

ACHIEVE lends a helping hand

By Jo Robinson
Staff Reporter

Tristan Kurfman wasn't sure about college.

He had fears that he wouldn't fit in; he was afraid that college would be overwhelming.

Fortunately, he found Highline's ACHIEVE program, which is aimed at students with disabilities.

Kurfman has been at Highline for three years, in ACHIEVE for two years, and said his friends' votes of confidence for the program were what initially brought him to ACHIEVE.

"The best part of the program is finding people with the same disability as me, or the same learning ability as me," Kurfman said.

He said ACHIEVE found a challenge suited for him.

"Now I work with ACHIEVE as a peer navigator, and want to share what I learn to others," he said. "My biggest challenge starting though was just getting enough confidence to even ap-



Jo Robinson/THUNDERWORD

ACHIEVE has assisted students in all kinds of situations through their pursuit of higher education.

ply to ACHIEVE and college."

He said it was mentoring from staff that brought him to this point of belief in himself, enough so that he wants to share what he's learned to others. Now his peers and colleagues call him Mr. Positive.

"Now I just want to bring a positive message for the community that I've been bringing to the table," Kurfman said.

That message, he said, is equity.

Kurfman said he was able to continue the program thanks

to receiving a College Bound scholarship.

"If it's about this system is not working, well let's make a new system that proves to be

See ACHIEVE, page 16



Search reaches its final leg

By Izzy Anderson
Staff Reporter

And then there were two.

The Board of Trustees have whittled down from more than three dozen initial applicants, and now have their first and second choices in consideration for Highline's next president.

While the Trustees can't disclose who these top two choices are just yet, the final decision is set to be made within the month.

"Our date to have them start is July 1, so we'd like to have this all taken care of by the end of this month. We're on schedule to do that by May 31, if everything goes as planned with no surprises," said Trustees President Debrene Jackson.

See Search, page 16



Debrene Jackson-Gandy

Cheating remains a secret offense

By Andrew Jokela
Staff Reporter

Academic integrity is a taboo subject among students and instructors at Highline.

Highline's official policy is that "any act of academic dishonesty, including but not limited to cheating, plagiarism, fabrication, collusion, or academic misconduct" is forbidden.

Often, students are stuck between informing on their peers or turning a blind eye.

Of the 31 students interviewed for this article, only one student was willing to have their name published. Of the six instructors, none were willing.

"I feel like most students have either cheated or seen someone cheat," said one student.



Alyson Freeman/THUNDERWORD

Another student described a scenario in their science class, where students from another section of the class came into the lab and took pictures of a

pre-lab quiz on the board while the instructor wasn't looking.

If an alleged violation of the academic code occurs, Highline's Office of Student Services

will conduct a preliminary investigation to gather the facts.

If it is determined that a violation occurred, Student Services will conduct a disciplinary meeting with the student, in which the student is given the opportunity to refute the allegation.

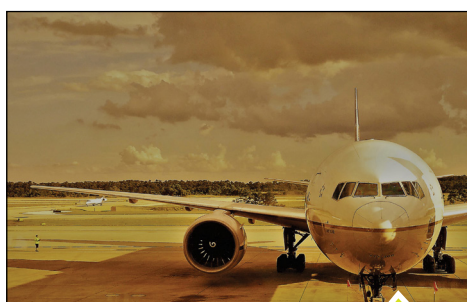
Within 10 days of the meeting, Student Services will issue a decision, which may exonerate the student or refer disciplinary sanctions.

There are five levels of disciplinary sanctions. Depending on the severity or frequency of the offense, students could receive a warning, disciplinary probation, or ultimately dismissal (expulsion) from the college.

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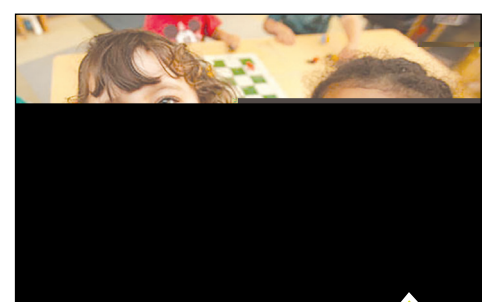
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The Portfolio Show displays students' top graphic pieces



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Women's fastpitch ends season at NWAC championships



Page 10
Early Learning Center opens up for new enrollment



Vending machine break-in spree

Highline helps clean up crime

"In the end result, there is a cleaner campus," Menke said.

Celebrate Memorial Day

Watch a movie on campus

Learn about civil engagement

Spilled truck ruffles feathers

The truck was hauling the feathers from a Foster Farms poultry facility to West Coast Reduction, a rendering company based in Vancouver, British Columbia. The company's website says it recycles animal byproducts into ingredients for many items, including pet feed and soap.



Learn about US-Mexico relations

The event will be presented by Global Programs, the Political Science Department, and Defining Democracy. It will be in the Mt. Constance/Mt.

Learn how to help marine mammals

Join an engineering program

The event will feature engineering professors and advisors from a variety of universities, including University of Wash-

Banned ivory found at airport

The couple was fined \$500 for violating the Convention on International Trade in Endangered Species of Wild Fauna and Flora, which seeks to protect about 3,000 threatened species and plants.

5

NEW BACHELOR DEGREES AT HIGHLINE COLLEGE

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HIGHLINE
COLLEGE

Homeless to hopeful

Highline alum Renee Jones overcomes adversity to build a career helping others

Former Highline commencement speaker Renee Jones is happy with her life and accomplishments.

However, before Highline, her road to success was halted by many hardships at home.

"In 2010 I was in the midst of a severe domestic violence relationship. At that point I had a 1-and-a-half and 2-year-old," Jones said. "We were living with my partner at the time. One thing leads to the next and we ended up being homeless, living in a domestic violence shelter."

Before and during her relationship, Jones said she never could imagine herself tolerating domestic abuse.

"I didn't understand. I've always been a strong-willed person. Its funny how things creep up on you," she said. "I never thought I would be that person who gets stuck in it and is quiet."

Jones said her relationship began pleasantly, lacking any signs of the abuse.

"We were in our honeymoon phase," Jones said. "If he punched me on the first date, obviously that would break it, but it slowly crept up on me."

As simple arguments gradually transitioned to violence, Jones described her relationship as having continual, radical ups and downs.

"There was the honeymoon period, then there was an escalation, where we would have to walk on eggshells," Jones said. "A blowup, then honeymoon again."

Because of the "honeymoon" that followed the downs, Jones said it was hard to see through the abuse. However, she was able to recount the moment she decided it was time to leave.

"One day, my partner asked me what was for dinner. Our fights often started off over the simplest things," Jones said. "Then from this simple question, it resulted in me being thrown against the wall and choked. I didn't fight. I could see if I fought back, I would die. Shortly after I knew I was in a position that I had to leave."

Despite realizing her dangerous situation, Jones was unable to immediately pack up and leave with her children.

"My partner was always watching me," Jones said. "There was nowhere to go. I was so



isolated from my family and friends. I didn't even know if I wanted to leave."

At this time, Jones began her research into shelters, resources she knew little about.

"I didn't know what options I had and every shelter I found would be full. It was a whole new world looking into all this," said Jones.

She said the process of finding a shelter was increasingly difficult under the watch of her partner.

"My partner would track my phone. He kept note of who I was calling and what I was saying," Jones said. "I would hide numbers, or a phone in the crayons or under a mattress. He couldn't know I was trying to leave."

Eventually, Jones got notification of an open domestic violence shelter and saw her chance.

"I and my kids were left alone in the house, which was very rare," Jones said. "He had smacked me after another fight and left the house. I packed us four bags immediately and put the kids in the stroller and left. I got us out as quick as I could to a shelter."

Jones said she had never felt so lucky.

"My partner rarely ever left us alone like that and we were so lucky that the shelter happened to just have three openings left," she said. "It is one of those places that you don't think you'd expect to be. I will tell you what, it has really opened my eyes to people's struggles."

Before the domestic violence shelter, Jones said she had no awareness of how to cope with her struggles.

"We got to the shelter at 11 p.m. I remember sitting there and going down to talk to a domestic violence counselor," Jones said. "I remember testing what I could say at first. Eventually, I just dumped everything on



Renee Jones with her two daughters.

them."

Soon after arriving at the shelter, Jones decided she'd have to work toward a better future for herself and her children. Eventually, she decided that receiving an education was her best route to achieve this.

"I remember needing a marketable skill to work. My partner didn't want me to work, which is one way how he got control of me," Jones said. She said she didn't want a dead-end job, out of fear that she'd lose it if she missed any days, putting her children at risk.

During this time, Jones also became inspired to enter into a career in social work.

"I was inspired by the social workers in my life. I wanted to be that someone for other people who are in my position," Jones said. "I can't imagine somebody who might have had less than me growing up, the unimaginable barriers. That in itself inspired me."

After moving into a transitional housing program near Highline, Jones enrolled with the plan to only gain her AA degree.

"I am a first-generation college student. This was a whole new language I had to figure out and navigate," Jones said. "I didn't know anything about transferring, or master's, or being a full-time student." This is when she had found the TRiO program.

Through TRiO, Jones said she found the assistance she needed. With access to resources like advisers, teachers and fellow students, Jones could map out her future.

"I started using my story," Jones said. "I did training to be an advocate. I wanted to know how to connect with people like me."

In her time as a student, Jones made it her mission to serve the community that once helped her.

"I started a work-study, where I worked with parents who lost children to the system and got

jobs in other community resource centers."

She also advocated at the state legislature.

"I worked with state legislation too, with people who are in domestic violence situations or are financially poor," Jones said.

Her largest efforts were to combat a proposal by the legislature to cut the Temporary Assistance of Needy Families fund.

"There was a plan around the budget that they were going to cut 16 million," Jones said. "That was what pretty much got me through being homeless and helped me overcome all my struggles. Because of their resources, I don't require help from the system anymore. It got me out of there."

"I wrote an editorial that got published in the newspaper about it, spoke at a press conference and gave my story to representatives."

Jones reiterated the importance of the fund and communicating your story.

"60,000 people in Washington state are on it, that are impacted by it," Jones said. "I am just one person, but I was told that by sharing my story, I made a major impact on the Legislature's decision."

Jones also became heavily involved around Highline.

She also got involved in the Women's and the Honors Programs, where she learned about the transfer process, and how to utilize the community and resources.

"I don't know what I would do without Highline," Jones said.

After graduating from Highline in 2012 and being selected as the commencement speaker, Jones sought higher education beyond her AA certificate and began applying as a transfer student.

