the THUNDERWORD

Highline College | May 31, 2018 | Volume 55, Issue 28

President to be chosen soon

By Izzy Anderson
Staff Reporter

The identity of Highline's next president could come as soon as today.

The Board of Trustees is meeting this morning to choose Highline's next president.

The meeting is happening this morning at 8 a.m., which will begin in the boardroom, on the 5th floor of Building 25.

During the meeting, there is intent to take action on appointing a president.

There will also be discussion regarding qualifications of public employment applicants.

Comments will be opened to the public at the beginning of the meeting, followed by an executive session at 8:20 a.m. in room 411.

After this, the meeting will reconvene for more public session in the boardroom again.

The presidential search has been in gear ever since former Highline President Dr. Jack Bermingham announced his retirement in July 2017, after more than a decade of working at Highline.

Dr. Jeff Wagnitz is the current interim president, and will remain in the position until

See Search, page 12

President pushed to sideline

By Thunderword Staff

Highline Student Government President Vanessa Primer was effectively removed from office on April 30.

The decision was in collaboration with Human Resources and Center for Leadership and Service faculty. However, Director of Leadership and Service Iesha Valencia was not able to share why.

Primer is no longer able to do her job responsibilities, including: speak at commencement, facilitate executive meetings, and have a vote in the student council.

However, she continues to hold the title of president.

Students have taken to their own theories as to why Primer has been removed, though.

Speaker of the CaucusAstrid Duenas worked closely with Primer the last year as a fellow Student Government member.

After notice of a car accident, Primer did not show up to work for several weeks, Duenas said.

"I felt lost, to be honest. I didn't know what was going on," Duenas said. "She did send an email, but saying that she was not going to be at the day's meeting. There was nothing about the rest of the weeks."

After suffering a foot inju-

See President, page 12

Standing tall for veterans

Soldiers from Joint Base Lewis McChord color guard participate in Highline's Memorial Day events last Thursday. From left to right: Staff Sergeant Adams, Sergeant First Class Keller, Sergeant First Class Bennett, Staff Sergeant Cox.

UW Fed Way finds locations

By Chloe Wilhelm
Staff Reporter

Federal Way Mayor Jim Ferrell said a proposed UW-Tacoma/Highline campus could be in an office building just off South 320th Street near Interstate 5.

Ferrell said that in the long-term he wants to see a permanent campus built near Federal Way's Performing Arts and Events Center.

"We're looking at the high rise just off the freeway," Ferrell said. He reiterated that the new campus could be open "as early as this fall."

However, on Wednesday, Ferrell's Communications Coordinator Tyler Hemstreet said that the city is still looking at several locations.

"The team has already toured two sites for the interim campus in Federal Way," Hemstreet said. "However, it has not selected an interim site yet. We are in the midst of working out some key factors."

Officials from the Washington-Tacoma did not respond to requests for comment.

Michael George, the real estate representative for the building, also declined to comment.

The building, formally known as The Centre at Federal Way, is located at 2505 S. 320th St.

An online listing for the five-story property says it has more than 44,000 square feet available for lease.

According to a sign on the building, Prudential Northwest Realty is one of the tenants.

Ferrell visited Highline on Tuesday to talk about voting and city affairs.

See UW, page 12

In this issue

Campus life	2-3
Opinion	4
Arts	5-6
Sports	7
Puzzles	8
Food	9
News	10-12

Page 3
Student Government looks to improve campus features

Page 6
Local bands make a splash at Low Tide Festival on June 2

Page 7
Men's basketball team looking to improve for next season

Crime & Punishment

Fish tank fiasco in Building 6

By Krista Gaines
Staff Reporter

A former student shoved a fish tank to the ground when told he was unable to pay cash for his official transcript.

He approached the Registration desk in Building 6 with a frustrated demeanor on May 21, said Monica Ciobu, Admissions information specialist. He wanted to purchase his official transcript with cash, however, official transcripts cannot be purchased on campus nor with cash.

Highline does not have access to instantly retrieve official transcripts. They are ordered and delivered through a third party, the National Student Clearinghouse.

"Admissions give the transcripts, but don't handle the cash," Ciobu said.

"The National Student Clearinghouse collects the orders and payments (credit or debit cards are required). Transcripts are created and distributed by Highline College," according to the Highline College Transcripts webpage.

"He came in already frustrated," she said. "He didn't want to listen."

She told him the nearby gas station had prepaid cards available to purchase, but he appeared to grow more frustrated.

As he left, he knocked a fish tank to the floor containing two beloved fish, Newton and Randall. Fortunately, they survived.

It cost $25 to replace the 10-gallon tank and water filter.

"He's not allowed on campus anymore," Ciobu said.

Official transcripts are only available for purchase online. The price is $6.05 for the transcript.

It can be mailed to students, to their desired destination, or it is available for pick up at the Admissions/ Information Desk in Building 6.

Official transcripts can be ordered at: https://secure.studentclearinghouse.org/tsorder/faces/TranscriptOrder?_afrLoop=570022392744893&_afrWindowMode=0&_adf.ctrl-state=q9hsyl9jg_4#firstload.

For any further questions regarding official transcripts, call the Admissions Information Desk at 206-592-3181.

Survey to discover pollution at Highline

By Krista Gaines
Staff Reporter

Environmental Science classes conducted a survey about the pollution Highline people emit through their vehicles.

Introduction to Environmental Science and Global Environmental Issues students collected data on 10 vehicles and calculate how much fuel each vehicle likely uses in a year and how much carbon it likely emits during that time. This was part of an assignment they were doing in class.

The survey was led by Environmental Science instructor Jonathan Betz-Zall.

As a student in 1970, he said he realized his deep passion for the environment when he participated in the first organized Earth Day event. He and some friends organized their own environmental science course because the school had a slim selection of environmental science courses.

Since then, he has been involved in many organizations which promote peace and justice.

"I read the book *Ecotopia* by Ernest Callenbach, which convinced me that it was possible to reorganize society to respect the Earth rather than destroy it, as our present society does," he said. "I have been trying to create that society ever since, and it is very slowly coming into being."

"Almost all of the vehicles that Highine people bring here burn fossil fuels and so emit lots of carbon dioxide, which disrupts the climate," Betz-Zall said. "In the lab, we will learn just how much is burned and how much carbon is released."

Betz-Zall has been leading this survey for seven years. In the past, he said, the numbers for burned fossil fuels and carbon emitted have always been huge.

These numbers continue to grow each year, causing the earth's temperature to increase, leading to the domino effect of negative impacts on the planet.

Betz-Zall said he wants to show his students the impact a single car can have on the planet.

"These are things people need to know," he said.

People interested in seeing their automobile's footprint on the environment can look their own car up at fueleconomy.gov.

NEWS BRIEFS

Join an engineering program

Learn about engineering programs at four-year universities by attending Highline's Engineering Transfer Fair today on May 31.

The event will feature engineering professors and advisers from a variety of universities. This includes University of Washington, Washington State University, Western Washington University, Seattle University, Saint Martin's University, and Eastern Washington University-North Seattle Campus.

The event will be in Building 16, rooms 105 and 106 from 10 a.m. to 1 p.m.

Learn how to use citations

Learn how to use citations by attending one of Highline's citation workshops today, May 31.

The Highline Library and the Writing Center will be offering two workshops to provide help with APA and MLA in-text citations, references, and works-cited pages.

Students can bring resources and assignments to the Library Instruction Room for one-on-one assistance.

The two workshops will be from 10 to 11 a.m. and 2 to 3 p.m. in the Library Instruction Room in Building 25, room 206A.

Pre-registration is not required. The workshops are open to Highline students.

Celebrate the MaST Center

Learn more about Highline's Marine and Science Technology Center by attending the MaST Center's 15th anniversary celebration.

Rus Higley, the director of the MaST Center, will share stories about the center and how it came to be.

The event will also include a discussion about what people would like to see at the MaST Center throughout the next 15 years and beyond.

The celebration will be from noon to 12:45 p.m. at the MaST Center, which is at 28203 Redondo Beach Drive S. in Des Moines.

For more information about the MaST Center, visit www.mast.highline.edu.

