcinus orca*," said Dr. Parsons.

While very limited research on orca whales has been conducted since the late 1970s, scientists didn't conduct major studies until the early 1990s.

Since then, scientists have discovered there are two groups of orcas in Puget Sound, southern resident orca whales and transient orcas, Dr. Parsons said.

Transient orcas tend to roam from areas as far south as California, and as far north as Alaska, while southern residents



Orca whales swimming in the Puget Sound.

NOAA / Photo

stick around Puget Sound, said Dr. Parsons.

The trained observer can notice slight variation in the dorsal fins between the two groups. Transient orcas tend to have smaller, straighter dorsal fins, while southern residents tend to be larger or more curved.

One major difference between the groups is the amount of communication that happens. Southern resident orcas tend to be rather vocal and tend to create more surface splashing.

"We don't entirely know what function of the percussive movements is," said Dr. Parsons.

Transient orcas tend to be very quiet as they hunt prey, but then become vocal once all members of the pod are eating.

"We found that there were only five distinct pods of southern resident killer whales

throughout the northern Pacific," Dr. Parsons said. "These pods are isolated enough to where pods don't interbreed."

This means that within each pod, certain males foster most of the offspring.

Scientists were also able to determine that southern resident orcas didn't breed with transient orcas.

Dr. Parsons said that one the reasons for this was due to the varying diets of different pods.

In some pods, the diet consists mainly of sockeye salmon. Sometimes, she said, scientists observed these orcas diving through schools of coho salmon to get that one sockeye at the bottom.

These differences are especially prevalent among orcas along the Aleutian Islands in Alaska. For example, there are two pods which live on opposite sides of the Alaskan Peninsula.

On the Bristol Bay side, orcas eat mainly coho salmon, while orcas on the Gulf of Alaska side eat sockeye.

In years when sockeye salmon runs are small, the Gulf population may suffer, as their main food source is gone, said Dr. Parsons.

One of the methods used to determine the whales' diets is to follow a pod in a boat and capture byproducts of digestion.

"It can get pretty stinky sometimes," said Dr. Parsons.

To harvest skin samples, scientists shoot the dorsal fin with a small needle by blowgun.

"We want to make sure that we don't interfere with the whales at all," she said. "In the years that we've been doing this, we haven't seen them react at all."

Dr. Parsons said that once a skin sample is harvested, researchers a method known

as quantitative polymerase chain-reaction to analyze orca DNA to compare their individual genetic codes.

Each cell in an orca's body contains two different types of DNA – nuclear DNA, which is located in chromosomes in the nucleus, and mitochondrial DNA, which is located in mitochondria.

Nuclear DNA is a 50/50 mixture of the mother and father's DNA, while mitochondrial DNA is solely from the mother, said Dr. Parsons.

Through qPCR analysis, scientists discovered that two distinct males fostered more than half of the current population of southern resident orcas in Puget Sound.

"This discovery was staggering, and could have giant implications for the gene pool," said Dr. Parsons.

Scientists were also able to determine that southern resident orcas didn't breed with transient orcas.

"We don't know why these differences occur yet," Dr. Parsons said. "We've only really been studying these whales for 20 years."

For the next free Science on the Sound lecture, students and the general public are invited to Rus Higley's talk about the history of Highline's MaST on Saturday, June 2, at 12 p.m. The lecture will be located in MaST's classroom at 28203 Redondo Beach Drive South, in Des Moines.

# EKGs can detect different types of heart attacks

By Andrew Jokela  
Staff Reporter



An EKG can determine a number of abnormal heartbeats.

Dr. Emil Dela Cruz returned on Friday, May 11 to give the second half of his Science Seminar on electrocardiography.

Dr. Dela Cruz received his medical training at Far Eastern University in the Philippines, and completed his residency at Cook County Hospital in Chicago.

Electrocardiography (EKG) is the study of electrical impulses in the heart. Each time the heart beats, it sends an impulse from the sinoatrial node down and across the heart.

When something goes wrong, like when a person has a heart attack, these impulses change. Physicians can use an EKG to tell if something is wrong within seconds.

"There are two main issues which can be diagnosed with the EKG -- myocardial infarction, or heart attack, and tachyarrhythmia, or fast heart beat," said Dr. Dela Cruz.

"These two issues present the most gravity of the disease. Cardiac disease is the leading cause

of death in the whole world," Dr. Dela Cruz said.

Myocardial infarction is caused by decreased blood flow and oxygen to the heart, which can be caused by multiple reasons.

For example, a patient may experience a complete blockage of the coronary artery from a blood clot.

Sometimes, a patient can experience a heart attack even if they have no coronary artery blockage. If there is a huge demand for oxygen, and the lungs cannot supply it, a heart attack is still possible, said Dr. Dela Cruz.

There are three ways that physicians determine if a patient had a heart attack: by evaluating their prior and family history, by evaluating cardiac enzymes in blood tests, such as creatinine phosphokinase and troponin, and by evaluating EKG.

The first two methods don't always point to a heart attack.

If a patient has just completed a marathon, and has a family history of cardiac compromise, they might show elevated CPK levels, which generally indicate tissue damage. However, an EKG would show normal heart electrical activity, ruling out a heart attack.

There are several different patterns which might show up on an EKG which indicate cardiac compromise, said Dr. Dela Cruz. When graphed by EKG, the heartbeat generally shows three positive peaks and two negative peaks.

First, blood enters the heart through an atrium. When the atrium contracts, it forces blood into a ventricle. It also produces the P-wave. When the atrium relaxes, it produces the Q-peak.

When the ventricle contracts, forcing blood either to the lungs or to the body, the R-peak is formed. As it relaxes, the S-peak appears.

Finally, when the heart repolarizes, the T-wave appears.

If the coronary artery, which is located above and around both ventricles, is occluded, the heart can't get vital oxygen.

This, in turn, kills cardiac tissue. As time progresses, more tissue dies. Effectively, this causes the heart to seize like an engine without oil.

Because of the tissue death, the remaining ventricular cardiac muscle must work overtime to pump blood, contracting harder and harder each time to maintain blood pressure.

Eventually, the ventricular tissue can't fully relax between heartbeats. This causes the ST-wave to become elevated, a condition known as ST-elevated myocardial infarction.

This type of heart attack is the most serious, as it can only be alleviated by immediate surgical intervention.

A second type of heart attack occurs when the heart is unable to effectively pump blood, said Dr. Dela Cruz.

The heartbeat is controlled by the sinoatrial (SA) node. Essentially, a group of cells contract over the right atrium, which forces the other cardiac cells to contract by electrical conductivity.

Sometimes, another node located over the right ventricle contracts between beats of SA node contraction.

Instead of beating 60-100 times per minute, this double contraction can elevate the heartbeat to more than 240 beats per minute.

Due to this, the heart can't fill the atrium before it contracts, resulting in only partial blood flow out of the heart. The faster the heart beats, the less blood it's able to pump.

On an EKG, this heart attack, known as fibrillation, will appear as a bunch of quivering incomplete contractions.

Because it doesn't involve arterial blockage, fibrillation is slightly less serious and can be corrected in the field. Emergency medical workers carry defibrillators with them, which are designed to restart normal, or sinus, rhythm.

Patients should still seek medical attention after fibrillation, said Dr. Dela Cruz. Sometimes, complications arise, and it is better to have a physician there who is trained to look for them.

This week, Dr. Colleen Sheridan will present a seminar on influenza. The free lecture will be on Friday, May 18, at 1:30 p.m. in Building 3, room 102.



## ‘Agony’ takes your character to the depths of hell

Agony, published by PlayWay. Dark fantasy survival horror, single-player, first-person view. Available on PlayStation 4, Xbox One, Microsoft Windows, \$60 Standard Edition.

You are alone in the dark depths of hell, in pain, and the smell of burning flesh fills the air.

You fall through light at first, you feel all memory fade, you begin to feel a slow burning feeling across your body as your flesh burns.

Your body turns to ashes revealing bones. All around you are all different manner of demons. You continue to fall until you stop, and can feel the power of the Red Goddess.

“She is the key to the gate of unending agony,” you mutter to yourself as you regain consciousness.

Fortunately, this is just a game.

PlayWay’s new game *Agony* drops the player right in the middle of hell, leaving them to try to survive and escape to the land of the living.

The player controls a character condemned to hell, who has the ability to possess other condemned souls. The player can use the condemned souls to find hidden items or



Play a character who has been condemned to hell while playing Agony.

paths, as well as scout ahead and stay away from powerful demons.

They can also control demons. With more practice, the player will be able to control higher power demons. The demons will give access to special abilities that will help the player solve puzzles or take on other powerful demons.

One of the simple-minded demons that can be possessed is called the Onoskellis. She is very powerful and has many abilities that can make quick work of many of the player’s enemies.

In order to control her, the player will need to satisfy her urges for killing, which means

eating things probably not found on the typical person’s diet.

The player will also need to use stealth skills to hide from demons, such as crouching and holding their breath.

There will also be hidden statues that can be found along with paintings. They count as collectibles and give in-game achievements.

As the player explores the dark hellscape environment, they will find secret patterns that they can draw with their blood.

This will allow them to find new paths and powers. Along the way the player will understand that there is only one way

to escape from hell, through the Red Goddess.

Developers Madmind Studio started a Kickstarter to fund the game on November 2016. By December they had surpassed their goal. After they got their funding they set out to work and put their heart and soul into it.

“What the player will see is a visually stunning and a uniquely terrifying game design,” according to game developer Madmind studio.

“The game tells a horrifying story of damnation and eroticism inspired by Dante Alighieri’s *Inferno*,” according to PlayWay.

Eternal damnation is headed

to PlayStation 4, Xbox One, and Microsoft Windows on May 29.

- Operation Para Bellum: *Rainbow Six Siege* is still putting out new content three years after the initial release of their game.

Ubisoft has already announced the start of season 3, which brings new maps along with new characters. They will even be showing off the first one this weekend on their twitch channel.

They also have announced two new defenders and the “Pick & Ban system.” This will allow the players to ban certain operators (the characters that the player can choose to play as) from the map.



## Local band ‘TORCH’ is returning to Highline with new music

**By Winter Dorval**  
Staff Reporter

TORCH lights up campus with their next concert featuring songs from their new album on May 23.