"Before TRiO, I never even considered transferring," Jones said. "I applied to many schools and got into all of them. I made

the decision to go to the University of Washington for the financial resources and child care assistance that they include in their financial aid package."

Now, after having worked several jobs through the Department of Children and Family Services and graduated with her masters in social work from the UW, Jones has started her own business, Renee Jones Consulting.

"I got the amazing opportunity to open my own business as a consulting social worker for the office of public defense," Jones said.

Now her entire job is under her own business.

Now she connects with attorneys to help them work with their client's and cases; helps people in the system who have lost their children and are systematically disadvantaged; and helps parents advocate for their rights.

Jones said she never discounts her hardships and offers advice to any students who are struggling.

"I could not have done this without my community," Jones said. "I needed people, no matter how big my pride was. I needed people to rely on because it is a lot to do. Take advantage of your community."

To this day, Jones said her community is her biggest support system.

"I have an incredible group of people who surround and support me," Jones said. "I am still a single parent and having that group I can 100 percent rely on is the biggest help I could as for."

Her last piece of advice would be to simply "do something."

"Going through five years of school, from homelessness to master's degree, I think my biggest things is just to do something," Jones said. "You don't have to do everything, just do something though. Talk to your professors. Say what you need to say."

We have a problem

America has a gun problem.

Mass shootings happen at a rate in America that does not happen anywhere else in the world. The latest example of this was last Friday when eight students and two teachers were murdered at their school in Texas.

This problem is getting worse. Four of the five worst mass shootings in America's history have occurred in the last five and a half years.

Rather than acknowledging something that is so obvious, the lieutenant governor of Texas decided to blame everything but guns.

Guns aren't the reason we have so many mass shootings, we have a video game problem. Or an abortion problem. Or a broken home problem. Or too many entrances into school.

Anytime the idea of gun control is raised in response to a shooting, there are pundits and politicians that chime in and say that it's too soon to talk about any type of gun control. That we need to let the families grieve, and to try to talk about something so political is disrespectful to their pain.

So, if it is still too early to talk about gun control in Texas, can we should atleast talk about it for a shooting that has hap-pened long ago.

More than five years ago, on Dec. 12, 2012, a gunman walked into a classroom in Connecticut and killed 20 first-graders and six adults. This moment should have been a turning point in America where we were finally able to talk about gun violence and admit that we have a problem.

If we cannot talk about gun control in response to the shooting in Sante Fe, can we at least talk about it in response to Sandy Hook?

The sad thing is that nothing has changed. It is still way too easy to get a gun in this country. Pretty much anyone can get any type of gun that they want with limited to no training.

People pretend that these weapons are meant to defend their homes. They pretend that this is the only way they can protect their families. They pretend that without their cache of guns they are practically sitting ducks.

These weapons were designed for the battle fields, not for daily use. Automatic and semi-automatic weapons are danger-ous, and there is no reason for people to own them. If someone wants to shoot an automatic weapon, they should join the military.

The Second Amendment was never intended for this. When the Constitution was written, automatic and semi-automatic weapons did not exist. The most advanced weapons that they had were muskets. It was never meant to give everyone in America the right to own an AR-15.

People like to pretend the government would become a tyranny if we restricted guns, but that simply is not true. The government has no interest in your guns. If they did, they have far more advanced weapons and they would easily win.

With summer coming up, school shootings will stop for a few short months. But they will likely pick back up in the fall and continue until America finally admits something that is obvious: we have a gun problem.

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 sub-missions 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 by Monday for print on Thursday.

On Memorial Day, take time to remember its meaning

Memorial Day is this Mon-day.

The campus will be closed, and people will be celebrating the day that is viewed as the unofficial start of summer. But while it is an easy excuse to throw a party, it really means so much more.

Memorial Day is meant to be a day to remember those who were lost in war. On campus, the Veteran's Service Office has been holding events throughout this week to mark the occasion. But the office is facing challeng-es as it tries to assist veterans on campus.

Kendall Evans, the program Specialist for Veterans Ser-vices on campus, is the man assigned with helping veterans maneuver around campus and making sure students get their benefits.

The space that Veterans Services has is small, but their mission is large. Evans said that the office is the "safe space" for between 200 to 300 students.

The office is tucked away in Buiding 6 on the first floor. Evans said that a lot of peo-ple do not even know where the office is, because there is not even a sign for it on the front of the building saying it's there.

In the Veteran Services Of-fice, Evans said that it does not matter what branch of the mili-tary people were in.

"We all learned the same stuff," he said, adding that "we have our own culture."

The people in the veteran's office have earned their benefits through service.

"Once you're out, you've earned it," Evans said.

Evans said that a lot of the people there are first gener-ation students who join the military to get the post-service benefits.

Their task is challenging. There are only two computers and four chairs that are meant to service up to 300 people. Ideally, Evans would get more space.

Evans said that they don't need much, saying "give us four walls that we can call our own."

Roland Along



Mitchell Roland

"If we had space at least close to Building 6, that would be wonderland," Evans said.

Veterans face much larger problems than simply a lack of space. Twenty-two of them die every day from self-inflicted wounds.

This is a rate that Evans said was "unacceptable," adding that "when they can't readjust, they get lost."

But on Memorial Day, people should not feel like they can't party.

Evans said that people are welcome to go to barbeques and go shopping, but that they should keep the importance of the day in mind.

"We need to take a minute to remember what Memorial Day is all about," Evans said.

Memorial day is meant to honor service members who made the ultimate sacrifice to defend this country.

Evans said that people often have misconceptions and do not understand them.

"People think we're broken, and we're not broken," he said.

One thing people can do on Memorial Day is welcome veterans home, instead of thanking them for their ser-vice.

He said that thanking them for serving in the military is like "thanking a duck for swim-ming."

While you don't need to thank them, one thing you can do is listen. Evans people should listen to the stories that veter-ans have to tell because they are important.

"Some of it is funny," Evans

said, adding that people need to "embrace the suck and laugh at it."

"I learn from listening to their stories," he said.

Evans said the thing he en-joys the most about his job is that he gets to make a differ-ence.

"I get to watch people come in with a blank stare, and leave with a brighter future," he said.

Veterans often have a tough time readjusting to civilian life and to life outside of the mili-tary, Evans said.

"We were trained to be sol-diers, but no one trained us to be citizens again," he said.

Evans said that veterans offer a unique set of benefits. These students have been taught how to lead people.

"If we do these students right, they're already leaders," Evans said.

But part of the problem is that people do not see the whole picture when it comes to war.

"When we calculate war, we're missing part of the equa-tion," he said.

Things like depression, anx-iety and post traumatic stress disorder plague soldiers long after they have left the battle-field.

"Some of them come home, but never really get home," Ev-ans said.

One percent of the popu-lation is currently in the mili-tary, and Evans said that it "will make for some extraordinary people."

So, on this Memorial Day, while you are celebrating the beginning of summer, take a few minutes to remember why you are off. If just for the day, remember the sacrifice that people have made in war so that you could enjoy your barbeque.

Remember that they volun-teered to leave their homes and their loved ones. Remember that some made the ultimate sacrifice to defend freedom. Re-member that they are individu-als, and that they are not all the same. And above all, remember to welcome veterans home from their service.

Mitchell Roland is the opin-ion editor of the Thunderword.

the Staff

I am very anti-volcano.

E-Mail: tword@highline.edu

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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. **LANGUAGE:** What is the accent mark that looks like a little tent over a letter like ^ this?
2. **TELEVISION:** What animated show features a pub called The Drunken Clam?
3. **COMICS:** When did *The Phantom* daily comic strip start?
4. **CHEMISTRY:** What common kitchen product's chemical formula is NaCl?
5. **THEATER:** In which musical was the song *The Perfect Year* featured?
6. **ANATOMY:** What is the largest artery in the human body?
7. **HISTORY:** Which battle was considered to be a turn-

- ing point in the World War II Pacific arena?
8. **MOVIES:** What movie won the Best Picture Oscar award in 2016?
9. **MATH:** How many faces does an octahedron have?
10. **LITERATURE:** In which of Shakespeare's plays does the line, 'The course of true love never did run smooth,' appear?

- Dream*
10. *A Midsummer Night's*
9. *Eight*
8. *Spotlight*
7. *Midway*
6. *Aorta*
5. *Sunset Boulevard*
4. *Salt*
3. *1936*
2. *Family Guy*
1. *Circumflex*
- Answers

Puzzle answers on Page 15

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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1 2 3 5 6 6 7 8 9

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King Crossword

ACROSS

- 1 Paddington or Pooh
- 5 That guy's
- 8 Edinburgh native
- 12 Soft cheese
- 13 Shrill bark
- 14 Perspiration outlet
- 15 Laos neighbor
- 17 Leak out slowly
- 18 Single
- 19 Timesaving type of necktie
- 21 PC shortcut
- 24 Ring out
- 25 Persia, now
- 26 Sheer undergarment
- 30 Part of RSVP
- 31 "Family Guy" dog
- 32 Skillet
- 33 Race for a seat
- 35 Flex
- 36 Ceremony
- 37 Wild West show
- 38 Acid neutralizer
- 41 Scatter seed
- 42 Skeletal
- 43 Alabama's state flower
- 48 Fencing sword
- 49 Past

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- 50 Deserve
- 51 Lecherous look
- 52 Journey segment
- 53 Colored
- 8 Goes bad
- 9 Henhouse
- 10 Pasta resembling rice
- 11 Adolescent
- 16 Yoko of music
- 20 Rested
- 21 Uncategorized (Abbr.)
- 22 Met melody
- 23 Tranquil
- 24 Baseball's Satchel
- 26 Decisive
- 27 Newspaper pg.
- 28 Highway division
- 29 Within (Pref.)
- 31 \$50, in Monopoly
- 34 Orison
- 35 Tackled tennis pins
- 37 Fish eggs
- 38 First victim
- 39 Easy bounding gait
- 40 Elbow counterpart
- 41 Urban pollutant
- 44 Time of your life?
- 45 Secular
- 46 Anger
- 47 As well as

DOWN

- 1 Telly letters
- 2 Mound stat
- 3 Intent
- 4 Given new energy
- 5 Jekyll counterpart
- 6 Square root of IX
- 7 Astronaut, usually

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ARIES (March 21 to April 19) An apparent act of injustice might turn out to be either an error in judgment or just plain stupidity. So calm down and cool off, and let the explanations roll out.

TAURUS (April 20 to May 20) It's upsetting when someone you trusted might have failed you. But with new opportunities ahead, you'll soon be too busy to feel even a wee bit sorry for yourself.