De-stress before finals week

Learn how to reduce stress during finals by attending Highline's Walking into Finals with Confidence event on June 6.

The event, which will be organized by Highline's Inter-Cultural Center, is part of Highline's Counseling Wisdom Series.

The event will provide ways to relieve test anxiety, successfully reduce stress, and prepare for finals.

The discussion will be from 11 a.m. to noon at the Inter-Cultural Center in Building 8, room 204.

For accommodations due to a disability, contact Access Servies at 206-870-3710, ext 3857.

For any questions or comments about the event, contact the Inter-Cultural Center at ICC@highline.edu or 206-592-4350.

Student Government funds projects

By Byron Patten
Staff Reporter

Lezlie Wolff/THUNDERWORD

Capital projects that Student Government hopes to make happen including improvements to the Building 6 entry plaza.

Student Government hopes to make larger improvements to Building 6, the soccer field and community garden with next years' Capital Projects Committee.

The Capital Projects Committee oversees the budgeting of improvements to campus programs and groups.

The current capital projects fund was created back in the 2015/2016 academic year.

"That year's Student Government did a needs assessment with students, so they did a lot of surveys and getting a sense for what students wanted," Director of Center for Leadership and Service Iesha Valencia said.

Student Government during this time asked students what they believe should be changed, if the proper funding was allocated. From this process, Student Government was able to create a list of improvements and the money it would take to achieve that.

"From this list, we saw different spaces or additions to campus that students really wanted," Valencia said. "They wanted it so much that the Service and Activities budget funded it. From that came a budget of $1.175 million that was encumbered."

Each program the budget funds has a given due date. After the date, the funds are no longer accessible, unless requested and approved a second time.

"So, all that money was set aside to be used by a certain date," Valencia said. "Each capital project has a due date and we really worked on the ones expiring this year."

Valencia said the smaller capital projects were all expiring in 2018, whereas larger works had due dates as late as 2021.

"This year we were really focusing on the projects that were expiring at the end of this fiscal year, which is June 30, 2018," Valencia said. "So the ones that we really made progress on were the Building 6 entry plaza. So, that has not been completed but we have been meeting through the year working on that."

The Building 6 entry plaza has been allocated $125,000 and may include a covered area for students to avoid rainfall, but designs have not been finalized yet.

Student Government Vice President Mahlet Tiruneh said that the Building 6 renovation was making slow progress.

"The sunset clause expires at the end of the school year, so June 30," Tiruneh said. "But Toni Castro asked for an extension because there wasn't enough time to start working on that. It has been extended to next year, where they will be working more on the budget and contracts that will be required for the renovation."

Despite slow progress, the committee has completed their smaller projects.

"The committee has created an Umoja Center space, Puente space, LGBTQIA space, AANAPISI space and Veterans' Space," Valencia said. "The budget would have funded things like furniture, artwork pieces and resources the programs can use."

The programs mentioned above provide advising and educational resources for students.

Because of the committee's emphasis on expiring capital project funds, the larger projects, like Building 6, have been put off until next year.

"On the community garden we've made significant progress on but it is not completed. It's about halfway done and has been extended to next year," Valencia said. "All purchasing deadlines have passed, but these funds don't expire till 2021, so we have a lot of time. Because of that, we definitely emphasized more on enhancing the spaces that were expiring this year, like UMOJA and Puente."

Though not finished, the committee does have an understanding of the future soccer field being built.

"The plan is to get fake grass," Tiruneh said. "We will take out whatever is on the field now and put in the fake grass. It is easier to sustain and can be used throughout the year."

The soccer field has been allocated $650,000 for the project.

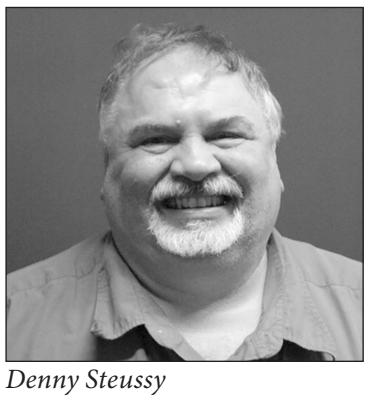
"Next year's committee will continue to work on contracts and supplies," Tiruneh said. "So those are the four for next year. There is no plan to add more, just continue to finish the original plans."

The overall budget is not expected to change next year, Valencia said.

"The budgeting has already been set for all these projects back in 2016. It is all public information," Valencia said. "So, with those, unless those areas decide they need more funds, because say cost of material goes up, then we would entertain the idea of changing that."

Academic adviser to retire after 36 years at Highline

By Izzy Anderson
Staff Reporter



Denny Steussy

After more than 35 years at Highline, Academic Adviser Denny Steussy is looking forward to a retirement filled with community, harmonizing, and family.

July 13 is Steussy's official last day on campus, after 36 years of serving in several Highline positions.

He began working at Highline in 1982, but didn't start out in the advising department.

"I [originally] worked in the Student Activities office, which is now the Center for Leadership and Service," he said.

Steussy didn't begin his career in higher education at Highline, either.

"Back in 1982, I had been working up at Western Washington University, and my position had finished there. I was looking for a new job, and there was the student activities assistant position open," Steussy said.

Fourteen years later, Steussy would accept the position that led him to the job he has today.

"In 1996, I moved from student activities into the advising center. From [then] on, I've been here in the advising office."

Through the years working here, Steussy has found his working environments and work relationships to be very positive, he said.

"I've been lucky that we've had a very strong, and very supportive advising center for a long time.… You don't always see that occurring," Steussy said.

He's made many lasting friendships through Highline as well.

"My good friend Siew Lai Lilley, she is one of my dearest friends," Steussy said.

Lilley is director of the Transfer Center.

"Toni Castro… has been an advocate, and a supportive person for me," he said.

Castro works as the vice president for Student Services.

Many more people have supported and encouraged him throughout his years here, Steussy said.

However, he is looking forward to the free time retirement will give, to pursue his passions.

"I'm actively involved in my church, and I sing in the church choir," he said. "We have a small ensemble group that sing songs for the church, called 'The Grace Tenors'. So I look forward to that."

Steussy also plans on traveling more, to spend time with family.

"My grandchildren all live in Oklahoma City with their parents, so I look forward to taking a trip down there to see [them]," he said.

Faculty and staff are holding a retirement party to celebrate everything Steussy has done for Highline today, from 3:30 to 5 p.m. in Building 2.

What should our next president be like?

The three finalists for the presidency were all on campus recently for forums and discussions with students and staff.

This gave the campus community had its chance to meet the three people who want to lead the college in to the future, and to ask them questions.

All three of the finalists are outsiders and come from different states. Dr. Justin Guillory is from Washington, Dr. Lisa Avery is from Oregon, Dr. John Mosby is from California. The three of them have different experiences and unique qualities to be the next leader of Highline.

This college has a unique opportunity to pick new leadership and forge a new vision and plan its future. In addition to getting a new president, the school will be getting three other new leaders. Vice President Dr. Lisa Skari, Interim Vice President Dr. Rolita Ezeonu and Interim President Dr. Jeff Wagnitz will all be leaving campus after this school year.

But knowing that the next president will be new to the campus raises the question: What exactly should the new leader be like?

First, the main thing is that new president should be here for the long haul. The next president should not be using this job as a stepping stone to get a different one. The next president should want to stay around to continue the mission of making Highline the best that it can be.

Highline cannot have continuous turnover. No place can truly function if it is consistently welcoming new leadership. Ships don't consistently change their captain, countries don't constantly get new leadership, and colleges should not get a new president every other year.

Highline benefitted from a huge amount of security and stability with Dr. Jack Bermingham leading the college for 10 years. Staff and faculty who come here tend to stay here for a while, and it would help them to know their president will be there as well.

The next president of Highline also needs to be someone who understands the needs of the college. They need to be open and easily available to people at the college, and they should try to make a connection with the students early on.

To truly be a successful president, they should make every effort to talk to students and connect with them. This would benefit everyone. Students need to feel like they are listened to, and that the administration of the college cares. And the administration should know how the students feel before making decisions.

The next president also needs to promote and maintain this college's wonderful diversity. Highline is a unique and special place, and people of diverse backgrounds need to be accepted and welcome here.