The show will be in Building 7 at 12:15 p.m. and is free to staff, faculty, and students.

This will be the band’s second performance at Highline.

They will be playing some songs from their new CD, *TORCH: The Album*.

Their music “combines a classical chamber music approach with contemporary groove-based music,” said Dr. Ben Thomas, music department coordinator at Highline.

“With four really active performers, scheduling can be difficult,” said Dr. Thomas.



Four friends enjoy social justice projects with band ‘TORCH’.

Their music changes often, and they can take six months to a year working on a song before they perform it, he said.

“We play challenging music. It takes longer to germinate and

is more time intensive,” said Dr. Thomas.

All of the band members are educators.

Dr. Ben Thomas is the percussionist and Bandoneón play-

er in the band.

Brian Chin, on trumpets, is the chair of the music department at Seattle Pacific University.

Eric Likkell, the clarinet player, is an instructor at DigiPen.

Steve Schermer, on double bass, is the assistant principal bassist with the Pacific Northwest Ballet Orchestra.

“Sometimes we have a set list, but other times we just play a few songs and see what the audience responds to,” said Dr. Thomas.

They play 70 to 90 concerts per year, he said.

“The music we’ve written is for a quartet, and we always play together,” said Dr. Thomas.

“We try to make music that grooves and feels good but also

challenges people emotionally and intellectually.”

Students will have the opportunity to speak with the band members before and after the concert.

“Our music has a really strong social justice component. We have done suites on social justice projects and immigration,” said Thomas.

The band members are “three of my closest friends so writing music and performing with people you love is a great opportunity,” said Dr. Thomas.

Dr. Thomas has also been in Jovino Santos Neto Quinteto since 2005.

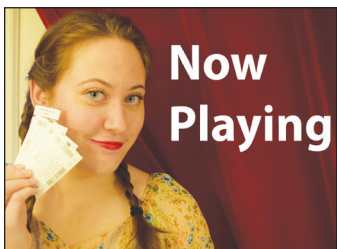
The show will be on May 23 at 12:15 p.m.

For more information about the concert visit [www.torch-themusic.com/about/](http://www.torch-themusic.com/about/).



## 'Pajama Game' & 'Romeo and Juliet'

• Celebrate the weekend with the Tony Award Winning musical *Pajama Game*. Centerstage's next show will run May 18 to June 3. This musical is based on the book *7 ½ cents* by Richard Bissell.



Winter Dorval

In the novel, workers in a pajama factory are requesting a raise with little response from their superiors.

Included in this performance will be the songs *Steam Heat*, and *Hernando's Hideaway*.

The music and lyrics were written by Richard Adler and Jerry Ross.

Show times will be Thursday, Friday, and Saturday at 8 p.m.

Matinees will be on Saturdays and Sundays at 2 p.m.

The address is 3200 S.W. Dash Point Road, Federal Way.

Tickets are \$29 for adults, \$25 for seniors and active military, \$15 for youth, and \$12 for kids (12 and younger.)

For tickets and more information visit [www.centerstage-theatre.com/](http://www.centerstage-theatre.com/).

• Let yourself be swept away with Prokofiev *Romeo & Juliet* this weekend.

The Seattle Symphony's next concert will be on May 17 and 20.

It will be at S. Mark Taper Auditorium in Benaroya Hall. A pre-concert talk will take place one hour before each performance.

Principal cellist Efe Baltacigil will play in this performance with the symphony.

Conducted by Karina Canellakis, the concert will be one hour and 34 minutes long.

Show times are May 17 at 7:30 p.m., and May 20 at 2 p.m.

The address for the S. Mark Taper Auditorium is 200 University St., Seattle.

Tickets are \$22 to \$122 depending on the chosen section.

To purchase tickets and for more information visit [www.seattlesymphony.org/](http://www.seattlesymphony.org/).

## Summertime clothes are showing up on campus

By **Mayia Matlashchuk**  
Staff Reporter

With summer coming on, clothes are coming off as Highline's students adjust to sunnier and warmer days.

Summer clothes are flying off the shelves and the racks at local stores as students strive to look good and feel good.

T-shirts and shorts have been clearing racks as people prefer to wear lighter clothes in summer to feel comfortable in the heat.

"It's been getting too hot lately, so I started to wear lighter clothes," student Liliya Radchuk said.

Kathy Timbas, manager of the Nordstrom Rack at the Auburn Supermall, said summer clothes have been hot sellers recently.

"Lately, Birkenstocks have been selling a lot. And of course, apparel like tank tops and shorts," she said.

Student, Alena Gusen said "I shop at Nordstrom Rack because they always have the perfect clothes for each season. And They've got great deals, too."

The manager of the Vans store, at the Supermall, Taylor



Henry Nguyen/THUNDERWORD

Redford, said board shorts sales are sizzling, too, because of the weather.

"Since the weather is warming up, most board shorts have been selling through," she said.

Redford said that the original Vans are a top seller recently.

"A lot of Old Skool Vans, and the Authentic black and white Vans are widely owned,"

she said.

Student Artem Shuparskiy said that he gets his shoes at Vans because they are comfortable and not too expensive.

"I usually get my shoes at Nike, Vans or Adidas, they're comfortable and don't cost that much."

The Manager of Forever 21, Ashley Mor, said that loose-fitting clothes have been blowing up recently.

"Many T-shirts and shorter shorts have been selling quickly since summer is almost here," Mor said.

"Bohemian styles, flowy tank tops and dresses are [some] of the biggest purchases right now," she said.

Student Vita Lopukh said that she shops at Forever 21 for the clothes they have during the summer season.

"I shop at two stores -- Charlotte Russe and Forever 21-- they have cute clothes especially for summer."

Retro clothes are a recent trend and old brands have been coming back lately. Brands such as Champion have been clearing shelves as well as Old Skool Vans or the Authentic black and white.

"People are mostly buying retro brands like Champion. It's a pretty old brand, but it has flying off shelves lately," said Bryen Ronnel, manager of the Tacoma Mall Finish Line.

## Student gallery gets new toys

Highline's student art gallery has installed *Step into the Mind of a Toymaker* as its current exhibit.

The work of Ben Misenar will be on display through the end of May.

Misenar is a digital sculptor.

He has created toys and figurines for famous studios such as Mattel, Hasbro and more.

The exhibit includes over 100 sculptures related to the Justice League, Star Trek, and more.

Misenar has also created board games, costumes, and ac-

tion figures.

The gallery is located in Building 16 and is open Monday to Friday from 12 to 2 p.m.

To purchase tickets and for more information visit [www.seattlesymphony.org/](http://www.seattlesymphony.org/).

Do you have fun Arts event or idea you'd like to see in the Thunderword?

**Arts News?**

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**HC Foundation**  
HIGHLINE COLLEGE





Highline's annual salute to the cultures of international students studying at the college included representatives of Filipino culture (top far left), colorful costumes from Korea (far left) and a highly popular booth by the Arabic Club featuring the Muslim culture just in time for the holy month of Ramadan that began this week. Attendees were also introduced to origami by Japanese students (above) and figurines (below) representing the Día de los Muertos — Day of the Dead — from Latinx cultures.

Chinese students shared some of their native games (below, far left) while festival attendees were invited to try their hands at cultural calligraphy (center, below). Costume changes (below right) enabled students to get into the spirit of the occasion.



# GlobalFest 2018

## International students share their cultures with the Highline community

By Peter Brooks  
Staff Reporter

Cultures were on the menu last Saturday night as Highline's international students celebrated GlobalFest 2018 with food, dance and song.

GlobalFest has become an annual tradition whereby foreign students from around the world share some of their traditions with the Highline community.

Although much of the food now had an American flavor because they were prepared by Lancer, the college's caterer, the dishes were an attempt to reflect cuisine from around the world.

"[The various cultural groups] wanted to serve food, but couldn't due to potential health risks, so they requested certain foods from Lancer," said Ayano Tanaka, International Student Leadership council member.

Still, Lancer came through with its versions of vegetable dumplings, pork dumplings, vegetable chow mein, Vietnamese spring rolls, chicken chow mein, crab Rangoon, pad thai chicken, beef taco meat, Mediterranean beef shish kebab, teriyaki style chicken wings, and fried tilapia.

More authentic were the costumes and artifacts served by the Korean and Japanese contingents who borrowed from the Korean American Association of Federal Way and the Japanese Consulate in Seattle for traditional clothing.

The culture booths were open for the first half of the event when cultural groups displayed artifacts, shared information about their cultures, and invited people to participate in cultural activities, such as games or calligraphy.

There were fewer booths than in the past, but the more popular booths included the Arabic Club, Japan and Korea.

"This year was smaller than last year due to some groups being at events going on elsewhere," Tanaka said. "But it was still really fun."

Cultural groups represented included Arabia, Cambodia, Vietnam, Philippines, Africa, Latin America, China, Japan and Korea. Some groups were represented by clubs at Highline.

The entertainment started around 7 p.m. and featured everything from South Korea's Gangnam Style to traditional African dances. There was an American rap performance and a Hip Hop dance, plus a Japanese J-Pop vocal performance by Jin Hirota and Takumi Aoyama. Dancers from Vietnam conveyed its traditions.

Korea's Gangnam Style performance was particularly fun for the audience due to its pop-culture impact in past years.

Making her debut as the coordinator for this cultural feast was Eva Engelhard, program manager of International Student Programs.

"This is my first year [as coordinator], but I've attended GlobalFest for many years," Engelhard said. "Each year students have different ideas and it's really exciting."

Next up for some of the participants in this year's GlobalFest will be encore performances at Kent's International Festival on June 2 in the accesso ShoWare Center.



Hailey Small and Lezlie Wolff/THUNDERWORD photos



# Lady T-Birds slide into playoffs

By Milo Kabigting  
Staff Reporter

The Lady T-Birds fast pitch team has secured a berth in the NWACC softball playoffs, which begins tomorrow in Spokane.

Highline sits at No. 14 out of the 16 teams in the preliminaries, and will play Edmonds, which sits at the No. 3 seed.