GEMINI (May 21 to June 20) A sense of uncertainty could be a good reason to change your position on an important matter. Someone close might try to talk you out of it, but it's your decision to make.

CANCER (June 21 to July 22) Being too zealous in pursuing your goal could create some resistance. Try to be more mindful of what you ask people to do, and they'll be more likely to do it.

LEO (July 23 to August 22) Things change as you go from being ignored to being Lionized once again. This is a good time to reintroduce



those previously rejected ideas to a more receptive audience.

VIRGO (August 23 to September 22) Someone new in your life creates both anticipation as well as anxiety. Avoid the potential for misunderstandings by watching what you say and how you say it.

LIBRA (September 23 to October 22) Watch your budget so that you don't overspend now and have less to invest when the time is right later on. Arrange to share your weekend with someone special.

SCORPIO (October 23 to November 21) The temptation to involve yourself in a friend's or family member's personal problems is laudable. But get the facts before you make a firm commitment.

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

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

CAPRICORN (December 22 to January 19) You've reached an important point in your ongoing pursuit of your goals. You might now want to consider letting someone you trust join you on your journey.

AQUARIUS (January 20 to February 18) You've been going through a spate of uncertainty involving people you care for. But it might be time to take a stand on a position you feel sure you can defend.

PISCES (February 19 to March 20) Treading water keeps you busy, but it won't get you where you need to go. Time to stop making excuses and to start moving ahead toward your goals.

BORN THIS WEEK: You see life as both creative and pragmatic. You would not only be a fine artist, but also a successful one.

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Refresh your body with coco water

I try to drink the recommended amount of water each day, but sometimes I want a healthy alternative. What you drink is as important as what you eat. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too much fat and too many calories. Here are some tips from myplate.gov to help you make better beverage choices.

• **Drink water:** Drink water instead of sugary drinks. Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.

• **How much water is enough?:** Let your thirst be your guide. Water is an important nutrient for the body, but everyone’s needs are different. Most of us get enough water from the foods we eat and the beverages we drink. A healthy body can balance water needs throughout the day. Drink plenty of water if you are very active, live or work in hot conditions, or are an older adult.

• **A thrifty option:** Water is usually easy on the wallet. You can save money by drinking water from the tap at home or when eating out.

• **Manage your calories:** Drink water with and between your meals. Adults and children take in about 400 calories per day as beverages -- drinking water can help you manage your calories.

• **Kid-friendly drink zone:** Make water, low-fat or fat-free milk, or 100 percent juice an easy option in your home. Have



Deposit photos

Coconut water has major benefits including lowering blood pressure, reducing cholesterol, and reducing stress, all while being low in calories.

ready-to-go containers filled with water or healthy drinks available in the refrigerator. Put them in lunch boxes or backpacks for easy access when kids are away from home. Depending on age, children can drink 1/2 to 1 cup, and adults can drink up to 1 cup of 100 percent fruit or vegetable juice each day.

• **Don’t forget your dairy:** When you choose milk or milk alternatives, select low-fat or fat-free milk or fortified soy-milk. Each type of milk offers the same key nutrients such as calcium, vitamin D and potassium, but the number of calories are very different. Older children, teens and adults need 3 cups of milk per day, while children ages 4 to 8 need 2 1/2 cups and children 2 to 3 years old need 2 cups.

• **Enjoy your beverage:** When water just won’t do: Enjoy the beverage of your choice, but just cut back. Remember to check the serving size and the number of servings in the can, bottle or container to

stay within calorie needs. Select smaller cans, cups or glasses instead of large or supersized options.

• **Water on the go:** Water is always convenient. Fill a clean, reusable water bottle and toss it in your bag or briefcase to quench your thirst throughout the day. Reusable bottles also are easy on the environment.

• **Check the facts:** Use the Nutrition Facts label to choose beverages at the grocery store. The food label and ingredients list contain information about added sugars, saturated fat, sodium and calories to help you make better choices.

• **Compare what you drink:** Food-A-Pedia, an online feature available on the SuperTracker website, can help you compare calories, added sugars and fats in your favorite beverages.

Try this healthy recipe for a Citrus Coconut Water Refresher. It’s a delicious way to incorporate fresh fruit juices and the

nutritious benefits of coconut water into your daily diet.

Coconut water is the juice found naturally in the center of a young, green coconut. It contains 94 percent water and very little fat.

The water is freshest when it comes directly from the coconut. Simply press a straw into the soft part of a green coconut and start drinking. Store the coconut in the refrigerator and consume it within two to three weeks of purchase.

You also can buy bottled coconut water at most grocery stores. Be sure to read the ingredient list to make sure you’re getting 100 percent coconut water. Some bottled brands contain added sugar or flavoring.

Research has shown that coconut water can lower blood sugar levels and improve other health markers in diabetic animals, guard against the development of kidney stones, reduce cholesterol levels and liver fat, reduce blood pressure levels and blood clots. It also restores hydration and replenishes electrolytes lost during exercise.

CITRUS COCONUT WATER REFRESHER

- 2 cups coconut water
- 1/4 cup lemon juice – freshly squeezed
- 1/2 cup orange juice – freshly squeezed
- 2 tablespoons lime juice – freshly squeezed
- 2 teaspoons stevia or agave syrup
- 1 cup ice
- 1/2 orange, lime or lemon, sliced

Place all of the ingredients except the sliced fruit into a blender and blend until well-incorporated. Serve with citrus slices. Makes 2 to 4 servings.

(c) 2018 King Features Synd., Inc., and Angela Shelf Medearis



Name a better duo than chip and dip

This delicious dip has all the best qualities of springtime: a luscious, green color, fresh flavors and a delicate texture.

- 1 pound fresh peas in the pod (or 1 cup of frozen peas)
- 1/4 cup (loosely packed) fresh mint leaves, chopped
- Salt and ground black pepper
- 1/3 cup part-skim ricotta cheese
- 2 tablespoons freshly grated Parmesan cheese
- Assorted spring vegetables for dipping, such as cucumber strips, yellow and red pepper strips and baby carrots

1. Shell peas: run thumb along length of seam to open pod and release peas.
2. In 1-quart saucepan, heat 1-inch water to boiling over high heat; add peas and heat to boiling. Reduce heat to medium; cover and cook 3 minutes or just until peas are tender. Drain peas and rinse under cold running water; drain well.
3. In food processor with knife blade attached, puree peas with mint, 1/4 teaspoon salt and 1/4 teaspoon pepper. Transfer to small bowl; stir in ricotta and Parmesan. Serve dip, with vegetables, or cover and refrigerate to serve later. Makes 1 cup dip.

Good Housekeeping

These crispy homemade pita chips are perfect for dipping.

- 3 tablespoons olive oil
- 3/4 teaspoon ground cumin
- 1/4 teaspoon ground red pepper
- 5 whole (5 to 6 inch) whole-wheat or white pitas with pockets
- 1/2 cup coarsely grated Parmesan cheese
- Salt (optional)

1. Heat oven to 350 F. In cup, with fork, mix oil, cumin and ground red pepper.
2. With knife or kitchen shears, carefully split each pita in half. Brush 1 side of pita halves with oil mixture. Cut each half into 8 wedges. Arrange wedges, oiled-side up, in 2 ungreased 15 1/2-by-10 1/2-inch jelly-roll pans.
3. Place pans on 2 oven racks, and bake crisps 12 to 15 minutes or until golden, rotating pans from upper to lower racks halfway through baking for even browning. Cool crisps in pans on wire racks. Store crisps in tightly covered container or large self-sealing plastic bag up to 1 week. Makes 80 crisps.

(c) 2018 Hearst Communications, Inc.

Meat dish to serve all

A great quick and easy meat and potato dish that is sure to please everyone at the table.

- 4 3/4 cups (24 ounces) diced cooked potatoes
- 8 ounces extra-lean ground sirloin beef or turkey breast
- 3/4 cup chopped onion
- 1 (8-ounce) can tomato sauce
- 1 (15-ounce) can diced tomatoes, undrained
- 2 teaspoons chili seasoning
- 1 tablespoon Splenda Granular
- 1 (8-ounce) can kidney beans, rinsed and drained
- 1 cup cubed Velveeta Light processed cheese

1. In a large skillet sprayed with butter-flavored cooking spray, saute potatoes for 10 minutes.
2. Meanwhile, in another large skillet sprayed with butter-flavored cooking spray, brown meat and onion. Stir in tomato sauce, undrained tomatoes, chili seasoning and Splenda. Add kidney beans and Velveeta cheese. Mix well to combine. Continue cooking until cheese melts and potatoes are browned, stirring both often.
3. For each serving, place 2/3 cup potatoes on a serving plate and spoon about 3/4 cup chili mixture over top. Serves 6.

(c) 2018 King Features Synd., Inc.



Lots of laughs will be heard in Tacoma

Comedy brings in the weekend with Inebriated, Hydrated, and Faded. This fun event will be at Malarkeys Pool & Brew in Tacoma.



Winter Dorval

Three teams of comedians will each perform a set. Then one team will get drunk, one team will get high, and one team will drink water.

After the break, they will each improvise a final set on a crowd-sourced topic.

At the end of the night the audience will decide which comedian they find the most amusing.

The show will be on May 27 from 9 to 11 p.m.

The address for Malarkeys Pool & Brew is 455 Tacoma Ave S., Tacoma.

Tickets are \$5 plus a \$2.23 processing fee.

For tickets and more information visit www.eventbrite.com/e/inebriated-hydrated-faded-tickets-46137538620?aff=es2.

Evil forces take on new 'Warhammer'

• *Warhammer 40,000: Inquisitor-Martyr*, published by NeocoreGames. Action-RPG, single-player multi-player, top-down view. Available on PlayStation 4, Xbox One, Microsoft Windows, \$60 Standard Edition.



The future is grim and full of carnage. There is only war.

NeocoreGames' newest installment in the *Warhammer* franchise adds a new twist to the series.

This game will use the same style as *Diablo 3*: The camera will be positioned above the player's character.

The player can choose from up to three backgrounds. These serve as basic character classes that are typically found in other RPGs. Players can choose between the Death Cult Assassin Inquisitor; Primaris Psyker Inquisitor; or Heavy Crusader Inquisitor.

All of them are allowed to select a different expertise to start the game.

These areas of expertise determine what weapons and other war gear the player's character can utilize.

The game will take place in the Caligari sector, where an evil force is isolating the area from the rest of the imperium, making way for the forces of chaos.