Highline is one of the most diverse schools in the country, and there is a strong culture of acceptance and tolerance of different beliefs and ideas here. In these polarized and divisive times, this campus is accepting, and that acceptance needs to be promoted and defended.

Teaching experience is also a plus. Above all else, this is a school. The main focus is to educate students and prepare them for the future. Someone who has had a history of teaching and working with students should be a requirement.

It would be hard for the new president to lead the school when they do not know the challenges and difficulties that professors have on campus each day. No one can truly know what it is like to be a professor if they have not done it.

The next president should also understand how big of a role this college plays in the community and should work to continue and expand that role.

The next president's biggest thing that they must do is to listen and try to adapt to the campus's vibe. Listen to students, listen to faculty, listen to staff. Since the new president will be coming from outside of the school, they should take time to learn about the campus and all that is has to offer.

Whoever the new president is should be welcomed with open arms, but they need to extend their hands and make an effort.

Highline recently opened a food pantry on campus that is a vital resource for students.

Letter to the Editor

Highline's food pantry is necessary

Dear Editor:

This is in response to your opinion article on food pantry at Highline.

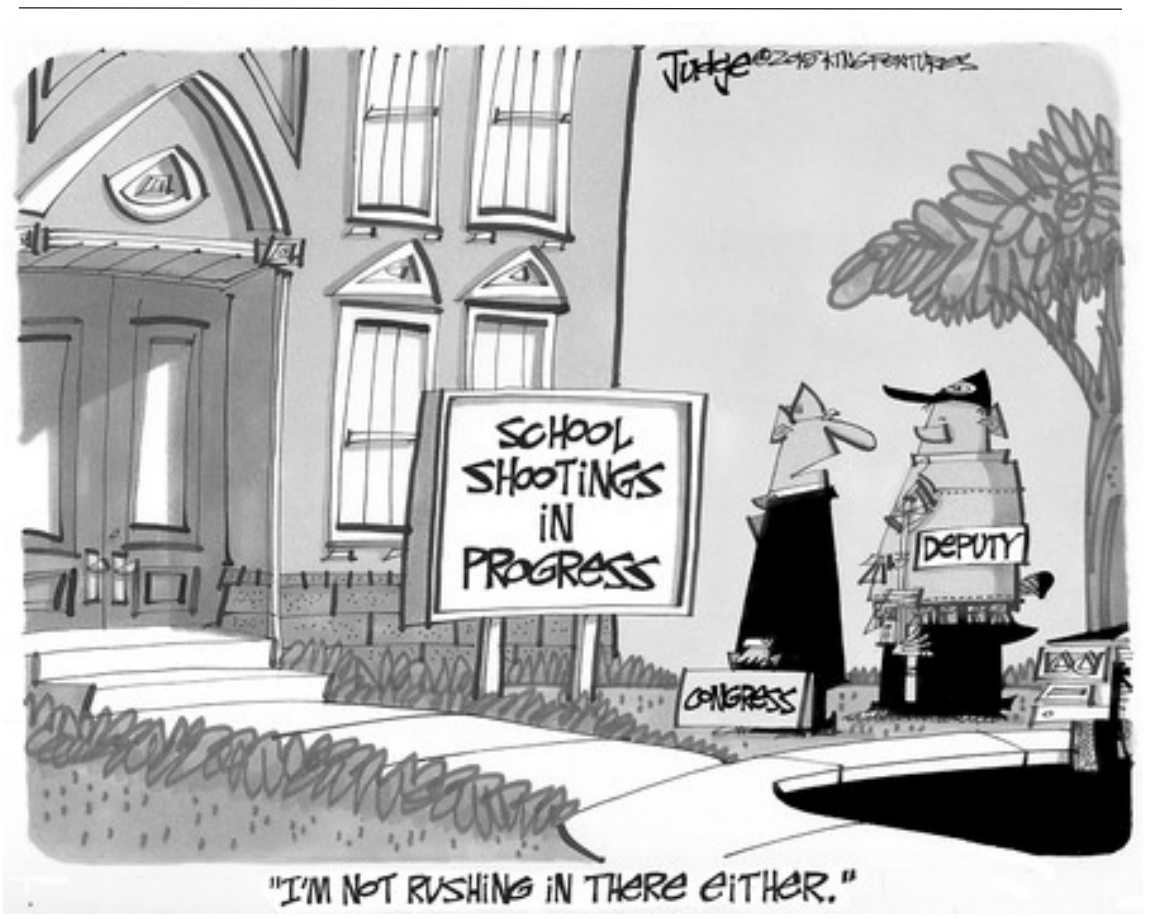
While the article addresses a concern on growing cost of living and other parameters, it totally overshadows the change/difference this pantry is making at so many levels. In a government college that invites people from all walks of lif pursue an education, this addition/service makes absolute sense.

Sometimes the benefit of a provision far outweighs the reason for its existence. The difference you make by supporting fair/needy students here beats the disadvantages of waiting a change in the broader society you suggest/seek.

Imagine a student with no blue-collar professional degree, working multiple jobs to meet bills and college tuition, who either has no extra money for food/snack, or has no time to go home and cook/pack something to school. Well fed bodies and brains think/work better. There are many who come to college straight from job/red-eye shifts. Highline food pantry is a positive ally to the kind, and college management by supporting this cause is strengthening its core goal of educating students to the best of their ability.

This is a great model of not sitting idle waiting/pondering over big idealistic changes in society. As part of that very society, we instead addressed the clear problem and set an example, even if our Band-aid solution is as small as the effort in the starfish story. It made a world of difference to that one starfish, and that COUNTS.

— Jaya Kona,
Highline student



the Staff

"There's twice-baked croissants. I'm not sure why they're called that."

E-Mail: tword@highline.edu

Editor-in-Chief	Izzy Anderson	**Reporters**	Joni Aten, Kabrina Edwards, Krista Gaines, Milo Kabigting, Mayia Matlashuk, Peter Brooks, Tymofiy Mochylo, Jen Ngoc Nguyen, Nayyab Rai, Andrew Jokela, Lukas Bachmann, Faith Elder, Matthew Thomson, Reuben Gonzalez	**Photo Editor**	Hailey Small
Assistant Editor	Colin Phan			**Photographers**	Lezlie Wolff, Stefanie Gomez
Managing Editor	Jo Robinson			**Business Manager**	Jay Bongato
News Editors	Chloe Wilhelm, Bryon Patten	**Advertising**	Matt Brooks	**Librarian**	Ceciliah Wanjiru
Arts Editor	Winter Dorval	**Web editor**	Jonas Martin	**Advisers**	Dr. T.M. Sell, Gene Achziger
Sports Editor	Donnie Moore	**Graphics editors**	Alyson Freeman, Francis Sum, Henry Nguyen		
Opinion Editor	Mitchell Roland				

Newsline 206-592-3317 | **Fax** 206-870-3771 | Address P.O. Box 98000, Des Moines, WA 98198, Building 10-106

‘Active Shooter’ will no longer be released

A video game which was going to recreate school shootings has been pulled from distribution.

The game *Active Shooter* was set to release June 6 until the Bellevue-based company Valve Corporation pulled it from their digital storefront Steam late Tuesday evening.

“This developer and publisher is, in fact, a person calling himself Ata Berdiyev, who had previously been removed last fall… Ata is a troll, with a history of customer abuse, publishing copyrighted material, and user review manipulation. We are not going to do business with people who act like this towards our customers or Valve,” said Valve Corporation in their statement to the press.

In *Active Shooter*, the player would have chosen between being the Shooter, the S.W.A.T. team or a civilian trying to survive an active shooter scenario.

The creators tried to use certain words to make it seem as if the game was not as offensive as it was. “*Active Shooter* is Essentially a dynamic SWAT simulator in which dynamic roles are offered to players,” according to the game’s old Steam page.

Down the page it talks about features, in which they boast of a “variety of real life weapons, impressive A.I., real life situations, and the ability to pick a side.”

The plan was to release a civilian survival mode where players will have to run from an active shooter.

The idea behind the game came at a time when the nation has seen too many young lives ended due to these kinds of scenarios.

It also would have done nothing to help the industry escape the view that video games promote violence.