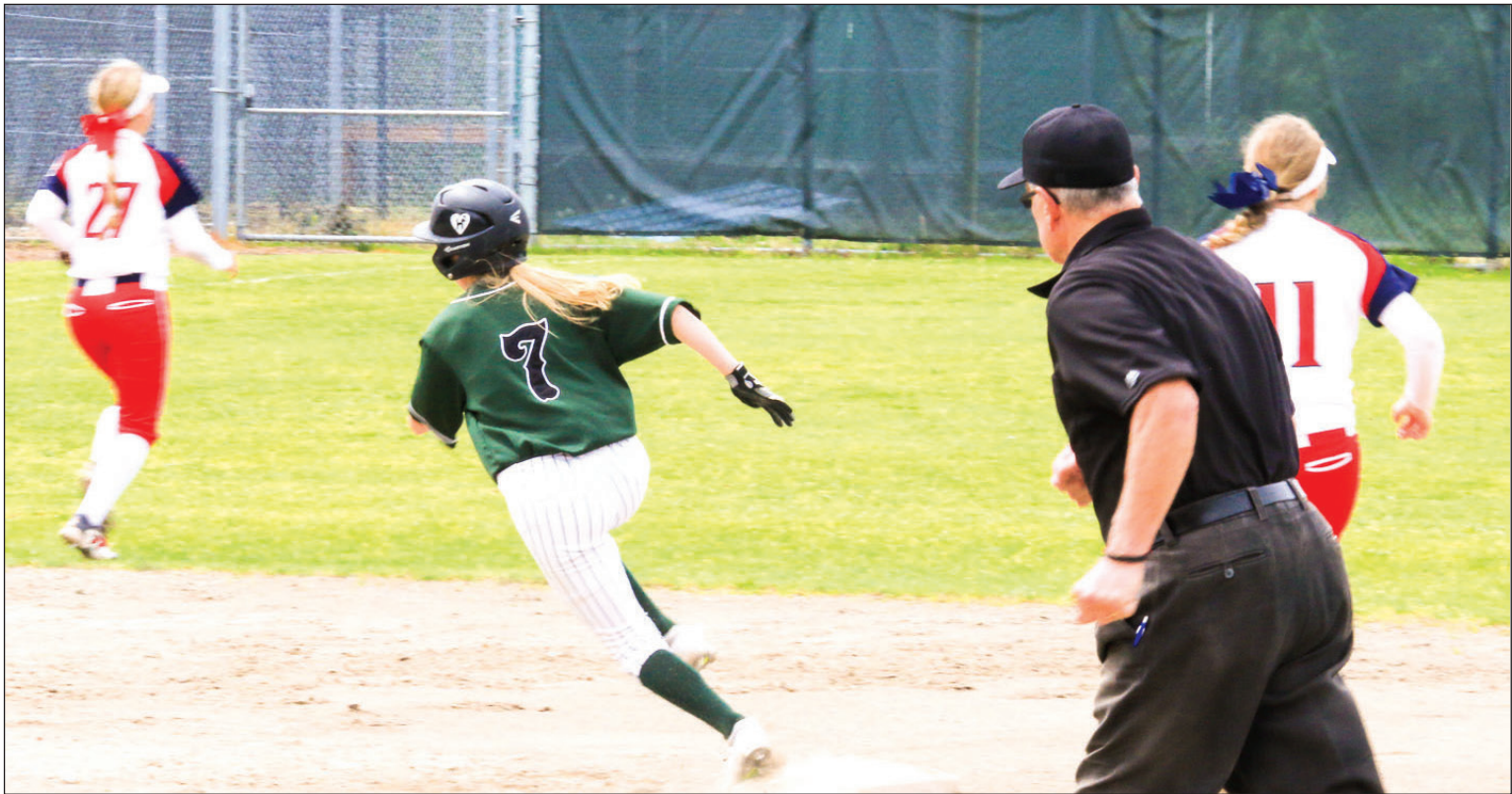
Defense will be important for the Thunderbirds, said Head Coach Jason Evans.

“Our defense will be the key thing. We will be working on going into the post-season,” Evans said. “We need to get better defensively and limit mental mistakes. Our offense will score; we are confident in that.”

Highline has yet to get a win against the Tritons this season.

Most recently, on May 11, Highline traveled to Pierce, where they won the first game 14-10, then lost in a nail-biter their second game, 14-13.

Highline’s Hailey Clark exploded with four hits, and three RBIs in the first game. Clark leads the team with a .350 batting average.



Highline Athletics photo

Rhonda Sheldon rounds second base.

Kiana Kingsley followed right behind, matching Clark’s three RBIs.

In addition, the second game was close, but Pierce battled it out, coming out on top, 14-13.

Highline’s Rosie Delrosario and Hailey Clark racked up impressive stats, both tallying three hits, but Pierce’s Michaela Houglund was too much, finishing the game with five hits.

Houglund leads Pierce with a .396 batting average.

On May 12, Douglas traveled to Highline where they came out with both wins against the Lady T-Birds, 9-1 and 13-5.

In the second game, Clark led the Thunderbirds with two RBIs. The Lady T-Birds play tomorrow at 10 a.m. against Edmonds at the Merkle Sports Complex in Spokane.

# Women’s tennis team falls to Bellevue once again

By Lukas Bachmann  
Staff Reporter

For the second year in a row, the Highline women’s tennis team finished second at the Northwest Athletic Conference championship.

Bellevue came in first, taking home the title with 125 team points.

After Bellevue’s loss to Highline earlier in the season, Bellevue went and got themselves a new No. 1 player.

Chiaki Yoshikawa, 22, a Japanese tennis player with experience on the Japanese professional circuit, joined the team

with less than a month left in the season.

By acquiring such a high caliber player, Bellevue was able to shift their lineup. Their former No. 1 single shifted down to their No. 2 spot and so on and so forth.

Highline Head Coach Laura Rosa said that this move helped Bellevue win the title.

“Yoshikawa played at the No. 1 singles spot and was just better than our No. 1 Amila Gogalija, who entered the tournament undefeated. The result was that they just fielded a tougher team than we have,” Rosa said.

Despite Bellevue’s late lineup

change, the Thunderbirds were able to place second with 90 team points, narrowly edging out Spokane, who placed third with 88.

The tournament was rounded out by Skagit Valley finishing fourth with 33 points and Treasure Valley finishing last with 24 points.

The team placing second is not the only repeat from last year.

Sophomore Samantha McElwain placed first in No. 4 singles for the second year in a row and took the team’s only first place finish.

McElwain also paired with freshman Miriam Cabrera to take second in No. 2 doubles.

Rosa went on to say that the No. 2 doubles team, featuring Miriam Cabrera and Samantha McElwain stood out to her, specifically.

Rosa said the weather had turned, which forced the game to an indoor facility near by.

“Cabrera and McElwain played the best doubles match I’ve seen by any team all year. They moved on the court like they were one person,” Rosa said.

“Miriam absolutely took over the net, she chased down every single ball, and if anything got past her, Sammie was there to lob it back into play until Miriam got the chance to finish the point with a huge overhead,” Rosa said.

Rosa said that Spokane simply did not have an answer for Cabrera and McElwain in this match.

The team may have fallen short of the title but seems to be establishing a good culture around this resurrected program.

Rosa said the team is proud of where they got and are celebrating their feat.

“We are proud of our culture as a program. The team conducted themselves honorably both athletically and in character. We are celebrating our second-place finish,” Rosa said.

The Thunderbirds will return next year for their third season with five returning players.



Highline Athletics photo  
Samantha McElwain placed first at her second NWAC singles championship.

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# T-Birds set for championship

By Colin Phan  
Staff Reporter

Highline’s women’s golf team finished last out of eight in a tournament hosted by South Western Oregon.

Highline finished with a total score of 565, 139 shots over par. The tournament ended with a tie for first place between Spokane and North Idaho.

Spokane and North Idaho both finished with scores of 478, 52 shots over par.

Jenna Muller led the way for Highline, finishing with a three-way tie for 34th place. Muller had a score of 185, shooting 43 shots above par. The Lady T-Birds also got a 39th place finish from Alyssa Metzger, who ended with 194, 52 shots above par.

“Alyssa Metzger’s second round was one of her best performances of the year,” said Head Coach Steve Turcotte.

This tournament marked the last regular season outing for the Lady T-Birds. Highline will head to the Apple Tree Golf Course in Yakima next weekend, May 20-21, to play in the NWAC Championship tournament.



Ruby Lampkey lines up a shot.

“I was hoping that we would have lower scores by this point, but they are improving and I want them to continue to improve,” said Turcotte.

The NWAC Championships will be a 36-hole stroke play, where the three lowest scores from each 18-hole round will determine each team’s score.

“I would love for us to pick up where we left off in the second round of the [South West Oregon] tournament, and get in the top six,” said Turcotte.

Highline Athletics Photo

3835  
3745  
2744

Scoreboard

NWAC Women’s Softball

North Region

Team	League	Season
Edmonds	29-3	39-6
Douglas	27-5	35-5
Bellevue	20-12	32-13
Everett	20-12	28-16
Highline	13-19	19-24
Skagit Valley	11-21	14-22
Shoreline	10-22	13-25
Pierce	7-25	9-27
Olympic	7-25	10-31

East Region

Team	League	Season
North Idaho	30-2	45-3
Walla Walla	25-7	37-11
Wenatchee Valley	23-9	27-13
Treasure Valley	18-14	19-27
Spokane	14-18	20-20
Big Bend	13-19	22-24
Columbia Basin	11-21	15-29
Yakima Valley	8-24	11-34

South Region

Team	League	Season
Lower Columbia	23-5	36-12
Mt. Hood	18-8	26-14

NWAC Women’s Tennis

Team	League	Season
Bellevue	6-2	6-3
Highline	6-2	8-7
Spokane	6-2	6-8
Treasure Valley	2-6	2-6
Skagit Valley	0-8	0-8

# Highline All-American ready for some football

By Donnie Moore  
Staff Reporter

Highline sophomore Emmanuel Daigbe, who earlier this year gained the title of All-American in wrestling, is now headed to Portland State University for their football program.