The game will focus heavily on combat, but allows the player



Warhammer focuses on combat action.

to be tactical where needed. The player and enemies can use cover to remain safe.

The environment is destructible, allowing the player to get around certain areas and flank the enemy.

The player will be able to craft new weapons from blueprints that they find across the universe.

They will have a list of passive and active skills that will keep them sharp and quick witted for their mission, no matter how stressful things get.

The game developer worked closely with the original Games Workshop to bring a visually stunning game that mirrors the original games.

The player encounters familiar enemy factions from the franchise, such as the Black Legion and The Word Bearers, all of which have multiple enemy types that are just waiting to rip the inquisitor to pieces.

NeocoreGames has already talked about their plans for the game after launch, which will keep the game fresh and fun. The developers plan to release updates to add more missions and enemy factions. There will also be multiple seasons which will affect the open world of the game. All of this will be offered for free.

Reserve a copy today and march forth to spread the Imperium's will across the universe.

Warhammer 40k Inquisitor: Martyr releases on June 5.

• Get the sunscreen on: The Miramar map makes its way to *PUBG (Player Unknown Battle-ground)* on the Xbox One today, with plenty of new goodies.

Players will find the SLR, a sawed-off shotgun, and a Winchester model 1894, to name a few. There will also be a new vehicle, a VW van, so you can ride around and kill in style.

The new update brings the players to central Mexico, where they will once again fight to be the last man/woman or team standing.



White River Valley Museum photo

Sometimes it takes pain to show beauty in museum exhibit

By Mayia Matlashchuk
Staff Reporter

The White River Valley Museum is hosting an exhibit revealing the truth behind beauty and the pain that women had to suffer through in centuries past.

Beauty standards have been changing throughout

the decades, and to keep up, women wore different undergarments, such as bustles and corsets to help them fit societal standards.

"People still suffer for beauty but more from the inside rather than the outside," said Patricia Cosgrove, the museum director.

The museum has a collection

of pieces that they keep in storage when it is not on display.

"Ninety-five percent of the pieces came from our own collection, and we filled in the rest by borrowing from other museums. The Goodwill museum donated a few items," said Cosgrove.

This exhibit was first on display in 1994, and was displayed again in 2009.

"It encourages a lot of intergenerational conversation about what we do to accommodate societal norms," Cosgrove said.

The museum plans to display this exhibit every few years, she said.

"It is something of a *Nutcracker* in that it brings us our largest audience, and it is a subject that continues to be pertinent," Cosgrove said.

The exhibit includes clothing, photographs, and more.

"Back in the day women used to change their appearance from the outside in by wearing corsets and bustles. Now people are more prone to change their appearance from the inside out through diet and sometimes

extreme measures like liposuction," she said.

A bustle is tied around the waist to add shape to a women's derriere, and is usually made up of coiled spring or horsehair bags.

The bustle prevented women from doing simple daily tasks such as sitting down or working around the house.

The corset is made to reduce the waist by two to four inches. Fainting was one of the problems, as well as health impacts on the internal organs.

Even though women were in pain and harming their bodies, they still tried to follow the trends.

"We all conform to societal norms," Cosgrove said. "We are shaped by the culture we live in."

Cosgrove said she wants people to see what women did for beauty and then to think about what they are doing today.

"If asked why they should view this exhibit-if it were a woman asking, I think she wouldn't need to ask, she would know why it is important be-

cause she would see parts of her own life in this exhibit. I think it would also explain aspects of her mother's and grandmother's lives," Cosgrove said.

The exhibit displays mostly under garments from the years 1890 to 1970, to show how women have suffered to look "beautiful."

"If it were a man asking, a lot of men probably think women could just not do those things, but if a woman didn't wear a corset she was considered a 'loose woman,'" Cosgrove said. In the time frame represented by the exhibit, "loose women were morally judged and it would affect every aspect of her life," she said.

The exhibit ends on June 17, and is open every Wednesday to Sunday, from noon to 4 p.m. Admission is \$5 for adults, \$2 for seniors and children. For children younger than 2, admission is free.

The address for the White River Museum is 918 H Street S.E., Auburn.

For more information visit www.wrvmuseum.org/.

DESIGNING STUDENTS

Enjoy the portfolio show through virtual reality as well as in person

By Reuben Gonzales
Staff Reporter

Attendees at this year's Portfolio Show will be able to walk through multiple art galleries without ever leaving Building 8.

This year, thanks to the power of virtual reality, the Portfolio Show will be able to bring its guests to multiple art exhibits made by the students of Highline.

"We will have virtual reality for the first time this year," said Tamara Hilton, Art Design program manager. "The students will show off art in virtual art galleries."

"We are always trying to make the show better," said Hilton. "Implementing more tech, making it more interactive."

"All stations will have tablets to interact with," said Hilton.

The show will feature drafting, interior design, multi-media, visual, photog-



Artwork by Jena McWhirter

raphy, and ceramics.

The show is for graduating and transferring students to show off their work from their time at Highline.

"I would say it's bittersweet," said Diana Boyd, visual instructor/ portfolio instructor. "It's kinda sad, but we are happy for them."

Some of the students who are leaving will be going on to further their educations, and others will be using their skills in the work force or starting their own business.

Chandler Simon is a visual communications student and will be showcasing some of his designs at the exhibit.

"I started media in middle



Artwork by Dez Williams

school and really liked it," Simon said.

He then followed his passion and dedication at Highline, keeping focus on his goal.

"I am transferring to UW to get my BA," said Simon. "I want to eventually work media design for a sports company."

Shelly Gillooly is an interior

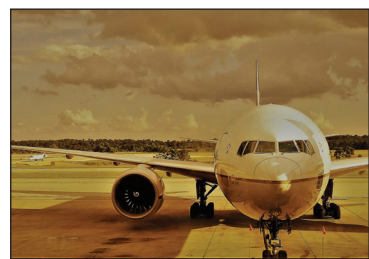
design student and mother of six who will also be showcasing her work at the show.

"I wanted to show my kids the importance of education," said Gillooly.

"I enjoy taking nothing and turning it into something," said Gillooly. "I am excited to see my design come to life in Sketchup."

Sketchup is a 3D modeling program used for designing a variety of uses, including civil engineering, interior design, and video game design.

The Portfolio Show runs June 4-5 9 a.m.-4 p.m. and 5-8 p.m. in the Student Union Building in the Mount Constance and Olympus rooms.



Artwork by Bahana Harake

Arcturus features 'Cultural Climates' in this year's theme

By Nayyab Rai
Staff Reporter

Highline will release its annual publication of its literary magazine, Arcturus, during launch parties on June 7.

"We will have some artists, authors, and poets featured in Arcturus 2018 talk about and present their work at the launch parties in Building 2. Everyone who comes to either of the launch parties will get a free copy of Arcturus 2018. There's also free food at that event," said Arcturus Editor Isabella Stewart.

Arcturus is Highline's annual literary magazine, which includes the work of students, alumni, faculty and staff.

"We (the Arcturus editors and myself) just created an exhibit of Arcturus journals through the years now on display at the Highline Library, fourth floor. Viewers can tell how closely Arcturus kept up

with the times," said Susan Rich, the faculty advisor of Arcturus.

"From the neon-colored, psychedelic swirls of the 1970's to the more recent, Northern Lights, Arcturus has changed with the times" she said.

Students, faculty, and staff can submit poetry, photography, and visual art to the Arcturus editors to put into the magazine.

"Arcturus has been the name of Highline College's literary magazine for 41 years, but this is the 50th year that Highline has had a literary magazine at all," Stewart said.

Arcturus is a way for the people at Highline to show their artistic style and connect with the community.

"We've had poetry, short stories, photography, and artwork [entries]. As the editors went through these submissions, we noticed many of these works had themes surrounding di-

verse cultures and their communities in America. For that reason, we named this year's theme 'Cultural Climates,'" Stewart said.

"There is no specific criteria. All we ask is that the artist, poet, or photographer follows the submission guidelines that can be found on the website," Stewart said.

Arcturus is meant to allow people to show their creativity to others in a positive way.

"The shape, bindings, and design keep updating as we move through the decades," Rich said.

"In the past two years we have also brought Arcturus online with a user-friendly website and our most recent innovation has been, Arcturus Speaks, a video based section of the journal which exists."

There has long been curiosity over the name Arcturus.

Arcturus is the name of a star.

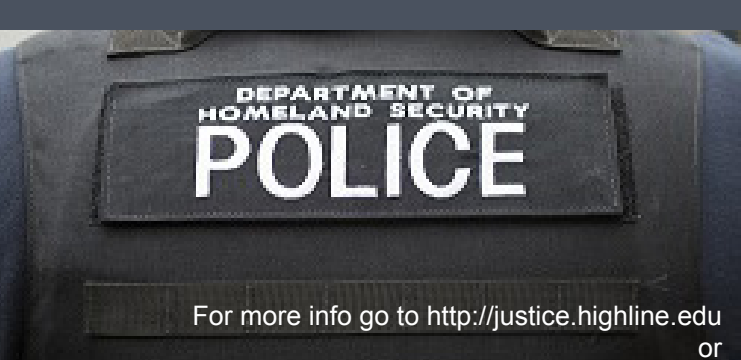
The Highline College print shop printed this year's edition of Arcturus.

The two launch parties will be at noon and 6 p.m.

For more information visit arcturusliterarymag.highline.edu/. Highline's library has copies of Arcturus from the first issue, released in 1977, up

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Lady T-Birds battle at tourney

By Milo Kabigting
Staff Reporter

The Highline fastpitch team’s season came to an end last Friday after a short run in the NWAC playoffs.

The Lady T-Birds entered as the 14th seed, and faced third-ranked Edmonds, in the first round of the playoffs in Spokane.

Edmonds defeated the Thunderbirds, 16-8.

Rosie Delrosario led the T-Birds with three RBIs, but Edmonds’ Chasity Stalcup countered with four runs and five RBIs.

Losing to Edmonds moved Highline to the one-loss bracket, where it played Centralia the following day.

Centralia won, 12-4, ending the season for the Thunderbirds.

Highline’s Ellie Quintanar led the Thunderbirds with three hits, with three other players putting up two hits. But it wasn’t enough, as Centralia scored five unanswered runs in the six innings to send the Thunderbirds home.



Highline Athletics photo

Hailey Clark led the T-Birds’ offense going into the playoffs.

Highline was led by Kiana Kingsley, who had a .350 batting average and 26 RBIs. Hailey Clark added a .336 batting average and 36 RBIs.