This last March, President Donald Trump held a meeting to discuss how game developers could be better at keeping violence out of the hands from children. President Trump tweeted “Video game violence & glorification must be stopped-it is creating monsters!” *Active Shooter* only gives statements like this more power when they should have none.

This game has again sparked the debate of whether video games promote violence. A study by the University of York found no evidence to support the claim.

Microsoft and a UK charity are working on a game controller for people with physical challenges.

Normally, this column discusses games where the premise is fighting multiple hordes of enemies. What is the difference between *Active Shooter* and other games? For one the setting of *Active Shooter* is in a school with a bunch scared kids. Its creators boasted about the realism in the game. The game was going to keep score by number of civilians and cops killed.

We are not saying this game promoted violence, but it was in bad taste and it tried to make money on the back of some horrific tragedies.

The contrast is that in other games, the enemies the player encounters typically don’t exist. When they are grounded in reality they don’t consist of children or take place in schools.

While we applaud the decision of Valve to pull the plug on *Active Shooter*, one still wonders how *Active Shooter* made it this far to begin with.

- **Microsoft working with Muscular Dystrophy UK:** Microsoft is looking to help gamers who enjoy playing but have issues with current controllers.

“Microsoft’s new Xbox Adaptive Controller will make a real difference to disabled people, particularly those with a muscle-wasting condition whose movements will become increasingly limited over time,” said Nic Bungay, director of Campaigns, Care and Information for Muscular Dystrophy UK during his announcement of the controller.

The controller has multiple USB and other input ports allowing users to customize their controller to their needs. It will also have a headphone jack and and appears to be programmable via USB port for best optimization.

The controller will be wireless and and will cost about $100. It is expected to be released later this year. Microsoft will be holding their E3 press conference on June 10 and will most likely discuss more features then.

Rainier Symphony ends season with a ‘Journey’

By Winter Dorval
Staff Reporter

Explore the world of music with *Symphonic Journeys* this weekend on June 2 and 3.

Rainier Symphony will play this concert at the Foster Performing Arts Center.

“We end each concert season with a pops concert in recent years. This music is more familiar and popular to most people, and each pops concert includes music used in movies, television, radio, musicals, or operas,” said Jeffery Lund, Rainier Symphony’s music director.

“I feel that audiences really enjoy these concerts, and it’s a nice opportunity to extend our reach to community members who are unfamiliar with classical music, or are interested in changing up their normal weekend plans and attend an art-music concert,” Lund said.

“For this concert, we’re playing music from all over Europe and the US. It’s called Symphonic Journeys because these pieces take us to a variety of locations that are represented by pieces that really capture the national-

Music Director Jeffery Lund

ist ideas in music of those specific regions,” Lund said.

Songs will include *Academic Festival Overture* by Johannes Brahms, *Ballet from Petit Suite* by Claude Debussy, *Slavonic Dance No.1* and *8* by Antonín Dvorak, and *Crisantemi* by Giacomo Puccini. Also performed will be *Imperial March* by Edward Elgar, *South Pacific* by Richard Rodgers and Oscar Hammerstein, *Porgy and Bess* by George Gershwin, and *Fiddler on the Roof* by Jerry Bock.

“I look for pieces that will tie together well, and lead from one piece to the next with a sense of cohesion and arc. My generation was the last really mix-tape generation,” said Lund.

Pops concerts generally feature 10 shorter songs, he said.

“That creates a lot of opportunity to construct a program that grabs the audience and keeps them engaged through the whole performance,” said Lund.

The last half of the pops concert will feature music written by Americans, he said.

“That music is inspired by the deep south, the Pacific Islands, and Russia. Regardless of our origin, we can all find music we related to and music that speaks to us. Part of our inter-connectivity as a society is finding ways we relate and connect.”

The symphony has 75 musicians who volunteer and audition to be a part of this group.

“Each Rainier Symphony concert offers listeners a very high-level community orchestra that performs with great artistry and musical excellence. This concert is sometimes considered more relatable to patrons who aren’t avid classical music fans, but the beauty of the music we perform, and the level the musicians perform at, is constant,” Lund said.

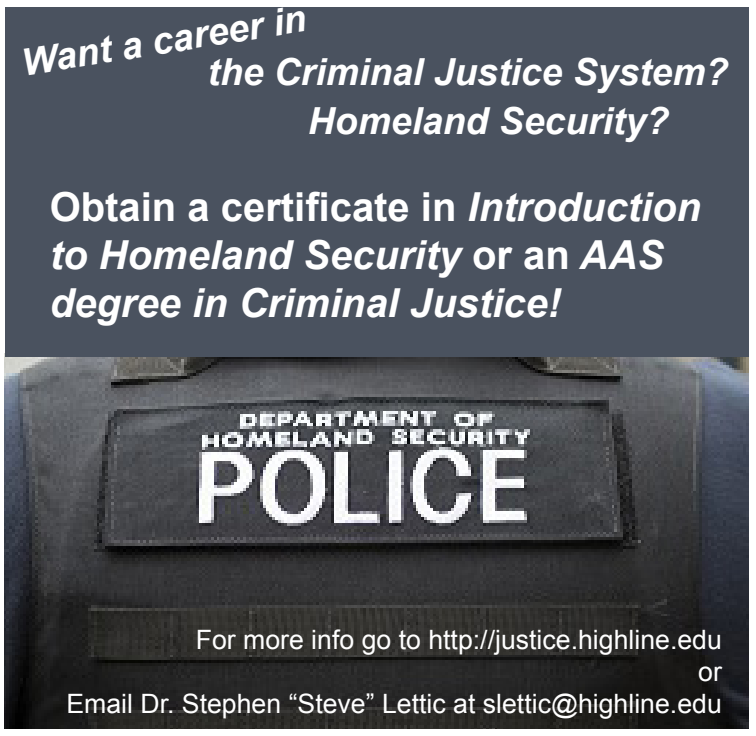
This will be the last performance of their 2017-2018 season.

“The atmosphere takes on an exciting edge and the large collective response within the audience members is a big part of why we choose to perform music altogether. This music is meant to be shared, and shared as widely as possible,” Lund said.

The concert on June 2 will be at 7:30 p.m., and the concert on June 3 will be at 3 p.m.

The Foster Performing Arts Center address is 242 S. 144th St., Tukwila. Tickets are free to children (12 and younger), and $12 for students (13 and older) and seniors (62 and older). General admission is $17.

For tickets and more information visit www.rainiersymphony.org/index.shtml.

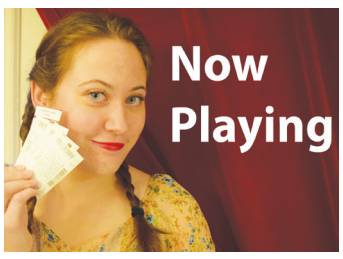


Art, songs, and a market

• Highline's Chorale will perform their next two concerts next Friday, June 8.

The concerts will be held in Building 7.

Directed by Dr. Jan Nelson, the choir will perform songs and solos from Broadway musicals such as *Hamilton, Chicago, Sweeney Todd*, and more.



Winter Dorval

This will be Chorale's last concert of the quarter.

The shows will be at 12:15 and 7:30 p.m.

For more information visit music.highline.edu/.

• The art of Highline instructor Žanetka Gawronski will be featured in an exhibit next month.

The Core Art Gallery will display her work through the month of June.

The opening reception will be on June 7 from 6 to 9 p.m.

Gawronski studied art at the Pennsylvania Academy of the Fine Arts in Philadelphia.

She has been involved in a large number of art media, including painting, and sculpting, for more than 25 years.

Along with teaching at Highline she also teaches private lessons.

The CORE Art Gallery address is 117 Prefontaine Place S., Seattle.

The gallery is open Wednesday to Saturday from 12 to 6 p.m.

For more information visit www.coregallery.org/.

• Head to the Des Moines Marina for the annual Waterland Farmers Market.

The market opens this Saturday, June 2, and will run from 10 a.m. to 2 p.m.

The market will offer locally grown produce, food vendors, arts and crafts, and live music from Uncle Ernie.

The market is dog and family friendly.

Attendees can get a voucher for two hours of free parking at the market, or a $10 parking pass for the duration of the market between 9 a.m. and 3 p.m.