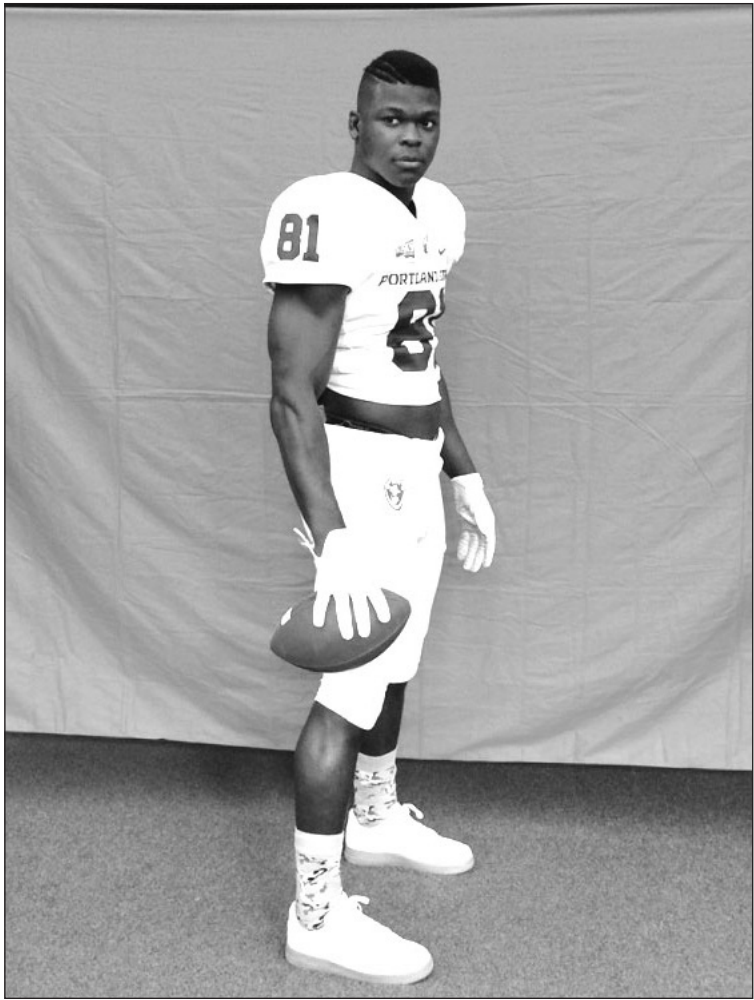
“[Highline] was more structured and organized in terms of what classes I need to take and they had more opportunity for tutoring,” said Daigbe. “I went to Green River for a year and I was kind of on my own in figuring out which classes I needed to take. I didn’t have an athletic adviser.”

Daigbe said that Highline has afforded him a lot of opportunities that were not present at other programs and schools.

“When I came to Highline I had an opportunity to compete because I was wrestling. It motivated me to go harder because I was competing and I had that competitive drive in me. I had the feeling of being a student-athlete and just being around other athletes made me want to do good in school,” said Daigbe.

To finish in a timely fashion, Daigbe has taken on the challenge of doing 30 credits this quarter, which is a lot to manage at one time.

“This is my last quarter and I am done, so I had no choice but to take the 30 credits. Or if I don’t, I would take to two classes in the summer, and that



Highline Athletics Photo

Emmanuel Daigbe in his Portland State uniform.

is just pointless because in football you have to be there earlier to grind and do the hard workouts to get a starting spot,” said Daigbe.

Daigbe said he is highly determined to finish his classes so he can work to secure a spot as a wide receiver in the starting lineup come fall.

“That’s my mindset, I want to get a starting spot,” said Daigbe. “So, I have to knock out these 30 credits. It’s really hard right now. It’s all about time management. I have to get assignments done like non-stop. It is like 24 hours of school every day. My work load for the week will be super heavy and it starts all over

again, so it’s really tough right now, but I am getting through it. All I have to do is pass these classes because right now my G.P.A. is like a 3.48.”

For Daigbe to stay in the right mindset he continues to think about his support system he has around him in the school.

“It’s a lot of people motivating me right now. I’ll say it started at Kent-Meridian where I had this great support system that were like a family to me. Then I moved to Highline where I created another support system. I got a lot of people counting on me and that believe in me so I got to just keep going,” said Daigbe.

As for Portland State, Daigbe wants to attend the school because they have continued to have a great relationship with him as his time at Highline comes to a close.

“Ever since I came out of high school, all the D1 schools that found out I was not eligible they all backed off but Portland State. They been there for me from day one,” said Daigbe. “They wanted me and I was always in contact with the recruiters, we have a good relationship he has been talking to me for a year now.”

“I feel that Portland State is the place for me because you want to go where you are needed not where you are not. I have built a good relationship with

the coaching staff and I feel comfortable to go there, it’s my new home,” he continues.

Daigbe was one of the best wrestlers at Highline this past year, placing fourth at nationals at 184 pounds and becoming an All-American.

“I was just doing wrestling to get that competitiveness back because I had not been competing in a long time. Once I did wrestling I felt like I am an athlete again, competing with other athletes and it made school go by faster and it funnier. But wrestling is done,” said Daigbe.

Daigbe’s time at Highline allowed him to become a person who can be successful in class and on the field, something he was unable to do prior to coming to Highline.

“Taking this path at Highline was a great path because I feel like I was able to mature even more,” said Daigbe. “When I was in high school I was an athlete-student, sports came first for me and school I would wait to the last minute.”

Many lessons he learned at Highline he will continue to use at Portland State.

“Going through this college path it has prepare me to be a student-athlete, managing my time and turning in assignments on time and being an advocate for myself. It has made me more dedicated to school, and it has prepared me to be the person I am today.”



# Women of action

## Ceremony honors 15 for contributions, achievements

**By Joni Aten**  
Staff Reporter

The 2018 Spring Women in Action Celebration was a Latinx experience: Celebrating Culture and Representing Change.

The celebration was held on May 9, in the Mt. Constance room of Building 8.

Reflecting the Puente Program and Latinx culture, the room was decorated with papel picados and centerpieces made of Mexican candy.

The keynote speaker Stephanie Ojeda Espinoza began her speech by acknowledging the presence of her parents and followed with a metaphor that school is like climbing a

mountain.

“You’re ready in the beginning, but when it starts getting steeper and you’re getting tired, you start to get over it,” Espinoza said.

Her speech was a motivational message to keep students on task. She reminded students that they are not alone as they go through the struggles of school since their advisers and professors also are part of the journey to success.

Most people are pressured to pursue a college degree so that they can have a successful career and make money, she said.

However, “College is a different approach to getting



Hailey Small/ THUNDERWORD

Sean Kurr, left, Czarina Refeurzo, Jeremy Wilde, Lonny Dara, Katina Sims, Michelle McLendon, Loyal Allen, Mariela Barriga, and Tina Ngo were among the winners at Women in Action Awards.

money,

“We all have knowledge [although] some are just not as valued as others,” she said.

She said some people have a lot of knowledge in things like fixing auto parts or construction, but others wouldn’t value those knowledges over politics or science.

However, there are people who would rather be a mechanic or a construction worker rather than becoming a politician or a scientist, she said.

Turning her speech to the topic of culture, Espinoza said that “culture isn’t just your ancestry.”

Culture can be the common things you share with people whether that be in the classroom, household, or in a community.

She talked about how many people judge or show passive aggression towards people who do not share the same

ancestral culture.

An example she used was when she was told that her family barbecuing in her front yard was “ghetto.” People called that “ghetto” because it wasn’t common for people around the area to be cooking food where the whole neighborhood can see. However, that was her family’s way of doing their barbecues. It was their culture.

“Don’t let people make you feel less because you don’t belong,” she said.

She told her audience to ditch the imposter syndrome and focus on their goals and their successes rather than the doubts of other people because you are different.

Professor Espinoza teaches English 205, as well as English 123, Ethnic Literature at Highline.

At the end of the celebration, 15 individuals were awarded Women in Action

certificates:

Doris Martinez, Leida Arciniega, Vicky Montgomery, Eileen Jimenez, Valerie Lambert, Blia Xion, Jennifer Joseph – Charles, Jennifer Sandler, Elouise Cassatt (Ellie), Julie Pollard, Lolita Washington, Michelle McClendon, Tamara Hampton – Hoston, Sharonda Palmer, and Jacqueline Diller.

To start off the celebration, the Women’s Programs sold raffle tickets to fundraise for its Emergency Funds Scholarships. The scholarship can help students with any financial crisis, whether that be rent, fees, etc.

Deana Rader, director of the Women’s Programs, welcomed the audience and acknowledged the many generous donors who helped contribute to the Emergency Funds Scholarship and provided the gifts that were up for raffle at the event.



Hailey Small/THUNDERWORD

Stephanie Ojeda Espinoza gives speech during Women in Action celebration

## Public safety plans to clean up crime and campus

**By Ngoc Nguyen**  
Staff Reporter

Operating under the premise that a clean campus is a safe campus, Highline’s Public Safety and Criminal Justice departments will pick up litter next Tuesday.

The annual campus cleanup is hosted by Public Safety with the main purpose of creating a healthy school environment and provide lessons in crime prevention.

This year’s campus cleanup will run from 11 a.m to noon on May 22. It will focus on cleaning up designated areas outside of academic buildings, Building 99 and the East and South Parking lots where people first see the campus.

The lead organizer this year is David Menke, director of Public Safety. His officers will

join faculty and students from the Criminal Justice program in the cleanup effort.

The event will operate under the same concept as last year.

“People work together and collect drugs, needles, beer cans and any hazardous objects around the campus to create safer school,” said Dr. Steve Lettic, an instructor in the Criminal Justice program, who participated last year.

More than just collecting the trash, the event aims to educate students on how to take care of the Highline community and prevent crime both on and off campus.

“We focus on crime prevention just by the fact that we want the campus clean. The less litter, the less crime,” Menke said.

Yet, despite the cleanup efforts, litter remains a perpetual problem.



“We focus on crime prevention just by the fact that we want the campus clean. The less litter, the less crime.”

– David Menke,  
Public Safety director

“The litter phenomenon still appears around the campus. We can see the garbage scattered along the East Lot,” Lettic said. “Students discard plastic bottles, paper and other items by throwing them onto the ground, thus increasing the problem of littering.”

Public Safety is attempting

to raise awareness of campus environmental problems, and educate participants on environmental issues in order to reduce littering problems and to reduce crime as well.

“Criminals won’t come here to break into the cars or take somebody’s property when we keep Highline more beautiful

and let them know that we care what is happening on our campus,” Menke said. “If you see litter all around the campus, that means we don’t care about our community.”