Edmonds went on to play in the finals where it was defeated by North Idaho, which won the championship. Edmonds continued to the los-

ing bracket where it fell to Lower Columbia, 7-1.

Lower Columba later fell to North Idaho in the championship game, 8-5.

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Scoreboard

NWAC Women’s Softball		
North Region		
Team	League	Season
Edmonds	29-3	42-8
Douglas	27-5	39-7
Everett	20-12	30-18
Bellevue	20-13	34-15
Highline	13-19	19-26
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	50-3
Walla Walla	26-7	39-13
Wenatchee Valley	23-9	29-15
Treasure Valley	18-14	19-29
Spokane	14-18	20-20
Big Bend	13-19	23-26
Columbia Basin	11-21	15-31
Yakima Valley	8-24	11-34
South Region		
Team	League	Season
Lower Columbia	23-5	42-14
Mt. Hood	18-8	27-16
SW Oregon	19-9	31-19
Centralia	17-11	24-20
Clackamas	17-11	24-21
Clark	9-19	13-24
Chemeketa	6-22	7-33
Grays Harbor	1-25	2-37

Women’s golf places last in championship match

By Colin Phan
Staff Reporter

Highline’s women’s golf team wrapped up their season with a last place finish in the NWAC Championship Tournament this weekend.

The NWAC Championship was held at the Apple Valley Golf Resort in Yakima, on May 20-21. Columbia Basin won the tournament with a score of 489, 78 shots over par, and were followed by Spokane in second, North Idaho in third, South Western Oregon in fourth, Bellevue in fifth, Skagit Valley in sixth, Walla Walla in seventh, and Highline in eighth.

The Lady T-Birds finished the tourney with a total score of 582, 218 shots over par.

North Idaho’s Madi Brown placed first individually with a score of 159, 17 shots over par. Brown’s performance earned her a medal.

Highline was led by a familiar face, Jenna Muller, who scored of 179, 53 shots above par. Muller finished 22nd in the tournament.

Alyssa Metzger finished 39th, scoring 200, 82 shots above par. Aimee Chomn-garm followed Metzger with a 40th place finish, scoring 203, with 82 shots over par.

Aleyah Bennett finished



Highline Athletics photo

Aleyah Bennett putts the ball.

44th with a score of 223, 117 shots over par.

Head Coach Steve Turcotte said the same problems that plagued the Lady T-Birds all season were what ultimately led to Highline’s last-place finish.

“It was the same story, just a different game,” Turcotte said. “We missed some shots and had some untimely mistakes. Conversely, there were also lots of really good

strokes.”

Highline only had four golfers in the NWAC Championship. The maximum number that can be carried into a tournament is six.

Turcotte said that this year, the lack of womanpower affected the Lady T-Birds, but it shouldn’t be something they worry about for next season.

“We had no depth this year and that hurt us,” Turcotte said. “Next year we’ll have

at least seven golfers though. We have three new recruits we just signed, and three are coming back.”

With the season over, Turcotte said that he hopes the women get in enough practice over the long summer break before the season starts back up in September.

“We work with the girls

during the summer,” Tucotte said.

“We only get together and work with them a couple times though. I hope that they’ll be working on their own over the summer, though, before we get back together in September,” he said.

“The more you practice, the better you get.”

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Early Learning Center has room for fall

By Tim Mochylo
Staff Reporter

The Highline Early Learning Center is looking for kids for the Fall Quarter.

The learning center is part of the Children's Home Society of Washington, which is an organization focusing on ensuring children reach their full potential, according to its website.

The Home Society started its Early Learning Center programs in 1989, but has been at Highline only since September 2010.

The center is in Building 0 at

the southeast corner of the campus. There, parents can drop their kids off to learn.

Originally, the Early Learning Center was operated by the college.

"It was a college department, it was operated for college staff and students," said Dr. Lisa Skari, Highline's vice president of Institutional Advancement. "It was just for children of students and staff, and also CWU staff and students."

The center became a victim of the Great Recession.

"We had to discontinue the Early Learning Center in the summer of 2008 because the state was facing



Matt Brashears photo

The Early Learning Center is operated by the Children's Home Society of Washington.



Matt Brashears photo

The center has room for more children this fall.

financial problems and required the college to cut about \$2.1 million out of our budget, and closing the childcare center equaled \$315,000 a year," Dr. Skari said.

That's when the Children's Home Society stepped in and took over management of the facility.

"The nice thing is that even though we closed the Early Learning Center, we still have access to childcare on campus," Dr. Skari said.

Childcare at the center "is \$875 a month for those who pay out-of-pocket," said Abby Ajaero, the site supervisor.

"Children are nurtured in a caring environment to become lifelong learners who are socially, emotionally, and academically ready for life," Ajaero said.

"Children are supported to grow in a developmentally appropriate enriching environment. Each child has Individual School Readiness goals," Ajaero said. "Activities are provided from as early as 4 weeks, by qualified Early Learning staff, to nurture each child's emerging skills."

Students at the center are between the ages of 4 weeks and 5 years old. There are 104 children,

30 kids aged 4 weeks to 3 years old and 74 kids aged 3 to 5 years old.

Fall Quarter is coming up and new slots are opening up for kids.

"Towards the end of August and beginning of September there will be about 30-40 open slots because of children transitioning to kindergarten," Ajaero said.

"We invite eligible families to come and complete applications for summer and fall," she said.

If you have any questions contact Janica Lockhart at jani-ca.lockhart@chs-wa.org or visit www.childrenshomesociety.org.

Highline Place will be open to students in fall

By Ngoc Nguyen
Staff Reporter

Highline Place, the college's new dormitory, will open in time for Fall Quarter, the vice president of administration said last week.

Envisioned to house primarily many of the college's 500-plus international students, it will be open to American students as well, said Vice President for administration Michael Pham.

The dormitory project is being built with private funding, but will be managed by the Highline Place LLC. However, Highline Foundation is leasing the top floor for housing, and that will be managed by Highline.

The Foundation is a non-profit organization that receives private funds to support students and educational programs of the college.

The dormitory is at the northeast corner of campus and, when complete, will be a two-building and mixed-used project.

The dorm is being developed in two phases, the first of which

will be five-story building with 12,000 square feet of ground-floor retail and four floors of housing. This project is being financed by more than 60 investors who come from China and Mexico.

The four floors of housing will have a total of 160 beds. On each floor there will be nine four-bedroom units and two two-bedroom units.

"A four-bedroom unit includes four individual bedrooms and two bathrooms, a common area and a kitchen. A two-bedroom unit includes two individual bedrooms and 1½ bathrooms, a common area and a kitchen," said Taylor Tonasket, Student Housing and Residential manager.

"The facility will include 36 four-person rooms and eight two-person rooms total. There are nine four-person rooms and two two-person rooms per floor," said Dr. Lisa Skari, vice president of Institutional Advancement and executive director of the Foundation. "Every room is equipped with Wi-Fi connection, electricity, water, and all comforts."



Hailey Small/THUNDERWORD

Highline Place applications will be finalized and available soon.

Taylor said each unit of housing will be same-sex. Student Housing is looking to have one male floor, and one female floor. The other two floors would be co-ed, but this will all depend on number of people who apply.

Student Housing officials say they believe dorm rent will be probably cheaper than renting a house or apartment because the dorm rooms will be furnished. School dormitories are available with basic

furnishings and sometimes include meals during the day.

"The approximate cost will be \$800 a month if you are living in a four-bedroom unit, and \$850 a month if you are living in a two-bedroom unit," said Tonasket.

Living in the dormitory will provide more immediate access to friends in school and convenience to learning assistance and make it easier to participate

in activities on campus.

"It's interesting to know our college will establish a dorm for the Highline community," said Anh Dam, a Vietnamese student who is living in a rental house with his friends. "The Highline dormitory will be a great place to start making friends because only Highline students will live there."

"I probably will sign in to live in Highline Place next fall. I cannot wait to stay on campus," said Sijie Wang, an international student.

She said that the dormitory has the advantage of being near the school and will reduce commute times.

Assignment of dorm space will be on a first-come, first-serve basis and interested students need to contact dormitory management as soon as possible in late May to determine if they are eligible to stay in the dorm.

Dr. Skari said the application process is currently being developed, and should be finalized soon. The dormitory management will update full information in the early this June after they receive developer's notification.

The flu is more deadly than you think

By Andrew Jokela
Staff Reporter

The difference between flu and the common cold is that the flu will hit you like a cement truck – right away.

Dr. Colleen Sheridan, a science instructor at Highline College, presented a seminar on influenza on Friday, May 18 as part of Science Seminar.

Dr. Sheridan was awarded a Ph.D. in Immunology from Stanford University's School of Medicine.

Influenza, commonly known as the flu, is a potentially fatal communicable disease, said Dr. Sheridan.

Symptoms of the flu can include body aches, fevers, chills, coughing, and lethargy, but everyone experiences symptoms differently, Dr. Sheridan said.

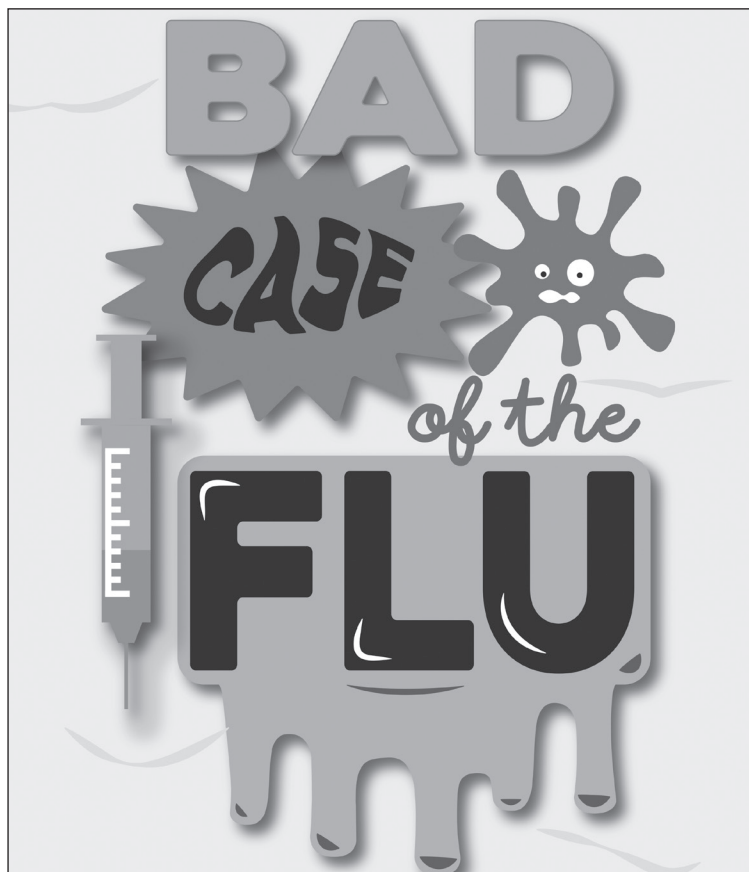
This year, the world experienced the worst flu epidemic in nearly a decade.