The market will run until Sept. 29.

For more information visit dmfm.org/DMFM/Home

Local bands play at festival

By Winter Dorval
Staff Reporter

Emma Lee Toyoda will perform the at Waterland Low-tide Festival.

Get ready for summer with the Waterland Low-tide Music Festival this weekend.

The concert will be at the Des Moines Marina Beach Park.

"The festival is my high school senior project, and it started because I've worked in the Seattle music scene for all four years of high school. I wanted to bring some of what I loved about the Seattle music scene down to Des Moines," said Alex Heindel, founder of the festival.

"I started the festival to expose the Seattle music scene to youth who don't have the ability to go to Seattle and see most shows."

The festival will be directly following the opening of the Waterland Farmers Market, on June 2, from 10 a.m. to 2 p.m.

"When it came to looking for bands, it was a no-brainier. I asked some of my favorite local bands if they'd be interested in playing my festival and they all said yes! They're all amazing bands and I can't wait for everyone to see them play," he said.

The bands playing at this festival are Baywitch, Dogbreth, Emma Lee Toyoda, Sleepover Club, Borscht Boys, and Jennifer Persimmon.

"Any issues that come up, I've been able to go to Shannon Kirchberg, the Des Moines events and facilities manager, and she'll either help fix the problem or point me in the right direction so I can fix the problem myself. The entire process has been really smooth to be honest," Heindel said.

"I feel like the fact that I've been able to put this whole festival together is an achievement. It's been a ton of work and has gone pretty well. Another achievement that I thought was really cool was that I got some incredibly positive feedback on my 4Culture application. They said that it was one of the best applications that they'd ever seen," Heindel said.

He is hoping to bring the festival back next year, and make it a yearly event that the community can expect and enjoy, he said.

"You can expect a full day of amazing bands in a beautiful park where there's a whole community gathered. It'll be a really fun time," Heindel said.

This is his first time running a festival, he said.

"I've worked in live music for close to four years now, where I've run sound for a ton of really fun shows. I really like that I got to plan a whole day of bands I love, playing near my house, where I get to do a job that enjoy immensely," Heindel said.

"Plus there's something fun about networking with a whole bunch of people to get what you need. It's been a whole process that I've really enjoyed."

This is the festivals first year, "but I'm hoping attendance will be upwards of 150 people. I have a feeling that there will be way more people than I'm expecting right now but we'll have to wait and see," Heindel said.

This is a free event to make it accessible to all members of the community, he said.

"It's something I'm passionate about, and it's an event that I think will be beneficial to the Des Moines community," Heindel said.

The festival on June 2 will be from 2 to 8 p.m.

The address for the Des Moines Marina Beach Park is 22047 Cliff Ave. S., Des Moines.

For more information visit waterlandblog.com/tag/low-tide-music-festival/.

International festival returns to the ShoWare

By Ngoc Nguyen
Staff Reporter

Highline will be represented at Kent International Festival this weekend when Kent and South King County residents celebrate their cultural diversity.

Students from International Student Program will operate a cultural booth focusing on the Philippines.

"Since the festival is a celebration of the diverse cultures of Kent and the surrounding area, it will help that Highline's students reflect that great diversity and express a natural partnership with other communities," said Eva Engelhard, program manager of ISP.

The diverse and growing festival is undertaken by one of the four committees of the Kent Sister Cities Association and showcases folk music and dance performances, native clothings, authentic cuisine and cultural booths of different ethnic groups.

The festival will begin at 9:30 a.m. and run until 8 p.m. at the accesso ShoWare Center on Saturday, June 2. It will offer a wide range of activities and both admission and parking are free.

There are three main stages for musical and dance performances throughout the day: the Arena Stage, the Concourse Stage and the Plaza Stage.

"We have a total of 68 booths, of which 16 are Cultural Passport booths and the rest of them are the Information Service booths and Cultural Retail booths," said Nancy Skipton, director of this year's Kent International Festival.

Skipton said that the number of the cultural booths is unchanged from last year but KIF has expanded the number of the information service booths.

Passport Cultural booths offer a chance to travel the world via interactive in activities to introduce native cultures. Each booth will include posters, artifacts, textiles and fact sheets to share with participants.

Cultural booths will be located on the Concourse and outside on the Plaza from 10 a.m. to 4 p.m.

Attendees who collect stamps from all the booths on a passport and then vote for the best Passport Cultural Booth will receive a prize from Kent's Information Booth.

For the first time, one of the Cultural Passport Booths will have a Highline connection.

"We also have a cultural passport booth that's being done by Highline College and that is going to represent the country of the Philippines," Skipton said.

The Philippines Cultural Booth will be organized by approximately six students and set up from 10 a.m. to 5 p.m.

Outside on the Plaza there will be a large variety of booths for people to visit which will sell ethnic and cultural items from around the world.

There also will be a World Wide Walk, an Art Exhibition and the International Taste of Kent Food Court booths.

The World Wide Walk will kick off the festival at 9:30 a.m. with a walk from Town Square Plaza to ShoWare Center. Participants will wear traditional clothing and show off their cultural heritage during a half-mile walk.

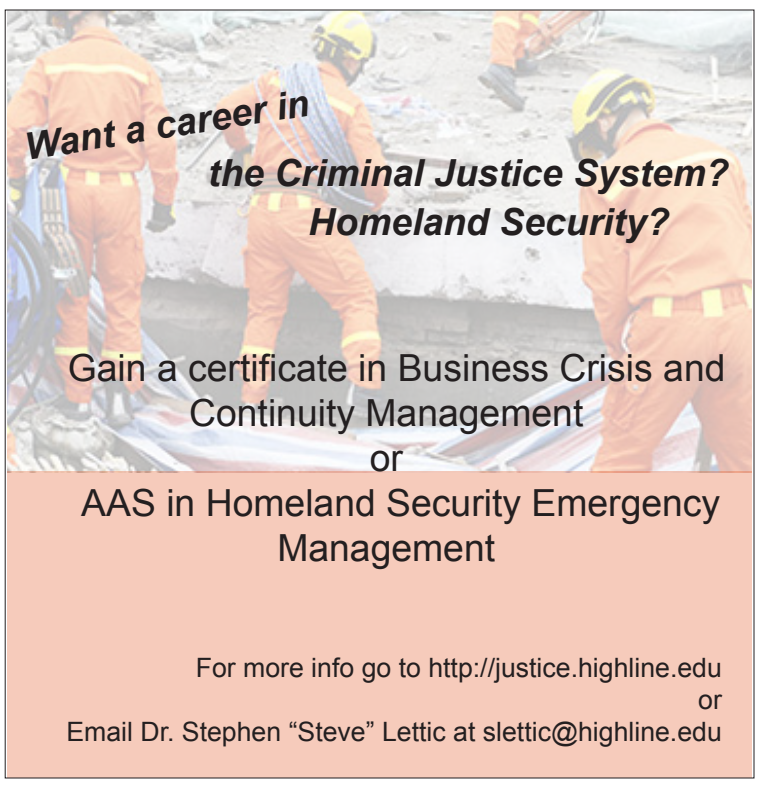
This year the Art Exhibition will have a special activity for attendees where they can create their own art. The Kent Community Foundation will work with students and art teachers from Kent School District to express the theme "Learning from Each Other".

For those who get hungry, local restaurants in the Kent area, including Fil Thai Chili, Olive Tree Mediterranean Restaurant and more, will provide guests with ethnic cuisine to celebrate cultural food diversity in The Taste of Kent Food Court. The court will open from 11 a.m. to 3 p.m.

Skipton said that one of the new things happening this year is a recycling event by a group volunteers.

"They're going to collect recyclables like plastic bottles," Skipton said. "They're doing it as a fundraiser to help the people of South Sudan."

As the Kent International Festival turns 10 years old, Skipton says she believes the festival is going strong.



T-Birds hope to improve roster

By Milo Kabigting
Staff Reporter

The Highline Men's Basketball team will look to improve its skills for next November, but with that comes preparation as early as the summer.

The Thunderbirds fell short of the NWAC playoffs by one game, finishing the 2017-2018 season 11-17, 6-8 in the NWAC West Division.