Nhu Vo, a volunteer of last year’s cleanup event, said “An unclean environment will make it easy to attract criminals and they think we don’t care about the place where we study and work.”

Letic said last year’s cleanup day attracted many volunteers who picked up a significant amount of trash.

“There were about 45 people at the last event including faculty, staff, students and athletes,” he said. “I hope there will be more this time.”

The event is open to students pursuing a Criminal Justice degree and everyone interested in volunteering.



# Writing Center breaks barriers

By **Chloe Wilhelm**  
Staff Reporter

For students who need assistance with writing assignments and are interested in developing their skills as a writer, Highline's Writing Center can help them accomplish this.

The Writing Center, which is located on the sixth floor of the library in Building 25, allows students to receive writing help through peer tutoring.

Reece Keller, who is a writing consultant, said that students who attend the Writing Center can receive help in many different subjects, not just in English classes.

"The Writing Center is a friendly, judgment-free space for all Highline students to get support with any type of writing," Keller said.

"We don't just help with English assignments; our consultants are excellent at helping writers from many different classes and styles," he said. "They act as experienced readers and writing mentors, and they give suggestions to help you improve as a writer."

Keller said that consultants at the Writing Center can assist students with essays by working with them to understand the assignment, develop ideas, revising, and addressing grammar to help them develop strategies to improve their writing.

"More importantly, the Writing Center isn't solely for helping with essays," Keller said. "We can



Hailey Small/THUNDERWORD

*Writing Center consultants help students with their work in Building 25.*

provide assistance with research, brainstorming, annotated bibliographies, citations, and [more]."

"You can bring any writing in from any part of your life; it doesn't have to be for a class assignment," he said. "This can include personal statements, resumes, scholarship essays, poetry, and more."

Along with providing this assistance, Keller said that the Writing Center also offers workshops to help students develop specific writing skills.

He said that today, on May 17, there is a workshop from 2 to 3 p.m. on the difference between

summarizing and paraphrasing, as well as strategies to use both techniques.

Keller said that these sessions are also offered in a variety of languages, including Chinese, Japanese, Spanish, Ukrainian, Arabic, Swahili, French, Korean, Russian, and Punjabi.

A Spanish multilingual workshop will be 1:30-2:30 p.m. on May 21, which will discuss the differences found between Spanish and English.

"[It] is a great place to help native Spanish speakers understand English grammar and common

mistakes associated with the language," Keller said.

He said that the Writing Center is one of the most important resources students have to get help and develop their skills as a writer.

"Whether it be supporting students in their journey through ESL classes or helping English 205 students navigate databases, the Writing Center can be a fundamental step in the staircase of learning," Keller said.

Students can book a 30-minute to hour session and find more information by visiting [www.writingcenter.highline.edu](http://www.writingcenter.highline.edu).

## Veterans to share their stories

By **Peter Brooks**  
Staff Reporter

Veterans will gather for Memorial Day events to recognize fallen and forgotten soldiers, and to heal mental wounds by sharing stories on May 22 and 24.

Memorial Day is a national holiday, and as Highline won't be in session, so the ceremonies will take place one week prior to encourage campus community participation.

"A person dies twice. One, where their name is no longer spoken. Two, when their life is lost. So for Memorial Day we remember our forgotten and fallen," said Kendall Evans, Veterans Services specialist.

On May 22 there will be a book reading of *What They Signed Up For*, a collection of stories of soldiers' experiences edited by Jeb Wyman.

Wyman is a humanities professor at Seattle Central College.

Some veterans whose stories are included in the book will be present to read them.

"They're bearing their souls when they read their stories, and it's healing," Evans said.

The event will be in Building 7 from 10 a.m. to noon.

There will be a little more pomp and ceremony on May 24 when the Joint Base Lewis-McChord band and color guard performs at the Veteran's Memorial Plaza from 11 a.m. to 1 p.m.

If there's inclement weather, the ceremony will take place in Building 2.

Monica McNeal will speak at the event. McNeal is Western Regional Director of FourBlock, a program that helps transition veterans to be successful in the workplace.

"We continue to recognize Memorial Day because we want to remember those who made the ultimate sacrifice," Evans said. "No greater love has man than to give up their life for another."

# Councilwoman encourages student involvement

By **Chloe Wilhelm**  
Staff Reporter

Voting and becoming civically engaged is one of the many ways students can make a difference in their communities, a Des Moines City Council member said on Tuesday.

Luisa Bangs, who became a city council member in 2015, visited campus as part of Highline's Civic Tuesdays, which features local leaders who discuss the importance of voting and civic engagement.

Bangs was elected for a four-year term in 2015 after living in Des Moines for more than 20 years, and is the first person of color to serve on the Des Moines City Council.

She said that her experiences have played a role in how she became involved in serving her community.

Bangs explained that her mother, an Italian immigrant, and her father, who was from Chicago, lived in Mississippi before moving to Spokane.

She said that her father was engaged in politics, and after

her mother became a U.S. citizen in the 1960s, she realized that they were able to make a difference in their community by voting and becoming civically engaged.

"They were able to make a difference not only federally and in the state, but in the city we lived in," she said. "I realized [that] at some point in time, I could make a difference."

Bangs said that she became involved in the Black Panther movement in Spokane, and provided food and educational assistance to community members who needed help.

While the group had a mixed reception from the public at the time, she said that they were able to provide assistance to communities that the government didn't.

She said that people encouraged her to run for city council to make a difference, and she is now in the third year of her first term, while working full-time at the Port of Seattle.

As a city council member, Bangs said that her job is to look over the city's goals and



Luisa Bangs

projects, and to generally represent constituents and the city of Des Moines as a whole.

She currently serves on four committees, including Municipal Facilities and Public Safety and Emergency Management, which organizes preparation for emergencies.

Bangs said that one of her goals as a council member is "changing the face of how people see Des Moines [and] showing people that we have a lot to offer."

She explained that she is

hoping to bring businesses to Des Moines that will bring art and culture to the city. She also wants to develop a stronger connection to Highline.

Bangs encouraged students to vote and become active members of their communities.

She said that voting is extremely important, especially since it allows people to make a difference and act on issues that are important to them.

"You can make a difference because your voice will be heard," she said.

Bangs also encouraged to get involved in their communities, and said that even small actions can make a difference.

She said that getting involved "led me to the power of community and the importance of engagement... and how one person can make a difference."

"It can start very small in your own community," she said.

The next Civic Tuesdays event will be the Voter Registration Drive on May 22 in Building 8.





# Role model escapes struggles

Yesenia Ruiz is studying in the Social Work program at the University of Washington-Seattle.

However, not too long ago, she nearly flunked out of Highline College.

Ruiz said her struggles began the day her mother was arraigned.

"The last time I saw my mother as a kid was in a courthouse," Ruiz said. "We were waiting for the hearing that would judge and convict her to begin."

As an undocumented immigrant, Ruiz's mother was arrested and at risk of deportation. Ruiz, 16 at the time, and her younger sister were present for the trial.

"I remember waiting anxiously for her to come out. I tried not to cry," Ruiz said. "I wanted to prove to her that I was strong and show my younger sister that everything was going to be ok."

Ruiz's mother had already spent a month in jail, without access to seeing Ruiz or her sister.

"My mother came out with her hands and feet chained and she was wobbling," Ruiz said. "I wanted everything to be a dream. I wanted to give my mom a hug."

Eventually Ruiz's mother was deported back to Mexico. Ruiz and her sister were not permitted to speak with their mother before she was sent away.

"I never even got to say goodbye," Ruiz said. "Like that, she was deported, and was prohibited to return to the United States."

Before the sentence, Ruiz said her relationship with her mother was always very close.

"She raised me and my sister on her own. She was all we knew and the only person who cared for us," Ruiz said. "She kept us safe and now she was no longer there to guide us."

At the time, Ruiz and her sister lived in Illinois, where they were raised by their mother. Their next closest legal guardian was their father in Washington.

"I went from living in Chicago to living with my father," Ruiz said. "My parents separated when I was 5 years old, so this was a man I barely knew."

Ruiz said the move was an anxious one, particularly



Yesenia Ruiz, former Highline student, now studies social work at the University of Washington.

without their mother.

"Moving on without my mom was terrible," Ruiz said. "Not only were we separated from her, we were sent to a different state to live with this man we never knew."

Once in Washington, Ruiz struggled to maintain a relationship with her father.

"My father was an alcoholic and could be very verbally abusive when he went out on binges," Ruiz said. "He was scary to be around, especially to my step-mom."

Despite the challenges in her new home, Ruiz was determined to be a role model for her sister.

"After my mother was deported, I wanted to become a role model for my younger sister and show her right from wrong," Ruiz said. "But I was also learning from my own mistakes."

School became a low priority for Ruiz as she dealt with the adjustment to a new life.

"In high school I started hanging out around the wrong crowd," Ruiz said. "We'd skip school, do drugs and just party a lot. I wasn't myself."

"I got carried away trying to grow up fast, wanting to find my own identity, and where I belonged," Ruiz said. "I was more of a bad influence."

For many years Ruiz struggled with her identity and goals, having many ups and downs, particularly with school.

"After graduating high school, I started attending Highline," Ruiz said. "I knew my destiny was to be successful and become the first in my family to attend a university."

However, her destiny was soon clouded by life challenges and her grades reflected that.

"My mother was far away, I was disoriented and depressed," Ruiz said. "Along with working full time, I was failing all my courses. I soon dropped out."

For several years after, she continued her work in part time jobs and, when reflecting on her life, felt she was going nowhere, Ruiz said.

"I was stuck in the same place, doing the same thing day after day. I needed change," Ruiz said. "In the spring of 2015 I enrolled back into Highline."

This time, Ruiz said she applied herself. School was her absolute commitment.

"I was excited at the feeling of being back on track. I felt there was no stopping me," Ruiz said. "Shortly after classes began, I joined the TRiO program which helped me stay focused and on track."

TRiO is a national program that helps first-generation, disabled and low income students graduate with the goal of transferring to a 4 year institution.

Ruiz said the resources offered through Highline was the support she needed. With the help of advisers and classmates, Ruiz achieved 4.0 grades and became an involved member of the community.