According to the US Centers for Disease Control (CDC), the flu season peaked in early February this year, where more than 8 percent of hospital visits were for influenza-like illnesses.

An influenza-like illness is defined by the CDC as a patient presenting a temperature of greater than 100 degrees Fahrenheit with an accompanying cough or sore throat.

Prior to this, the record for influenza-like illness hospital was the 2009 flu season, which saw the outbreak of Swine flu, also known as the H1N1 pandemic.

In 1918, 500 million people were infected with influenza during the Spanish flu pandemic, which was one third of the world's population. 50 million of those infected perished



worldwide, with 675,000 in the United States alone.

The 1918 outbreak was unusual because this strain of the flu targeted people aged 20-40. Typically, the flu targets either the very young or very old, said Dr. Sheridan.

In response to Spanish flu, the City of Kingston, in Ontario, Canada, shut down theaters, churches, and schools in an effort to combat the spread of the disease. It also restricted courts and hospitals from the general public.

"There was such an incredible need for nurses that the University of Chicago advertised a program for people to learn how to be a nurse at home," Dr. Sheridan said.

The flu is especially contagious due to the mechanism in which it

is spread, said Dr. Sheridan.

In your throat, specialized cells that line your trachea secrete mucus. The mucus then traps foreign particles and bacteria that would travel down your throat toward your lungs, Dr. Sheridan said.

This mucus is forced upwards by tiny hairs, known as cilia, toward your mouth. A few times per day, most healthy people clear their throat, which sends a portion of this mucus into the stomach. The stomach is full of gastric acid which kills bacteria and viruses.

When someone is sick, instead of swallowing the bacteria and virus-laden mucus, they cough it up, and out. This spreads the live virus to whatever surface it touches, like a

doorknob or your hands.

So, when an unsuspecting person comes by and touches the doorknob, and then touches their face, they transmit the disease to themselves.

"There are four types of influenza virus – types A, B, C, and D," said Dr. Sheridan. "Types A and B cause lots of disease in humans."

Inside each virus, there are eight single-stranded pieces of ribonucleic acid (RNA), protected by a phospholipid bilayer and spinous proteins. The RNA is used as a blueprint to produce more copies of the virus.

Essentially, an influenza virus will spear a host cell, dump its RNA inside, detach, and do it again.

There are generally two types of spike proteins – hemagglutinin and neuraminidase. Hemagglutinin is designed to bind to the host cell's receptor, allowing the transfer of RNA through endocytosis. Once this process is completed, neuraminidase will destroy the receptor, freeing the virus to attach to another cell, Dr. Sheridan said.

"The virus really depends on hemagglutinin to get inside the cell," said Dr. Sheridan.

Within six hours of initial infection, copies of the replicated virus burst out of the host cell, causing it to die. If enough cells are infected, the mucus escalator is unable to continue. This is usually what leads to death, Dr. Sheridan said.

"Most deaths are due to pneumonia, which is when fluid fills the air sacs in the lung," said Dr. Sheridan. Without the mucociliary escalator, secondary bacteria and viruses can enter the body through the lung,

causing inflammation, which causes the lungs to not work properly.

At the apex of the flu season, more than 11 percent of all deaths in the United States were due to pneumonia and influenza, according to the CDC.

Due to this, it is very important to combat the spread of the disease, Dr. Sheridan said.

"To stop an epidemic, we've got to lower the rate of transmission," said Dr. Sheridan. "We have to raise the recovery rate, which reduces the infectious period. We have to reduce the number of people susceptible to the disease in the population."

There are three main ways the CDC has identified to lower the spread of influenza.

First, isolate yourself. Cover your cough. Wash your hands. Stay home when you are sick.

Second, take antivirals, such as Relenza or Tamiflu, which inhibit neuraminidase, preventing inter-cellular transmission.

Finally, get a flu vaccine. Getting vaccinated reduces the number of people susceptible to the disease.

"Eighty-five percent of children who died this flu season were unvaccinated," Dr. Sheridan said. "Please, parents – get your children vaccinated."

"The big thing about recovery is that when you recover from an illness, you are now immune," said Dr. Sheridan. "You can't get it again."

This week, Darin Smith will present a seminar on fitness myths and misconceptions. Students and the general public are invited to attend this free lecture on Friday, May 25 in Building 3, room 102.

Fatal cougar attack leaves victim hospitalized

By Gene Johnson
Associated Press

SEATTLE — Recordings of emergency calls after a fatal cougar attack in Washington state last weekend detail how dispatchers calmly struggled to figure out exactly where the surviving victim was — and how worried he was about his friend.

Isaac Sederbaum, 31, of Seattle, was mountain biking with friend S.J. Brooks, 32, of Seattle, on logging roads near North Bend, in the Cascade Mountain foothills east of Seattle, on Saturday when they saw the cougar following them.

Badly bloodied, Sederbaum got on his bike and rode to where he could get a cellphone signal. Recordings released by the King County Sheriff's Office on Wednesday and by a regional emergency service called NORCOM on Tuesday show

that the first several calls failed. In one of them, Sederbaum manages to say, "Can you hear me?" and "Help!"

The King County Sheriff's Office dispatcher calls him back.

"Hi, this is 911. We got a hang-up call. Everything OK?" she asks.

"No," he replies in a panicked tone. "I got attacked by a mountain lion, my friend did too. I don't know where I am. I'm trying to come right down the mountain."

"What mountain are you on?"

"I don't know," he says. "I was on the logging roads ..."

"Listen to me," she says. "Listen, listen. I need you to hang up and call 911 so we can get location on you."

When he calls back, he offers a little more information — that he's north of North Bend — and as dispatchers try to figure out



Responders helped Sederbaum after he was assaulted.

where he is with a GPS signal, he tells them he sees a car, then flags it down. "Can you talk to 911?" he asks a woman in the car. "I got attacked by a mountain lion. My friend is up there."

As the woman looks at a map and tries to tell the dispatcher how to reach them, Sederbaum wails in the background.

"You're not going to die," she tells him.

Sederbaum's voice breaks as he tells another dispatcher, "I'm so worried about my friend."

"Everything hurts," he says.

"I know," she tells him. "But you're doing a really great job staying calm there."

Another vehicle arrives — a

truck with a man who identifies himself as Matt — and he gives more detail about the location and Sederbaum's condition.

"He's really scared, he wants to get out of the mountains," he says. "He does have some bad lacerations, particularly on his right ear."

The first deputy arrived at 11:19 a.m., a little more than half an hour after the first call. It took responders an additional hour, traveling beyond a gate on the gravel road, before they found Brooks' bike and then body.

The cougar was standing on it and fled when an officer fired a shot. Hours later, Washington Department of Fish and Wildlife agents used dogs to track the cougar to a nearby tree and killed it.

The animal was determined to be underweight. A necropsy is expected to determine whether it was ill.

Seattle launched round-the-world air race

By Matthew Thomson
Staff Reporter

Seattle’s connection with aviation milestones extends beyond being the home base to the world’s largest aerospace manufacturer.

Shortly after World War I, Seattle’s Magnuson Park was the launching point for the first airplane circumnavigation of the Earth, a local historian told last week’s History Seminar.

Jules James told the story of how, in 1924, the United States competed with Argentina, the United Kingdom, France, Italy and Portugal to see which nation could circumnavigate the globe first.

The aircrafts used were Douglas World Cruisers, which are modified WWI-era bi-planes.

During the expedition, the engines of the various planes that competed were oversized compared to other planes of the era and had to be replaced 12 times.

“Prior to [Charles] Lindbergh, exploration was about leaving for the unknown. Lindbergh’s aviation was about leaving a port for the unknown and returning to port when you ran out of fuel,” James said.

The planes were piloted

HISTORY SEMINAR

by two officers; one officer would take the controls while the other rested or searched the maps.

Compass navigation was not possible at the latitudes the pilots were flying because the Earth’s magnetic pull interfered with the compasses.

Instead, the pilots relied on “dead reckoning,” or flying where they could see, James said.

The first leg of the journey, at least for the Americans, was the most difficult. Flying from Seattle up the Pacific coast of Canada and Alaska, they then headed straight to Japan’s Kuril Islands.

The United States did not recognize the Soviet Union in 1924 and there was a chance the American planes might land in Russian territory.

Given those facts, the U.S. Navy was on hand to rescue the pilots if they landed in unfriendly territory, James said.



Circumnavigators pictured left to right: Lt. Erik Nelson, Lt. Lowell Smith, Lt. Leigh Wade, Lt. Jack Harding, Lt. Hank Ogden, and Lt. Leslie Arnold.

The American expedition was made up of four planes, one named for a city on each point on the compass: The Chicago, The Boston, The New Orleans, and The Seattle.

The competition had 23 scheduled stops. However, that was revised to 21 along the way in order for the Americans to win and the Italians to take second place.

Major stops were made in Japan where the pilots were treated to large crowds, British India where the planes’ pontoons had to be converted to wheels and Paris where the pilots spent Bastille Day, James said.

When the pilots reached Ice-

land, it had become clear that this was a race the Americans were going to win.

The Italians were close behind, just not close enough, so a deal was made that the Italians would take second place and the Americans would take first.

The Italians were out of planes so the Americans transferred one of their planes to the Italian team, James said.

The entire trip of approximately 27,000 miles took 175 days, according to the National Park Service website.