"We need to rebound better, we have to shoot better and, most importantly, we have to all be completely committed to what we are doing," Head Coach Che Dawson said.

The team has been focusing on getting in the weight room and focusing on fundamentals, with and without the basketball.

"We have been working hard on getting stronger in the offseason and doing a lot of shooting and offhand work. The guys will continue to focus on that over the summer," Dawson said.

Highline Athletics Photo

Desmond Hudson goes up high during a tip off against Bellevue.

Coach Dawson will enter his 16th season as the Thunderbirds' head coach, with four NWAC championships under his belt.

"I enjoy seeing the guys sacrifice their own interests for the good of the whole. When we have done that, we all have succeeded individually," he said.

There were only two sophomores on from last season's team, so the Thunderbirds next year should have greater balance between freshmen and returning players.

"We have signed six players for next year. With them, we become longer and quicker, which is necessary defensively and on the boards," Dawson said.

Highline has returning freshman David Harris, who was named to the First Team All-Star in the NWAC Western division, averaging 19.6 points and 8.4 rebounds a game. Other players returning include Coby Rothwell and Travis Rice, who both performed well in the 2017/18 season.

"We should have a lot more balance on the team next year with an equal mix of sophomores and freshmen," Dawson said.

Coach Dawson said he expects his team to be fully committed in the offseason, and in season.

LeBron heads into finals with the team on his back

Super Phan

Colin Phan

It's almost June and the NBA finals are right around the corner.

This year's participants shouldn't be a surprise to anyone: the defending champ Golden State Warriors, and last year's runner up the Cleveland Cavaliers.

This is the fourth straight year we'll be seeing this matchup, and fans are complaining in droves. The Warriors have bested the Cavaliers two out of the three times they've met in the finals, and it seems the consensus is that the Cavaliers will be swept this year.

The Cavaliers are coming into the finals with what appears to be the worst supporting cast franchise centerpiece LeBron James has had in years. Streaky shooters, poor defenders, and a roster that is without point guard Kyrie Irving, after shipping him to Boston last summer, seemingly has no chance to compete.

The Warriors on the other hand come into the finals with virtually the same roster they had last year. The core of All-Stars including Kevin Durant, Steph Curry, Klay Thompson, and Draymond Green remain intact, and are surrounded by sharpshooters such as Nick Young.

Just give the Larry O'Brien trophy to the Warriors now. Except that would be counting James out.

The King has been insane this year, averaging 33 points, 8.8 rebounds, and 8.8 assists per game in the postseason. He has literally put the Cavaliers on his shoulders on their way through the Eastern Conference.

The Cavaliers rolled through the Pacers, swept the No. 1 seed in Toronto, and survived the upstart Boston Celtics. James is doing everything for his team, and no team has had an answer thus far.

So why should we believe that the Warriors are just going to have a cakewalk waltzing through the Cavaliers? Who says one guy can't win a championship for his team?

I'd say the odds are stacked against James and the Cavaliers, but when is there any type of certainty in sports?

James is ultra obsessed with being able to control the narrative that the media spins on him, and is hyper aware of what people say to him. Remember back to the 2011 Finals between the Miami Heat and the Dallas Mavericks.

James had one of the most colossal Finals meltdowns in the history of the NBA, and it cost the Heat a championship. Critics were saying he wasn't aggressive enough and he should be an alpha dog on the team, and this got in his head.

Fast forward to 2018, and this is the first time in James' career that he is an underwhelming underdog. The Cavaliers have a 6/1 shot to win a championship, and the Warriors open as 1/10 favorites to win according to VegasInsider.com.

Nobody is counting on LeBron to win, and this is the first time James can use this to fuel his competitive fire. His entire career, he's been called "The Chosen One" or "The King," and now it looks like the masses are ready to remove James from the throne.

The finals kick off tonight in Oakland tonight at 6 p.m. Pacific on ABC, and James and the Cavaliers will be looking to silence their critics.

REGISTRATION OPEN NOW FOR THE 2018 – 2019 PUENTE PROGRAM

Succeed in college, explore your culture, and build community.

The Puente Project helps to prepare educationally disadvantaged students for college admission and success through its combination of accelerated instruction, intensive academic counseling, and mentoring by members of the community.

PUENTE

To apply go to puente.highline.edu

Got sports news?

thunderword@highline.edu.

Strawberries prepared with style

Strawberries have been considered a tasty and nutritious treat for hundreds of years. Nutritional experts believe that strawberries are as close as you can get to a perfect fruit. They're low in calories (27 in 100g) and fat-free, but packed with nutrients, including vitamins and antioxidants that bring numerous health benefits. Eating just five strawberries gives you more vitamin C than an orange. The vitamin content in strawberries drops quickly, so you need to eat them as soon as you can after they've been picked.

The strawberry got its name from the common practice of growing berries under straw to protect them from winter cold and late spring frosts. A member of the rose family, the strawberry sometimes gives off a rose-like aroma. Many speculate about how the luscious fruit was discovered. It is known that the strawberry goes as far back as the Romans, and perhaps even the Greeks.

The strawberry plant was originally grown in Northern Europe, but wild species also are found in Russia, Chile and North America. At one time, wild strawberries grew everywhere from Canada to the Carolinas and westward beyond the Appalachian Mountains.

Deposit photos

Strawberries are an excellent source of vitamins C and K as well as providing a good dose of fiber, folic acid, manganese and potassium.

Before modern refrigeration, a day of "strawberring" meant a long day of picking, followed by gorging on delicious strawberry treats -- pies, tarts, shortcake and all the ripe strawberries the family could consume. Berries that were not eaten were preserved as jam, jelly, sauce, strawberry vinegar and strawberry tonic, a medicinal drink. The remaining berries were dried on flat rocks for several days. These dried berries would be used throughout the fall and winter in breads, cakes, puddings and porridge.

The first American species of strawberry was cultivated in about 1835. Today, the strawberry is the leading small fruit crop in the U.S. It is farmed from Florida to Alaska, with the largest strawberry growing centers located in California and Florida.

When picking or buying packages of strawberries, look for ripe, shiny and brilliantly colored berries without any soft or brown patches. Never buy strawberries that are green or hard, or that look dry, dull or wrinkled. When buying berries packed in a basket, check the bottom to see if there is a juice stain. This means that the strawberries at the bottom are crushed.

Always dispose of any berries that have signs of mildew or are rotten, as they'll contaminate the rest. Refrigerating strawberries ruins the flavor, and the strawberry aroma is easily picked up by other foods in the refrigerator. Store the berries in a cool place. Strawberries should be lightly rinsed, not washed, before serving, and eaten as soon as possible.

This recipe for Strawberry Flower Cups is an easy way to serve fresh berries as a dessert or to use as a beautiful decoration. The strawberries are cut to resemble flower petals then stuffed with sweetened cream cheese. It's a cool, delicious way to showcase these beautiful berries!

STRAWBERRY FLOWER CUPS

32 fresh, whole strawberries, large
12 ounces cream cheese, softened
1/2 cup confectioners' sugar
1/4 teaspoon almond extract
2 tablespoons semisweet or milk chocolate, grated

1. Lightly rinse the strawberries and gently place them in a colander to drain. Cut a thin slice from the stem end of each strawberry to create a base so that the berries will stand upright on the flattened end. Place the berries, cut side down, on a cutting board. Carefully cut each berry into 4 wedges, but do not cut through the bottom. Use your finger to gently press down in the center of the berry so that the wedges fan out just slightly, taking care not to break the berries apart. Set the berries aside.

2. Using a small mixing bowl, beat together the cream cheese, confectioners' sugar and almond extract until light and fluffy. Gently fold in half of the grated chocolate. Use a teaspoon, a plastic sandwich bag with a small hole cut into the end or a decorating bag with decorative tip to fill the berries with the cream-cheese mixture. Sprinkle the remaining grated chocolate over each berry. Cover and chill until ready to serve. Makes about 32 filled strawberries.

(c) 2018 King Features Synd., Inc.,

The Kitchen Diva!
by Angela Shelf Medearis

Seafood pairing is the complete meal

This sweet 'n' sticky Asian glaze would taste equally delicious on chicken or grilled veggies.