"I helped out at fundraisers, became VP of the Cooking Club, assisted students in the Achieve Program and international department," Ruiz said. "I felt like I was accomplishing something for once."

As Ruiz started thinking about her life goals and career, she remembered her mother and childhood.

"When I was young my mother worked two full-time

jobs to provide for our family. My mom was paid minimum wage, with no benefits," Ruiz said. "Thanks to the help of social workers we were able to get the help we needed."

Particularly, some words of advice from her mother stuck with Ruiz.

"My mom always told me 'If you ever want to have a better future it's up to you to do what is right'," Ruiz said. "Her struggles influenced me to work towards a degree in social work and attend a university that held the same values in the work I believe in."

After much research, Ruiz decided the University of Washington- Seattle had the best social work program to achieve her goals.

"I applied only to them and got in," Ruiz said. "I was absolutely determined."

Ruiz said social work for her is giving back.

"It is the best thing I can do, to represent children that could not speak for themselves in court by being a voice for them," Ruiz said.

No matter what, Ruiz's largest inspiration will always be her mother, though.

"I want to honor my mother, who came to America and sacrificed everything for me, and be the role model to my sister and to many young lives who don't feel they have a lot of choice," Ruiz said. "My mom now lives in Mexico. Making her proud is to repay her for everything she has done for me."

Now well anchored at UW, Ruiz and her sister moved out of their father's home.

"I am adjusting to living away from my family, but I am liking the process," Ruiz said.

After saving for years and continuing their relationship via phone calls, Ruiz recently took a trip to Mexico to see her mother.

"I finally went. The last time I saw her was in that courtroom," Ruiz said. "Seeing my mom for the first time in six years was the best thing that has ever happened to me. We hugged and cried for the longest time together."

Ruiz continues her education at UW and intends to visit her mother for a third time in December. She wanted to share some advice to any students who may be struggling.

"It is very important to take advantage of networking and the resources offered at Highline," Ruiz said. "TRiO helped me a lot to get to where I am today. They were there for me as I went through courses and applied for university. There are so many resources available at schools and they can give you the foundation to start your life."

## Grad Fair assisting all graduates walking this summer

By **Mayia Matlashchuk**  
Staff Reporter

The countdown to this June's Commencement ceremony is underway and students planning to walk can attend the Graduation Fair to get ready.

Grad Fair has all the information that you need to know about graduation.

It will take place next week Tuesday, in Building 8, from 9 a.m. to 5 p.m.

Attendees will also be able to sign up for Commencement photos and join the alumni association.

One thing new this year should be shorter waits in line at the Commencement ceremony for those who have planned early and attended the Grad Fair.

Francesca Fender, analyst/executive assistant for Administrative Services, said the college is trying out something new this year, so students won't have to wait in long lines.

"Commencement pre-check, will allow the graduates to go to the head of the line, and not wait in the back for a long time," she said.

At the Grad Fair, registrants will receive a card with their information on it, that will enable them to go to the head of the line at the Commencement ceremony.

"You won't have to stand for a long time, so you won't have to arrive early," Fender said.

The Commencement ceremony will be on June 14, in the assessor ShoWare Center, 625 W. James St. in Kent.

Participants will be required to have a black cap and gown. You can pick up the cap and gown and a tassel at the Bookstore, which altogether cost \$36.99.

"You don't have to buy a gown here; it just has to be black," Fender said.

All graduates and guests will have to go through security at Commencement to enter.

ShoWare parking is free and guests will not need a ticket to enter.

After the ceremony, graduates can meet friends and family outside the ShoWare Center near the main entrance on James Street.

There will be many people doing the same thing, so expect it to be crowded, Fender said.





# Hurricane may foment change

By Matthew Thomson  
Staff Reporter

The hurricanes that destroyed much of Puerto Rico last September may be a good news/bad news situation, a Highline professor told last week's History Seminar.

If the political will can be found, this may be Puerto Rico's chance to fix mistakes of the past, said Yarnid Velez-Hernandez, an instructor of Anthropology.

The Estado Libre Asociado de Puerto Rico, loosely translated as the State Freely Associated or Commonwealth of Puerto Rico, is dealing with poverty, but that poverty was caused by well-intended, but ultimately bad, decisions made in the distant past.

Hurricane Maria may end up being the turning point for Puerto Rico, Velez-Hernandez said. The category 5 hurricane destroyed many of the factories that have held back the Puerto Rican economy.

With open land to build on Puerto Rico's future may be bright, she said.

In 1898, the Puerto Rican government was in talks with the Spanish royal government for independence when the U.S.S. Maine exploded in Cuba's Havana harbor, sparking the United States declaration of war on Spain.

The United States was victorious and Puerto Rico was annexed, resulting in the islands' recolonization- this time by the Americans.

In 1917, Puerto Ricans were finally given American citizenship, something still denied to citizens of another U.S. territory, American Samoa. But the



*Hurricanes Irma and Maria last fall destroyed much of Puerto Rico and today many parts of the U.S. territory remain in the dark. Ironically, the near-total devastation may be Puerto Rico's best opportunity to recover from a history of bad decisions by outsiders who squandered the island's potential.*

same act that gave them citizenship also forced Puerto Rican exports to stop in the United States and pay American tariffs before heading to their destinations, Velez-Hernandez said.

Puerto Rico was once best known for its coffee, tobacco and sugar cane. All were very profitable crops. Puerto Rico's agricultural industry was very active and until the 1950s was one of the most productive in the world.

But then came further U.S. government intervention. As the post-WWII economy took shape and trade barriers became less of a problem to other colonial states, Puerto Rican crops were suddenly worth less.

The U.S. government instituted Operation Bootstrap or "Manos A La Obra." It was a New Deal Era economic development plan that was, in Velez-Hernandez' words, "a miracle for some and a tragedy for others."

Operation Bootstrap sought to rapidly industrialize and

modernize Puerto Rico. It brought corporations and infrastructure to the island that displaced much of the island's agriculture.

The effect of Operation Bootstrap was to force Puerto Rico down a single economic path that did not allow for the diversification of a modern economy.

A great many of people were moved from ancestral homes to make room for the transportation and electrical infrastructure. Farms were also shutdown in favor of factories and corporate development.

Operation Bootstrap did make a proportion of the island wealthy, but it also caused further wealth inequality and poverty to those who were unlucky.

Devastation from hurricanes Irma and Maria last fall have led to the Puerto Rican Power Authority seeking bankruptcy protection. PREPA is the power provider to 1.5 million Puerto Ricans, half the population of the island.

The majority of the Puerto

Rican power infrastructure is above ground and exposed to the elements. The infrastructure had already been weakened by Hurricane Irma when Hurricane Maria hit that was too much for PREPA to withstand, Velez-Hernandez said.

"This will send already high electrical prices even higher because of privatization," said Velez-Hernandez.

This, at a time when the island is seeking to recover from the natural disasters.

The primary infrastructure needs to be substantially replaced and the bankruptcy of the major power producer means the island is having to start over.

The question is whether the political will can be found to assist in the reconstruction of the island, she said.

Next week's History Seminar is World of Cruisers 1924, presented by Jules James a narrating historian of the steamship Virginia V Foundation.

## Know your benefits when leaving the service

If you're about to leave the service, there are a number of transition services you need to know about.

Your biggest issue will be timing.



by Freddy Groves

Wherever you're stationed, there is a benefits adviser available, as well as a Transition Assistance Program (TAP) manager.

Their job is to help you through the process and make sure no stone is left unturned in getting you the benefits you need once you're out.

As a first step, to learn about all the benefits and services available to you, go online ([www.benefits.va.gov/TAP/](http://www.benefits.va.gov/TAP/)) and select either Active Duty or National Guard/Reserve. Both will take you to a page with your benefits listed.

Don't miss out on the Pre-Discharge benefits if you're active duty and eligible for those. Starting 180 days before separation or retirement, you can submit a claim for disability compensation. It will take a minimum of 90 days to get you organized with that so it's all in place by the time you're out. You'll need VA Form 21-526EZ and your medical records. Read all of the details on this page so you don't miss anything. Mark important dates on a calendar -- it's that critical that you don't miss deadlines.

The other benefits listed include health care, education, home loans (including refinance and interest-rate reduction), insurance and vocational rehab, and employment. In addition, career counseling and fiduciary services are available.

Spouses aren't being left out. They are encouraged to go to the benefits briefing, add their input and ask questions. In fact, many of the advisers are either veterans or military spouses. They'll know how to help you.

You've earned these benefits. Whatever your situation, don't miss out on the benefits briefings. If you can't get to a TAP meeting, the information can be accessed at the link above. Scroll down to select the agency.

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## HISTORY SEMINAR

## Confront your biases to de-escalate situations

By Krista Gaines  
Staff Reporter

Staff and faculty need to get to know their students to successfully de-escalate tense situations, a Spokane sheriff deputy told a workshop May 3.

Spokane Sheriff Deputy Tony Anderman led the second session on de-escalation training prompted by the armed shooter shutdown of Highline's campus on Feb. 16.

The incident was at a nearby gas station and resulted in a four hour lock down on campus. Anderman discussed safe-

ty and assessing the situational level through body language. He emphasized the significance of understanding students; their culture, problems, and needs.

"Knowledge is not understanding," he cautioned.

He said the act of talking to students on campus, and getting to know them, can help people slowly gain their trust.

He also said this can give students a familiar face seek out when in they're in a time of need.

"We have to learn to ask questions; gain respect," Anderman said. "It's their perception

of who you [staff and faculty] are."

Attendees were directed to evaluate their own personal biases and acknowledge that stress evokes implicit biases. Implicit biases are biases people are unconsciously aware of.

They were shown two videos about biases, and how it is difficult to, as it was put in the video, to just disregard them. That is because biases get in the way of understanding people and their needs.

"Check your biases all the time," Anderman said. "You knew about it before you walked

in the room, have you done anything about it?"

"If we don't do self-awareness well, how will we do self-management well?" Anderman asked.

He said that through the de-escalation, there is still a consistent need for those in power to check themselves.

"It's about them, not me [staff and faculty]. They need you as a guide, a leader, a mentor," Anderman explained. "So, they are watching how you handle them."



# Students show admiration for Highline's top three presidential candidates

By Thunderword Staff

Students were generally impressed by Highline's presidential candidate finalists.