A flying wings monument still stands in Seattle’s Magnuson Park to commemorate

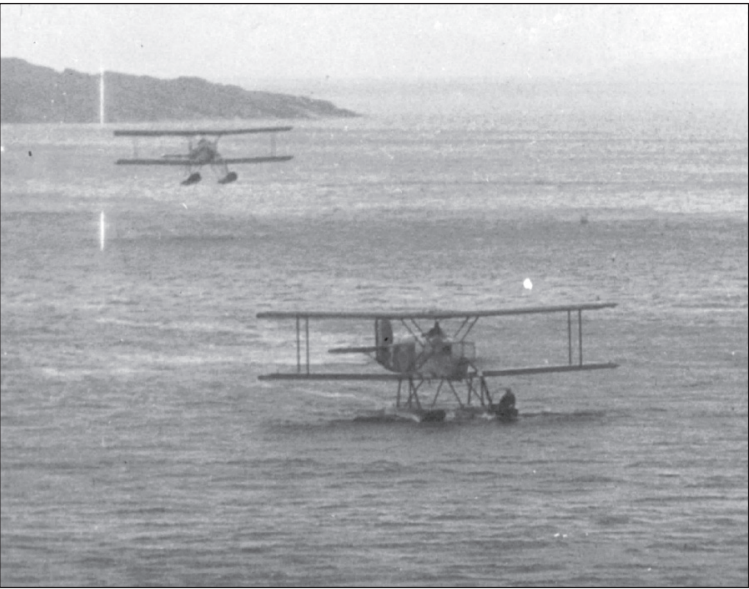
the hard work and dedication of the world cruiser pilots and crews.

A local resident is attempting to build a World Cruiser replica. Bob Dempster and his wife Diane live in Renton and are planning to fly around the world once their cruiser is finished, James said.

Next week’s History Seminar will be presented by Dr. Teri Balkenende on May 30.

Because this event is set to be the last History Seminar presentation of the quarter, Dr. Balkenende will discuss a surprise topic.

The event will be in Building 3 at 1:30 p.m. It is free and open to the campus community.



Two of Seattle’s launched airplanes landing in Newfoundland, Canada in August 1924.

Nominate important faculty

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

Two awards worth \$1,500 each 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 be nominated, a faculty member must receive two written endorsements from the nominators.

A second reference must also be submitted 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.

The faculty nominees should have an enthusiasm for their discipline and the ability to enable students to understand course material.

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

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Save Time With VA Health- Care Apps

All you need to connect to health care at the Department of Veterans Affairs is a computer, tablet or smartphone. In August, officials unveiled a special app (The VA Video Connect), and so far 20,000 veterans have used it to increase their access to 4,000 VA providers and cut down on travel time.



This is huge. With the app, you can connect to a virtual medical room, just like you were meeting in person. You can have an appointment without ever having to leave home. Go online to mobile.va.gov/appstore and read the FAQ. Unlike some of the VA pages, this one is well-done.

Note the link to the test site to ensure that your device is compatible. If you have an iPhone, you'll end up at the Apple app store for your free download. For an Android, you'll find instructions linked from the page.

One hint: If you signed up back in August on an iPhone and now your app doesn't seem to work, there's a good chance you got the older version and need to get the new app. Computers, tablet and Android phone apps still should work correctly.

On the same page are other available VA apps. There's a scheduling app so you can make appointments for primary care. (There's also a user manual.) See the Acceptance and Commitment Therapy (ACT) app for help with managing daily struggles due to PTSD. It was developed by VA's National Center for PTSD with input from veterans and service members who are in ACT consultation. Two apps contain the airborne hazards and open burn pit registry, and the clinical portal for those. If you have a problem with mood, check the Anger and Irritability Management Skills app.

If you need tech help, call (866) 651-3180 Monday through Saturday, 7 a.m. to 11 p.m. ET.

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HEY! You could have a health career

By Nayyab Rai
Staff Reporter

Low income students interested in entering health care fields can take advantage of a free program at Highline this summer.

The annual Healthcare Exploration Youth program runs this summer from June 25 to Aug. 23.

"The program is an introduction for students who are new to college and wish to expand their horizons," said Jennifer Johnston, coordinator and academic adviser for HEY.

The program offers 16 spots to people who cannot afford to take the classes.

During this time, they will be taking classes in college success, healthcare career/exploration, PE, two health care professional classes, and a math preparation class.

Classes will meet Mondays through Thursdays from 9:30 a.m. to 3 p.m.

Classes will be in a cohort, meaning the students who are part of the program will be taking all of the classes together.

"Students will be able to get certified in CPR and First Aid," Johnston said.

Students will also be able to go on field trips to Renton Technical College and the University of Washington.



HEY students learn CPR during health care professional classes during this last summer.

"During this time, the classes will try to cover many health care careers, and how to transfer to four years," Johnston said.

The program is completely free, including textbooks and meals.

The program is supported through funding from the Affordable Care Act (Obamacare).

"Part of it is to create health care pathways to those living in poverty or wouldn't have the opportunity otherwise," Johnston said.

ston said.

However, because the grant will end in two years, Johnston said she is hoping that the program can be funded through Highline.

"This program can help people find the right resources in order to go past their limits," she said.

In order to qualify for the program, you need to have some sort of obstacle that does not allow you to go to school regularly.

Financial status or a disability

are the common ones, Johnston said.

"HEY has been at Highline for 10 years. Each year, six to 16 students participate in the program," Johnston said.

"The message of the program is 'Highline Wants You,'" Johnston said.

They are accepting applications now.

If you or anyone you know want more information, contact Elisa Grant-Holler at elisag@nhwa.org or call 206-643-9624.

Capital committee needs student members

By Byron Patten
Staff Reporter

Student Government is looking for new members to be a part of next year's Capital Projects Committee.

The Capitol Projects Committee oversees the budgeting of improvements to campus programs and groups. Current, larger works under capital projects include the Building 6 Entry Plaza, the community garden projects, and a new soccer field.

At a meet and greet today, May 24, from 1:30- 2:30 p.m., students can sit down with current committee members and Student Government representatives.

"We're going to have the committee from this year introducing themselves to next years' committee," Vice President Mahlet Tiruneh said. "We will be going over the capital projects, students' involvement, and what they can expect in their positions."

Positions are volunteer based, but can offer experience in varying skills.

"It's an amazing opportunity.

Students get to gain public speaking skills and knowledge on budgets," Tiruneh said.

"It's a really cool leadership opportunity where you can have an influence on literally the landscape of your campus and what this is going to look like," said Director of Center for

Leadership and Service Iesha Valencia. "A lot of it is facilitating paperwork, having discussions, interviewing departments, and then you're a part of the presentation to Student Government to showcase the results."

"This is a time for people

to come in with questions," Tiruneh said. "But we hope that by the end of the meet and greet, we will have a set group of interested students for the committee next year. The whole point of this event is to achieve that."

The meet and greet will be held in Building 8, room 310.

ENGINEERING MAJORS

Attend an Engineering Transfer Fair at Highline!

Thursday, May 31st
10:00 AM - 1:00 PM (Stop by anytime)
Building 16, Rooms 105 & 106

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- Seattle University
- UW Seattle, UW Tacoma, UW Bothell
- Washington State University
- Western Washington University

Learn more about the admissions requirements, including prerequisite courses and GPA requirement.

START YOUR PLANNING TODAY!
Questions? Contact transfer@highline.edu

Pulitzer Prize author headlines Big Read event

By Joni Aten
Staff Reporter

Pulitzer-prize winning author Viet Thanh Nguyen will come to Highline's campus for an in-depth discussion of one of his books, *The Refugees*, as part of this month's Big Read Event.

Highline's Asian American, Native American and Pacific Islander Serving Institute and Highline's Library will co-sponsor the

Big Read event as part of Asian American and Pacific Islander Heritage Month.

Nguyen is a Vietnamese author who won the 2016 Pulitzer Prize for Fiction with his novel *The Sympathizer*, which was also a New York Times best-seller. He is also a professor at the University of Southern California teaching English, Comparative Literature, and American Studies and Ethnicities, and also the university's Aerol Arnold Chair of



Viet Thanh Nguyen

English.

The event will take place

at the end of the month, on May 30, from 1 to 2:30 p.m. in the Mt. Skykomish room in Building 8.

This is an opportunity for anyone on campus to read along with each other at the same time, and hold a discussion with the author.

As for the remainder of API Heritage Month, there will be one more event following the Big Read event. That is the Lao ceremonial ritual, Baci Sukwan, which will be held on June 8.

Baci ceremonies highlight important major events such as births, marriages, or a new year. It is prepared by a community shaman who will wish good luck and prosperity on a person while tying a string around their wrists.

This event will be free, however an exact time is still to be determined.

You can get more information about the Baci event from the AANAPISI office in Building 9.

Highline honors students who portray leadership

By Thunderword Staff

Sixty-nine Highline students were honored last night at the annual Student Legacy Awards.

Family, friends, faculty, staff and award recipients filled the Student Union to recognize students who "have demonstrated a high caliber of academic and leadership achievement, persistence and contributed to the legacy of their peers and Highline College," said Jade Chan, Programming and Promotions Leadership adviser and Center for Leadership and Service Marketing Outreach Design team supervisor.

Formerly called Student Awards Ceremony, the theme this year was Together We Soar.

The 2018 Legacy Scholar Award winners are:

- **Accounting:** Michael Rude
- **ACHIEVE:** Masooma Sarwari
- **BSTEC Department:** Dega Farah and Deanna Powers

• Business Department:

John Zapareski and Shavone Holloway

• Engineering:

Angela Tibbetts and Liban Hussein

• Highline Model United Nations Team:

Duc Huu Minh Nguyen

• Hospitality & Tourism Management:

Chol Lim

• Journalism:

Mitchell Roland and Isabella Anderson

• Mathematics:

Phong Ly

• MESA:

Liban Hussein

• Respiratory Care:

Jeremy Cummins

The 2018 Legacy Leader Awards went to:

• AANAPISI:

Fuifui Ah Kuoi and Kaitlen Taoipu

• ACHIEVE:

Jullianne Plummer, Tristan Curfman, Helen Nash and Ayron Enriquez

• Anime Club:

Nicklaus Garces

• Arabic Club:

Raghdah Alanae and Khalid

Almustafa

• Associated Students of Highline College:

Astrid Dueñas Diaz and Julie Bradbury

• Career and Student Employment Center:

Jordan Julaton

• Chess Club:

Evan Marsh

• Christian Brotherhood International Club:

Ron Howell

• CLS & MCA Leader of Excellence:

Mahlet Tiruneh

• Code 2040 Club:

Karla Bustamante-Zamora

• Community Budget Coordinator:

Chloe Zabrek

• Community Leadership Consultants:

Jalyssa Atualevao and George (Zehao) Chen

• Community Resource Consultant:

Chalisa Thompson

• Cooking Club:

Temani Joyner and Hideki Goto

• Highline Model United

Nations Team:

Ko Tanaka

• Horror Life Club:

Jonathan Patrick Williams

• Hospitality & Tourism Management:

Yu-Ling Shen

• ICC Peer Facilitator:

Savannah Sacchini

• Knitting Club:

Jocelyn Andrews

• LatinX Student Association:

Rosa Garcia-Rodriguez and Erica Juarez-Ramos

• Leadership Initiative Team:

Divya Kapoor

• Marketing Outreach Design Team:

Jesus Jeremy Morales VII and Chandler Simon

• Math Resource Center:

Liban Hussein

• National Poetry Committee:

Tamar Manuel

• Outreach Student Ambassador:

Risha Sharma

• Pacific Islander Club:

Kaitlen Taoipu and Jahnna-

Marie Kehaulani Kahele-Madali

• Placement and Testing Center:

Prem Subedi and Ros Damm

• Psychology Club:

Yasutaka Odo

• Respiratory Care:

Seth Williams

• Space Jam:

Tiana Ross

• Student Employee of the Year:

Chloe Zabrek

• Student Navigator:

Maria 'Rui' Auxilia

• Thunderword:

Jovien Robinson and Colin Phan

• TRiO:

Honglin Chen and Merry Ruat

• Umoja Black Scholars Program:

Haley Cummins and Shanique S. Dickens

• Unified Sports:

Sahil Vora and Tristan Curfman

• Women in Science and Engineering:

Mary-Louise Hathorn and Edythe Neilson

Amazon, Starbucks join head tax fight

SEATTLE (AP) — Amazon, Starbucks, Vulcan and several dozen companies have pledged more than \$350,000 toward an effort to repeal Seattle's newly passed tax on large employers.