2 large peppers, seeded and thinly sliced
1 medium red onion, thinly sliced
2 tablespoon toasted sesame oil, divided
1/4 teaspoon salt
3 tablespoon soy sauce
2 tablespoon honey
2 teaspoon grated peeled fresh ginger
1/4 teaspoon black pepper
4 fillets salmon (5 ounces each)
3 cups cooked brown rice
Fresh basil, for garnish

1. On large rimmed baking sheet, toss peppers with onion, 1 tablespoon sesame oil and salt. Roast in 425 F oven 20 minutes or until tender.

2. In 2-quart baking dish, whisk soy sauce, honey, 1 tablespoon sesame oil, ginger and black pepper; add salmon turning to coat. Bake for 15 to 20 minutes or until cooked through.

3. Serve salmon with pepper mixture and cooked brown rice. Garnish with fresh basil. Serves 4.

Good Housekeeping

* Each serving: About 505 calories, 1g fat (3g saturated), 36g protein, 51g carbs, 5g fiber, 875mg sodium.

The easiest roasted shrimp cocktail ever made with just 5 minutes prep. Yes, it's just that easy!

1 pound medium shrimp, peeled and deveined
2 tablespoons olive oil
4 cloves garlic, minced
1/2 teaspoon dried oregano
1/2 teaspoon dried basil
1/4 cup freshly grated Parmesan
Kosher salt and freshly ground black pepper, to taste
Juice of 1 lemon
2 tablespoons chopped parsley leaves, for garnish

1. Heat oven to 400 F. Lightly oil a baking sheet or coat with nonstick spray.

2. Place shrimp in a single layer onto the prepared baking sheet. Add olive oil, garlic, oregano, basil and Parmesan; season with salt and pepper, to taste. Gently toss to combine.

3. Place into oven and roast just until pink, firm and cooked through, about 6-8 minutes. Stir in lemon juice.

4. Serve immediately, garnished with parsley, if desired. Makes 4 servings.

* Each serving: About 203 calories, 10g fat (2g saturated),
2g total carbs., 25g protein.

(c) 2018 Hearst Communications, Inc.

Dress up your salad with this salad dressing

A wonderful dressing that is loaded with taste and oh so great on those early spring greens from the garden.

Comfort foods
Made fast and healthy
by Healthy Exchanges

1/4 cup honey
1 tablespoon Dijon mustard
1/2 cup Land O Lakes no-fat sour cream
1 teaspoon dried parsley flakes
2 tablespoons Oscar Mayer or Hormel Real Bacon Bits

In a medium bowl, combine honey, Dijon mustard, sour cream and parsley flakes. Stir in bacon bits. Cover and refrigerate for at least 30 minutes. Makes 6 (2 tablespoon) servings.

* Each serving equals: 68 calories, 0g fat, 2g protein, 15g carbs, 170mg sodium, 22mg calcium, 0g fiber; Diabetic Exchanges: 1 Starch; Carb Choices: 1.

(c) 2018 King Features Synd., Inc.

Weekly SUDOKU

by Linda Thistle

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

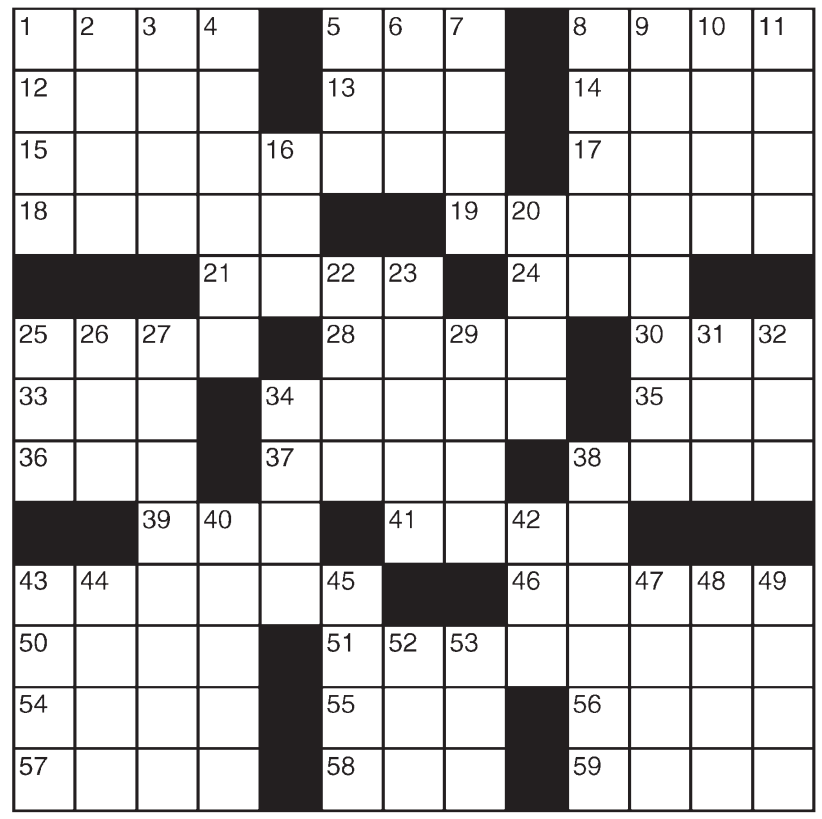
Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ◆◆

◆ Moderate ◆◆ Challenging
◆◆◆ HOO BOY!

© 2018 King Features Synd., Inc.

King Crossword



ACROSS
1 Grand story
5 Recipe meas.
8 Slender smoke
12 Stereo pre-cursor
13 Conger or moray
14 Opposed to
15 Sit on eggs
17 Highlander
18 Rib
19 Off the path
21 Thing
24 Golf prop
25 Related
28 Sandwich shop
30 Shock and —
33 Lair
34 Duck down
35 Vast expanse
36 Pouch
37 Male 38-Across
38 See 37-Across
39 Eggs
41 Unrivaled
43 Legendary
46 Adult insect
50 Sahara-like
51 On an angle
54 Rinky- —
55 Use the microwave
56 Unrivaled
57 Long story
58 Flightless bird
59 Tackles' teammates

DOWN
1 Send forth
2 Corn concoction
3 Erstwhile Peruvian
4 Family member
5 With 6-Down, cups and saucers and such
6 See 5-Down
7 Entreaty
8 Haste result
9 Enlarge
10 Old portico
11 Compassion
16 Wager
20 Use a swizzle stick
22 Fix a manuscript
23 Olympics prize
25 Billboards
26 Mauna —
27 Arriving
29 Toy block name
31 Teensy
32 Listener
34 Jacob's brother
38 End
40 Bullshot ingredient
42 Zero
43 Crazes
44 Operatic solo
45 Dimension
47 Any time now
48 Neuter
49 Rhyming tributes
52 "Platoon" setting, for short
53 Innards of a PC

© 2018 King Features Synd., Inc.

Trivia test by Fifi Rodriguez

1. **MATH:** What is the square root of 25?
2. **GEOGRAPHY:** How many South American countries border Argentina?
3. **SCIENCE:** The conversion of water vapor to liquid is called what?
4. **MUSIC:** Who composed the opera *The Barber of Seville*?
5. **ANATOMY:** Where are the muscles called 'lats' located?
6. **ANIMAL KINGDOM:** What is a group of lions called?
7. **PSYCHOLOGY:** What is the fear experienced by someone suffering from ailurophobia?
8. **AD SLOGANS:** What breakfast cereal's ad slogan was, *They're GR-R-R-reat*?
9. **FAMOUS QUOTATIONS:** What writer and activist once said, "The opposite of love is not hate, it's indifference?"
10. **MYTHOLOGY:** Which Greek god is associated with winged sandals?

Answers
1. 5
2. Five: Bolivia, Brazil, Chile, Paraguay and Uruguay
3. Condensation
4. Rossini
5. Back
6. A pride
7. Fear of cats
8. Kellogg's Frosted Flakes
9. Elie Wiesel
10. Hermes, messenger of the gods

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!

	×		+		20
+		×		×	
	÷		×		15
÷		+		÷	
	+		×		10
16		10		15	

1 2 2 3 4 5 6 7 9

©2018 King Features Syndicate, Inc.