As part of Highline's presidential search, students were invited to attend public forums to interact with each of the presidential finalists.

All three forums included themes of expanding educational access programs and promoting campus diversity.

On Monday, May 14, Dr. Lisa Avery, who is currently president of Portland Community College's Sylvania campus, spoke to a crowded room of students.

Throughout Dr. Avery's forum, students generally listened intently, wanting to hear how she would address their vision of Highline's future.



During the forum, students were also eager to ask questions about her experience promoting diversity and inclusion.

Anthony Grandberry, who said he wants to be the Speaker of the Caucus next year, said that he enjoyed Dr. Avery's forum.

"I think she would be a great fit. She set the bar high," said Grandberry.

Of note, he said that she seemed to be very inclusive, had a good background, and appeared very friendly, qualities which he thinks makes for a good leader.

"It seems she wanted to engage more with the students [at the forum], but time limits prevented it," he said. "I wish there was more time. I had a lot of questions."

On Tuesday, May 15, Dr. Justin Guillory, who is currently president of Northwest Indian College in Bellingham, spoke at a similar forum.

Vivica Black, a Highline student, said she was impressed with Dr. Guillory's appreciation for diversity.

"I really liked how he was understanding of Highline's cultural diversity and disability programs," she said. "Diversity is one of the biggest parts of Highline. It's what we are known for."

Black is part of the Achieve program, which supports students with disabilities. Her concerns were focused on the candidates' support of students with disabilities.

"I feel like Dr. Guillory met my concerns, especially with the disabilities community, which is really important," said Black. "It's one of the biggest programs on campus."

Other student concerns included support for veterans and international students.

On Wednesday, May 16, Dr. John Mosby, who is the vice president for student services at Mission College in Santa Clara, CA, wrapped up the series of forums for students.

Max Brown, who was recently elected to lead Highline's Student Government next year, said that Dr. Mosby was very well-spoken and prepared, and that he would be an excellent contributor to Highline.

Of the students who saw all three forums, Dr. Mosby seemed to be the favorite.

"I really liked him. He's my favorite candidate because he listened very well and truly absorbed student's opinions," said Mahlet Tirunah, the current vice president of the Highline Student Government. "He said he would block out time to meet with students and would be very active on campus."

Reporters Peter Brooks, Faith Elder, and Andrew Jokela contributed to this story.

## Mosby

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The diversity here is one of the things that drew him to the job.

"I like institutions being recognized on their work in diversity," Dr. Mosby said.

Currently the vice president for Student Services at Mission College in Santa Clara, CA, Mosby talked about a variety of issues and ideas.

One thing that Dr. Mosby wants is to be accessible to students and be in frequent communication with the campus. Currently, his assistant blocks out an hour in his schedule each week for him to walk around his campus to interact with students.

"I would go on a listening tour," Dr. Mosby said, adding that he wants to "really communicate with students early on."

If he were to become president, he made his goal for the college very clear: he wants Highline "to be the best community college in the United States," and to become a "model for the country."

On the topic of the recent white supremacist fliers that were found on campus, Dr. Mosby said that he is "someone who likes to address things head on."

He wants to talk with the community about what can be done in instances like this and communicate with students how to handle situations that come up and try to "educate folks."

But he said that "the possibility of things happening is going to exist."



Dr. John Mosby

One plan that Dr. Mosby would do if he became president would be to "set the tone" by creating an equity plan to deal with situations like that.

"I think having a dedicated equity plan would be very important," Dr. Mosby said.

The plan would "allow the college to chart its own path."

But, he said he needed to be strategic about the conversations about access and equity because he did not "want to be the angry black guy."

Another idea that Dr. Mosby had for connecting with the community was going to various places to talk about Highline.

"The way you got to my community was church," he said.

Dr. Mosby called landing at SeaTac on Tuesday his "Hollywood moment," saying that his Uber driver recognized him and had a 20-minute conversation with him about being an alumnus of the college and what Highline means to him and the community.

When he got to his hotel, one of the workers talked about her mom working here and how much she loves it.

"This is a place of major place

of love and family for folks," Dr. Mosby said.

Dr. Mosby recently completed the Aspen Presidential Fellow for Community College Excellence. One Hundred fifty people applied, and only 38 were selected. Dr. Mosby was the only African American male selected for the program, something he was "very proud" of.

Dr. Mosby spent 10 months learning among other community college president hopefuls about what the job entails.

"We learned everything from negotiations to working with a [college trustees] board," Dr. Mosby said.

Dr. Mosby is confident in his abilities but said that people have always doubted him. Growing up, he had people tell him that he wouldn't graduate from high school, college, get a doctorate, or become a dean of a college.

One of the things that also drew him to the campus was having 800 international students, which he called "exceptional."

Dr. Mosby has a teaching background, having taught at two and four-year schools, and had even taught doctorate level classes. He has also worked in the advancement office at St. Mary's College.

He said he wants to be here for the long haul, saying that "it's really hard to move things forward when you're dealing with transition every year."

Dr. Mosby's pitch boiled down to one simple line.

"If I was president at Highline college, I'm here for your success," he said.

## Dozens more charges filed in wildlife poaching ring probe

SEATTLE (AP) — Prosecutors in Oregon have filed more than a hundred charges in an investigation of wildlife poaching that has spanned state lines and allegedly left dozens of animals shot illegally and sometimes left to rot.

The Wasco County District Attorney's office charged eleven people with misdemeanor wildlife crimes in that county Tuesday. Some of those charged in Oregon are also being prosecuted in Washington state for allegedly killing bears, deer, elk or bobcats illegally. In some hunts, the alleged poachers left their prey to waste, collecting little meat or hide, investigators said.

Officials in both states have said the case is among the largest and most complex they've ever investigated, but still have not pinpointed any specific motives of the alleged poachers, other than to kill for thrill.

"Why would somebody do this? I don't fully understand," said Tim Schwartz, a Fish and Wildlife lieutenant with the Oregon State Police. "Just to see the killing, as a hunter myself, it's really upsetting."

The case began in November 2016, when Oregon State Patrol officers set up game cameras on national forest land near The Dalles. The motion-triggered cameras captured images of people in a truck shining a spotlight into the woods, then exiting the vehicle with rifles and head

lamps, according to Washington officers' investigative reports. The Oregon troopers later found a headless deer near the location where the truck had been photographed.

A few days later, the troopers recognized the truck and pulled it over. Cellphones seized from the suspects, which contained photos and videos of hunts as well as text messages, ultimately led Washington officers to more than 20 kill sites in Southwest Washington and several more suspects. Eight people were initially charged last fall in Skamania County with more than 190 counts of wildlife violations, including 33 felonies.

Meantime, Oregon officials continued to work the case. In January, officials charged nine people with wildlife crimes in Clatsop County, three of them with additional violations in Lincoln County and four of them with additional violations in Clackamas County. But most of the Oregon violations — some 120 misdemeanors in all — allegedly occurred in Wasco County.

Unlike Washington, where spree killing is a felony, Oregon's wildlife violations are misdemeanors.

"Our investigation is still ongoing," Washington Department of Fish and Wildlife Sergeant Brad Rhoden told the Seattle Times. "There are still matters that we're looking into. By no means are we done with our field work."



## Guillory

continued from page 1

and 16. Dr. Avery had hers on May 14, Dr. Guillory had May 15, and Dr. Mosby had May 16.

These forums were to answer questions any staff, faculty or students had, as well as to allow the campus to meet their potential college presidents.

Dr. Guillory has been working as the president of the Northwest Indian College in Bellingham since 2012.

He previously served at this college as the dean of academics and distance learning, and dean of extended campus.

"I was hired up from within. It was tempting to say 'Oh, yeah I know this place,' but I chose to come into it with a new, start-over outlook, and I'm so glad that I did that," he said.

Before living in Ferndale, Dr. Guillory lived on the Nez Perce Indian reservation in Idaho until he was 15 years old.

He came to Highline on May 15 and answered questions and concerns during community, student, and employee forums throughout the day.

During this, Dr. Guillory addressed inquiries regarding a variety of topics.

These included subjects like employee wages, student involvement, campus diversity, staff utilization, on-campus program funding, outreach to veteran students, and many more.

Regarding the utilization of funds and how that connects to campus resources and appreciation of staff and faculty, Dr. Guillory explained that priorities can often be seen in not just where a college spends its money, but what it pours its time into.

"When we talk about priorities at our institution, we should look at our plan... how we spend our time," Dr. Guillory said. "If we're really, truly dedicated to unity and inclusion.... If there's a way to allocate more resources, that's certainly worth looking into."

He expressed his interest in helping to serve not only students, but also staff and faculty.

Dr. Guillory said that for a college to work well, it needs to have a faculty and staff that feel supported, appreciated, and properly utilized.

"We want to make sure that for one, you're appreciated, and two, that your voices are heard," he said.

But ultimately, he said that the students are always top priority.

"I would humbly say, that the end should be about the students," Dr. Guillory said. "In the center of our work is the students."

Dr. Guillory explained that if you're genuine, driven and hard-working, people will note that you're doing good work.

"I think if [you] listen, show that you're working on it... and have a plan, I think people respect that," he said.

Dr. Guillory also addressed what drew him to the open position at Highline.

"To be honest, a trusted colleague of mine told me about this open vacancy at Highline... When I looked at Highline, two things that attracted me were access to education, and the access to all groups, the high number of diversity," he said. "It means a lot to me because I've seen what promoting education through motivation, support, and community [does]."

"I want to be part of an institution that's really creating a positive influence in people's lives," Dr. Guillory said. "[And] you can help provide access to students who otherwise wouldn't have a chance to pursue their education."

"How many of your students, relatives... of you, wouldn't have pursued higher education if it wasn't for community colleges?" He asked.

At two of the forums, Dr. Guillory was asked questions about funding programs and scholarships that aren't meeting all the needs of the students.

"Funding is one of the main barriers to access to education... your access becomes limited," Dr. Guillory said. "Coming from outside of this system allows me to come in with a pair of fresh eyes."

When it comes to better funding programs, Dr. Guillory said that "the best advocacy, I've learned, is to show that you're part of the solution."

While this is just one part of a solution, it can help show others the importance of these programs for the students involved, he said.

He expressed the need to give students the chances they need to, to speak up and bring forward anything they believe can be improved.