The Seattle City Council on May 14 unanimously passed the so-called head tax that will charge businesses making at least \$20 million in gross revenues about \$275 per full-time worker each year. Money raised would pay for affordable housing and homeless services.

Days later, the No Tax On Jobs campaign, a coalition of businesses, began gathering signatures to put a referendum on the November ballot that would repeal the tax, which would start in 2019.

Backers will have to gather 17,632 signatures of registered voters by June 14.

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Academic continued from page 1

College officials were unwilling to provide the specific number of students disciplined for academic dishonesty.

In some cases, instructors intervened before the Office of Student Services becomes involved.

“In one of my classes, we have a group project where we are supposed to submit bits of it weekly. One week, everybody plagiarized. The teacher was so mad! [They] gave us a lecture about it the next day, and had us re-do it,” said a Highline student.

Plagiarism is a form of cheating where students copy or take credit for work which is not their own.

A common example of this is using a direct quotation without quotation marks.

There are a number of tools which help prevent plagiarism – most notably, Highline’s Library Avoid Plagiarism tool (library.highline.edu/avoidplagiarism).

According to the Highline’s Avoid Plagiarism webpage, students may plagiarize for a variety of reasons, such as bad time management and fear of failing an assignment. Sometimes, students think it’s easier to plagiarize than do their own work.

Usually, academic dishonesty comes at a cost. If students cheat, they don’t typically learn the material which they submitted.

“Definitely do your own work,” said Highline student Aby Colmenares. “Ultimately, cheating isn’t worth it, because you cheat yourself.”

King Crossword — Answers

Solution time: 21 mins.

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Go Figure! answers

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Weekly SUDOKU Answer

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

Make a call at Mount Rainier National Park

SEATTLE (AP) — Cellular service will soon be available in Mount Rainier National Park after the National Park Service granted permits to two wireless carriers to install equipment at the park’s heavily used visitor center.

The park service said Tuesday it approved permits to Verizon Wireless and T-Mobile to protect visitor and employee safety and to improve communications in the Paradise area, on the south slope of Mount Rainier, located about 100 miles (161 kilometers) south-east of Seattle.

There are currently no cellu-

lar installations in the park. It’s not clear yet when service would be activated, officials said.

Park officials said no towers would be built so the area’s scenery will be preserved. The companies’ equipment would be located in the attic, below the roofline, of the Jackson Memorial Visitor Center. The equipment will be enclosed behind wall panels on the gable ends of the building.

AT&T has submitted an application and also may be added, park officials said.

The proposal set off a debate about whether people enjoying the park and surround-

ing wilderness areas should have access to calls, Facebook, Instagram and other technology while communing with nature.

Some said cell service would improve safety and provide a convenience for visitors. Others contend the proliferation of phones would distract from the natural beauty of the surroundings.

Cell service will be strongest in the Paradise area, which saw about one million visitors last year. But cell signals may extend into wilderness areas “to a limited extent,” park officials said.

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Search

continued from page 1

son-Gandy.

The presidential search has been in motion ever since former Highline President Dr. Jack Birmingham announced his retirement in July 2017.

Dr. Birmingham held the spot as president for more than a decade, and had spent more than 22 years total working at Highline.

Dr. Jeff Wagnitz is currently in the role of interim president, and will remain in this position until the new president is hired.

Dr. Wagnitz has been at Highline for 18 years, and previous to this role, was the vice president of academic affairs.

The Trustees had put together a search subcommittee made up of staff, faculty, and community members to choose the top candidates out of the pool.

The committee sifted through the applicants before interviewing seven finalists, and then recommended three finalists for the board.

"We had a pool of about 40 when we started," Trustee Jackson-Gandy said.

"Because of the quality responses, we had more to choose from, instead of choosing from slim pickings," she said.

The candidates, Dr. Justin Guillory, Dr. Lisa Avery, and Dr. John Mosby, visited campus for forums on May 14, 15 and 16.

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

These open forums were arranged to answer questions any staff, faculty, or students had, and to also allow the campus to meet their potential new president.

Now the search is nearing its final two stages: A site visit, and then a contract negotiation.

"The next step is [that] we do a site-visit to our first choice's college, and that's also part of the interview. If that checks out well and there's not concern and everything's consistent with what the candidate presented in the interview and forum, then we'll move to negotiate the contract," said Trustee Jackson-Gandy.

"[We want the] site visit done by next week. The hope is that just days after that, the contract is negotiated," she said.

Overall, the presidential search process has been running very smoothly, Trustee Jackson-Gandy said.

"From the get-go, it's been a thoughtful process... Everything's right on the timeline that we set," she said.

ACHIEVE

continued from page 1

cheaper, [and] provide scholarships for this ACHIEVE program," Kurfman said.

Kurfman is one of 53 students in the ACHIEVE program this year.

ACHIEVE is an accredited post-secondary transition program that offers integrated classes, case management, and advising in education, careers, and job placement for students with intellectual disabilities.

The program has open enrollment, a yearly cohort, and at the completion of the program students receive a certificate.

To earn the certificate in ACHIEVE, the students take a more complex route than you may have taken to get your own degree.

Instead of simply attending a series of traditional classes, students meet certain credit requirements in the classroom, campus, and in their career area, building a particular area of study.

No one knows the complexity of the program better than Jenni Sandler, director of the ACHIEVE program. She has been here since before the ACHIEVE program, and took steps in making the program what it is today.

"I started here in 2001, where there was no ACHIEVE program. I started in Continuing Education, and started offering classes for people with intellectual disabilities on campus," Sandler said.

The courses offered actually started off as segregated classes, which were specific classes that only accepted students with disabilities.

"From the beginning though, I knew this wasn't equitable and that wasn't the kind of program that I wanted," Sandler said.

That's when she worked hard for integrated classes. The integrated classes were targeted toward students with intellectual disabilities, and were also offered to students who didn't have any disabilities.

"At this point in time they weren't on campus. We were reaching out into school districts and communities to try to convince students into thinking about coming into college and taking a class," Sandler said.

This was where Sandler said she'd faced her first heartbreak during the program. In an inclusive art class she'd offered, there was one woman who said "Oh, I didn't know it was gonna be for these kind of people."

"I remember hearing that and it just broke my heart, and I remember crying," said Sandler. She said it hurt a lot, but more than that it fueled her fire.

Later on in the program Julie Pollard, associate director of ACHIEVE, came on board.

One of her first experiences working with young people facing disabilities was where she'd also found her passion for the program.

"I took an opportunity to volunteer at a camp for people with disabilities, not because I knew anything about it, but because I wanted a bit of parent freedom," Pollard said.

This is where she said she'd found her life's work and purpose.

"I discovered there was a whole population of people that were hidden away, not having the same level of access or opportunity as me," said Pollard. "From that point on, everything turned into me fighting for that cause."

She'd done programs similar to ACHIEVE, but said she'd found everything she wanted and more in Highline's ACHIEVE program.

"I served at UW for DOIT [Disabilities, Opportunities, Internetworking and Technology], and at that point students with significant disabilities were relatively new on college campuses," Pollard said. "The people who qualified for DOIT, don't experience intellectual disabilities. The question I had the whole time was, we're still deciding based on a label or diagnostic

code, what someone can and cannot do. And I just am not down for that."

She said that she believed that human possibility is directly related to opportunity.

Jocelyn Andrews said the ACHIEVE program has been instrumental to her success in college.

She is a graduating student with what she describes as a fair share of challenges.

"One of the big challenges was that I didn't know how to get my work done," Andrews said. "Sometimes, and using Canvas too, because it has a lot of hard to figure out the new features without support."

Andrews will be graduating this year with her certificate from the program and said she's happy about the friendships she was able to build due to ACHIEVE.

Sarah Rowley entered ACHIEVE due to her parent's suasion, and she's been in the program for two years now.

"In the program I found a more supportive friend group, that helped me in class with work and such," Rowley said. "ACHIEVE really helped me connect me with this community. My adviser has helped me the most, trying to keep me on track and with homework."

She said that being in the program has been a complex road to be on, however.

"The biggest thing for me is that I don't even want people

knowing that I learn differently. Because they treat me differently," Rowley said.

"Being in ACHIEVE can sometimes feel like I actually am different," said Rowley.

This, she said, was a personal battle many of her friends have to face. A desire to feel just as normal and important even if she needs to have directions written out an extra step that ensures her success, she said.

Earlier in the program she participated in a paid internship, set up by the program's Community and Employment Services specialist Nicole Geiger.

"I really appreciated Nicole doing that, in the job I got to work with children, which is what I've always wanted," Rowley said.

It was because of that internship that she found her passion and an important message she's learned for herself, Rowley said.

"I volunteer at a school, and work with kids now because of Nicole," said Rowley. "I work with a boy who is in kindergarten, who has autism."

Having a peer mentor was something that she said she'd never gotten growing up. She said she believed it could make his life better.

"When I see him I want to be his peer mentor, and show him, somehow, that it is OK to learn differently than others," Rowley said. "That it is fine to have a learning disability."

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