"My job is to create a platform for you, the students, to tell [your] stories," Dr. Guillory said. "My first phase would be to ask, and listen, and learn."

"At NWIC, I meet with our students quarterly at the presidential luncheon, we encourage and invite students to come to these," he said. "Students bring up... all kinds of things to these... I don't create an agenda for [the luncheons], the agenda is to listen."

Dr. Guillory pointed out the need to allow any grievances and worries to happen, regarding the change to a new president.

"[There is] understanding that during change, there is a loss. There is a grieving, there is a mourning... it's just change. The neutral zone though, is a time to create new opportunities, to listen," he said. "It is hard, but... I'd like to say that I'd like to walk in step with you."

He stressed the importance of unity in a college, and the need to be on the same wave length.

"I'm not one to say, 'OK, we're going this way.' We're all walking together, shoulder-to-shoulder. Walking arm-in-arm, we're doing this together."

## Vaping

continued from page 1

Baby Thapa. "But I feel like the kids do it for fun, while the older people are doing it to stop using cigarettes."

The devices are notable for their USB drive-like appearance that can easily be disguised in classroom settings.

"The device at first glance is almost indistinguishable," said Highline student Blake who did not disclose his last name. "Many teachers also don't know about Juul, making it easy to bring around school."

Because of the similar appearance, some schools are having to crack down on USB usage to prevent potential electronic cigarettes being charged and even used within school.

"Besides Juul, there are quite a lot of other options and none of them look like cigarettes," Blake said.

According to the Juul creators, the small design of the Juul was designed to take smokers off the appearance of cigarettes.

Another attractive aspect to some are the flavors. Juul and similar brands have a wide variety of flavors, such as mango, mint or berry.

"Smoking one [e-cig] doesn't feel like a cigarette,"

Blake said. "They smell and taste way better."

"I think cigarettes are nasty to be around," Thapa said. "They have tar-like smell and chemicals. E-cigs in comparison are much better to be around with secondhand smoke [issues] and I would think less harmful."

Some students claim electronic-cigarettes cannot be compared to cigarettes.

"People don't think they are good for you," Blake said. "They realize they're bad, but they are nothing compared to an actual cigarette, which does way more damage. They don't have near the same number of chemicals."

Despite potential risk of nicotine addiction, Blake said Juul and other similar products aren't of consequence.

"They are not at the point where their lungs start failing on them," Blake said. "Those are the people who have been smoking cigarettes for years upon years. Juul has only really been around for a few months."

A large marketing position of e-cig brands is that they are tobacco-free. Tobacco smoke often contains many harmful chemicals, like carbon monoxide, which is released in car exhaust fumes, and formaldehyde, an embalming fluid.

However, according to the Food and Drug Adminis-

tration, electronic-cigarettes contain carcinogens and toxic chemicals that users can be exposed to, as well, despite being tobacco-free.

The FDA detected in the liquid cartridges of electronic cigarettes formaldehyde, a chemical known to cause cancer in humans.

"I think even if people know how bad they are for you, they will keep doing it," Thapa said. "The same goes for cigarettes, alcohol. We all know it's poison, but we still do it."

Students smoking Juul, or another electronic cigarette brand on campus are reminded to smoke only at designated smoking zones. Smoking elsewhere on campus is prohibited.

According to King County Public Health, "Vaping or use of e-cigarettes in public places and places of employment is prohibited, just like smoking."

They also have laws against minors using nicotine products, saying, "Sale of e-cigarettes and nicotine products to minors under 18 years of age is prohibited."

Gomez believes the usage of nicotine and electronic cigarettes isn't likely to decrease.

"I think its popular only because it's trending. It used to be vaping now its juuling, I don't know what will be next," Gomez said. "Nicotine will always be popular, I think. People are just tired of the cigarette."

# 5

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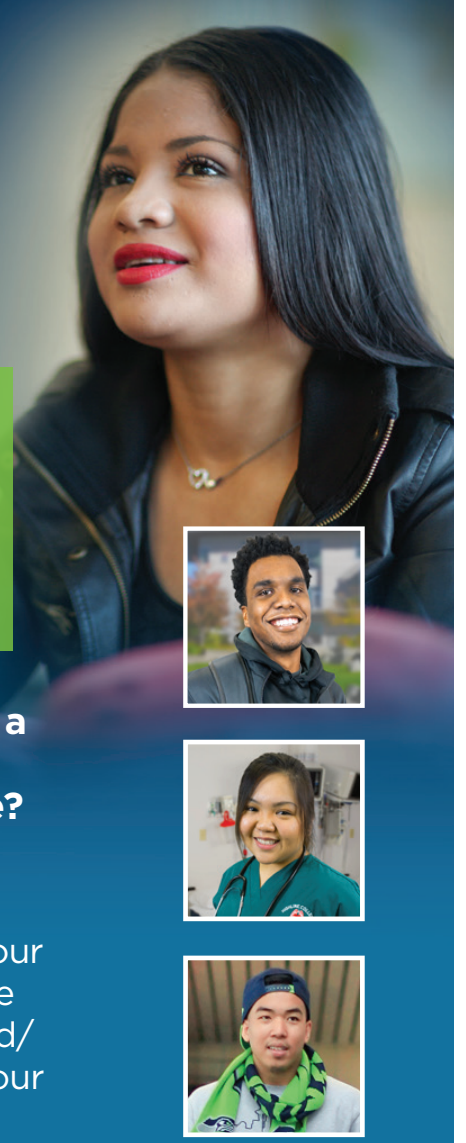
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**HIGHLINE**  
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Avery

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enough funding to support all eligible students.

"In Oregon, our initial allocation was \$10 million, which sounds like a lot, but was spent very quickly," she said. "Finding a sustainable funding structure is a big challenge, in order to make sure that we could truly fulfill the promises made to students."

However, Dr. Avery said that she would like to implement a Promise program at Highline if the funding can be found.

"I think it would be wonderful to implement a Highline Promise," she said. "[It] would expand the access to affordable, outstanding higher education to a group that is in danger of being 'priced out' of college because of tuition."

Dr. Avery said that another goal is to help Highline's international programs and create study abroad opportunities.

"Highline has been a leader in international programs," she said.

She explained that after building a study abroad program from the ground up as an instructor, she wants to use her experience to assist Highline's international programs.

"[I want] comprehensive internationalism, so every student can have a global experience," she said.

Dr. Avery said she was drawn to Highline because of its diversity and commitment to help students succeed.

She said that her interest in Highline began after meeting former Highline president Dr. Jack Birmingham while working with international students in China.

She said that Dr. Birmingham's passion for diversity and inclusion led her to become interested in Highline, and fit with her goals in promoting equity and inclusion.

"I felt like it called me to come here," she said.

She said that these values are important to her because of her own personal experiences, such as coming out as gay in rural Indiana in the 1980s.

Dr. Avery said that it was a difficult experience, and said that it is important to make sure students know they are welcomed and accepted.

"[We] need to break down barriers and let people know that they can make it," she said.

Along with diversity, Dr. Avery said that she is committed to increasing students' access to higher education.

"Access to affordable, high-quality education is the social justice issue of our time," she said.

"My mission is to eliminate poverty," Dr. Avery said. "It's why I work in higher education,



"I won't be satisfied until graduation has 74 percent people of color, and it doesn't. People need to have systems and policy in place to help them succeed."

— Dr. Lisa Avery

and in the community college sector in particular."

She said she would like to focus on increasing low graduation and completion rates, which have disproportionately impacted low-income students, particularly students of color.

She said that even though Highline's student body is 74 percent students of color, current graduation rates don't reflect this.

"I won't be satisfied until graduation has 74 percent people of color, and it doesn't," she said. "People need to have systems and policy in place to help them succeed."

Dr. Avery said that one way of helping students succeed is through the use of open educational resources, which are freely accessible and licensed materials, such as free textbooks.

She criticized the high prices of textbooks, and said that they are "absolutely unacceptable."

She said that she wants to provide an open educational resource option for students, and possibly designate low-cost classes so students can know ahead of time if they can afford the class.

One issue that was brought up was math placement testing, which has proved to be difficult for some students.

Dr. Avery said that it is difficult for students to place into math classes needed for graduation, which is an issue that has disproportionately impacted male students who are African American and LatinX.

"It's been a nationwide issue," she said. "I see it as an issue of alignment."

Dr. Avery said that she wants to provide scholarships and make sure students can be in the most rigorous math class that is still beneficial for their educational goals.

"We have to address some of the financial barriers for students," she said. "This is only going to get worse."

In addition, Dr. Avery said that she is also focused on helping students with disabilities succeed by providing fair access and opportunity.

"We have to serve all students where they are [and] make sure they have all the resources they need," she said. "We would not

be doing our job if we weren't prepared in that way."

Dr. Avery said that she also wants to utilize Highline's partnership with Central Washington University to help students transfer and pursue bachelor's degrees.

"[This program allows] people [to] not only get a four-year degree, but also a graduate degree," she said. "There is a tremendous opportunity for students to start and finish here."

Along with supporting current students, Dr. Avery said that she wants to help students after college by partnering with employers and focusing on apprenticeships, internships, and technical experience.

"I think our employer partnerships will become more important going forward," she

said. "[We] want to provide real-world training."

While Dr. Avery has worked in administration for almost 10 years, she feels her work as a professor gives her a better understanding of how the administration affects the faculty.

She taught at the University of Southern Mississippi and Eastern Washington University, where she was a professor in the School of Social Work and Human Services.

"I was a full-time teacher for 10 years," she said. "I know what it's like to be faculty."

She said that some of the issues she would like to focus on at Highline is addressing interim and vacant positions, improving infrastructure, and increasing enrollment.

While addressing concerns about the impact of a new president, Dr. Avery said that she does not want to come to Highline to change the college or its culture.

"I think it's a mistake for someone to come in and reorganize everything," she said.

Dr. Avery said that if given the opportunity to become president, she would focus on authenticity, relationships, and connecting with students, staff, and faculty.

She said that she believes that she is a good fit for Highline.

"Where Highline is going in terms of its core themes... is absolutely in my wheelhouse," she said. "It would be a wonderful long-term commitment."

Go Figure!

answers

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Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 21 mins.

A	P	E		F	O	A	M	S		F	B	I
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