Salome's Stars

ARIES (March 21 to April 19) Cheer up, Lamb. Your emotional impasse will lift once you allow your highly tuned sense of justice to guide you on what to do about an associate's questionable behavior.

TAURUS (April 20 to May 20) News about a project you hoped to work on might need more clarification. Take nothing just on faith. Draw up a list of questions, and insist on each being fully answered.

GEMINI (May 21 to June 20) Giving your time to help others is fine. But don't lose sight of your own needs. Make plans for an energy-restoring getaway with that very special person in your life.

CANCER (June 21 to July 22) Congratulate yourself on getting that difficult job done to everyone's satisfaction. This could be the first of many such challenges you might be offered down the line.

LEO (July 23 to August 22) With your enthusiasm soaring again, you feel ready to tackle a tough new assignment. Good for you! And remember: Don't be too proud to accept help when it's offered.

VIRGO (August 23 to September 22) Cupid rules the week for single Virgos eager to make a romantic connection. Meanwhile, Virgo couples experience renewed commitment in their relationships.

LIBRA (September 23 to October 22) Home and work issues vie for your attention through early next week. Rely on your Libran sense of balance to keep you from being overwhelmed by either side.

SCORPIO (October 23 to November 21) Creative projects might have to go on standby as you tackle other matters making demands on your time and energy. Things should ease by the middle of next week.

SAGITTARIUS (November 22 to December 21) Your energies are high, and so are your aspirations. But be careful not to let work dominate the week. It's also important to spend time with family and friends.

CAPRICORN (December 22 to January 19) It's a good time to set aside your pride and stop nursing those hurt feelings. Instead, consider restoring relationships you want to have back in your life.

AQUARIUS (January 20 to February 18) You might be miffed at not being shown more appreciation for your hard work. But don't brood over it. Recognition comes in its own time and in its own way.

PISCES (February 19 to March 20) With your inner creative juices starting to boil and bubble, this is a good time to launch a new arts-related project, or go back and restart the one you had set aside.

BORN THIS WEEK: You have a way of seeing the best in people, which helps encourage them to live up to your perceptions.

(c) 2018 King Features Synd., Inc.

Large Orlando resort is just for military

You only need to view the online photos of the Shades of Green resort in Orlando, Florida, and you'll want to go. Sitting next to Disney World and sandwiched between two PGA golf courses, the place is a highly desirable resort – for you.

VETERANS ★ POST ★

by Freddy Groves

It's one of a small chain of Armed Forces Recreation Centers, all owned by the Department of Defense.

There are nearly 600 rooms and suites at Shades of Green, and they sound very high-class. There are seven levels of accommodation, from standard room to garden suite. If you're bringing a crowd, perhaps for a wedding or big celebration, the family suite sleeps eight, and the palm suite sleeps 10. Yes, you can take guests, but you must check them in.

With tennis, two pools with slides, golf, shopping at the handy AAFES Exchange, and a spa, this could be a great place to go with the family. You'll also be eligible for reduced-rate tickets to most of the attractions in the Orlando area, including Disney World.

At the bottom of all the web pages is a Special Offers button. Click it. You'll see what secret benefits they're cooking up for the rest of the year: special rates on special days in August, special rates on certain dates in September, and more. Don't miss the Red White and Blue Salute Package. Check your eligibility at www.shadesofgreen.org and see what paperwork you need to verify your status.

Shades of Green is a military property, which means there's guarded, controlled access to the resort.

If you happen to be in Hawaii this summer, there is another AFRC resort there [www.halekoa.com]. In addition, there are resorts in South Korea, the Bavarian Alps in Garmisch, Germany, and Tokyo.

(c) 2018 King Features Synd., Inc.

Start early when investing in funds

By Peter Brooks
Staff Reporter

Investing in mutual funds as early as possible should yield great results over time, a Highline business teacher said this week.

Bill Webster, a professor at Highline for more than 40 years, talked about mutual fund investment during an event yesterday hosted by the Small Capital Investment Club.

"Start as early as possible," he said. Even a monthly investment of $50 can be invested well and allow you to build your investment over time, Webster said.

A mutual fund is an open-end investment company that invests money of its shareholders in a usually diversified group of securities of other corporations.

Investment companies are comprised of professionals who invest your money in the best way possible. Comparing an individual investor to an investment company is like the difference between researching for 15 minutes a day for one person, or 24 hours a day by 35 specialists.

Bill Webster

Diversification is what they do best in order to produce growth with less risk. This is possible by spreading investments across many individual companies, usually in a wide variety of industries.

"The most important part about mutual fund investment is compound interest," Webster said.

Compound interest works by combining interest from current and previous years and boosts investment returns over a long-term plan.

If you're not looking for a quick payout, then this is the best way to generate money through investment, he said.

Webster said that the second most important thing to know about mutual fund investment is dollar-cost-averaging.

Dollar-cost-averaging is investing in the same amount of money into a stock and/or mutual fund on a regular basis.

Usually, it's one way to make money over the long term of five years or more, even if you pick a poorly performing stock, Webster said.

It works by buying more shares when the price goes down, and buying fewer shares when the price goes up. This results in a low average cost per share.

By dollar-cost-averaging, you take the guess work out of investing, Webster said.

"The third most important concept is to develop a plan and stick with it," Webster said.

Statistics show most of the time investors are better served when they buy shares and stick with their plan despite a market drop, since it tends to rise with more value than when you started.

By utilizing a mutual fund group and sticking to compound interest for long-term investment, and dollar-cost-averaging, it's relatively safe and assured to generate a small fortune over a long period of time.

Webster said he was always interested in investing.

"My father avoided stocks and dealt in real-estate," Webster said. In 1968, a man named Jack Strickler told him the benefits of mutual funds, saying that people should invest as soon as possible even with a small investment at first.

"He went to MIT to become an engineer, and retired from Boeing in 1966," Webster said. "He became a manager in brokerage and realized mutual funds with compound interest investment is extremely useful."

Webster said he didn't believe Strickler at the time and wishes he had, which inspires him to teach others about this.

"If you can invest on a monthly basis and put it in a quality mutual fund, you will end up with a portfolio worth more than your house, over time," Webster said.

Webster is scheduled to teach Business 133, Basic Money Management, during Summer quarter. The course will take place Monday through Wednesday from 9 to 10:20 a.m.

Des Moines new police chief listens to residents

By Krista Gaines
Staff Reporter

Des Moines residents welcomed their new chief of police at the City Council meeting last Thursday after creating a new position for the former police chief.

Former Kent Chief of Police Ken Thomas, was recently hired as Des Moines' new police chief. He held the position in Kent for seven years prior to his resignation; though, he said he has worked in law enforcement for 30 years.

Former Des Moines Chief of Police George Delgado was given the new position of Emergency Management director.

"Opportunity came to us to bring Ken Thomas, former police chief in Kent to Des Moines. It worked out in the skill set that Ken has, and the skills set that George has. It was an opportunity to kind of align the stars and accomplish two things at one time," City Manager Michael Matthias said at the meeting on May 24.

Matthias said he's heard a lot from citizens about the need for greater emergency preparedness.

"We've heard a lot of comments about the well-being of our families and children. One of the things we always have to keep in mind is perhaps the greatest service we can have for our children is to be prepared for emergencies. Make sure we have, in place, the best plan possible to address emergency management preparedness and execution," Matthias said.

Matthias said Delgado not only has the necessary skills, but he works well with the community.

"George has skills in that area and great skills in the community, working with external agencies," Matthias said.

"We are really pleased for him to have that position. We took the assistant police position that was funded in our budget for 2019 for this particular position."

Delgado was not present at the council meeting.

Chief Thomas was sworn in and introduced himself with a speech.

"As your new police chief, a couple of the areas I think are important for me to hit on: No. 1, our job as the Police Department is to keep you safe. Keeping our community safe is really the reason we exist. That is a top priority of us," he said.

"Getting some officers hired and getting our staffing up to the appropriate level is a top priority of us. We are going to make that a strong emphasis as we move forward," Chief Thomas said. "Finally, the quality of life. The Police Department is going to partner with the rest of the divisions and departments in the city to ensure that the quality of life in our community is the best that it can possibly be."

"I think we can do some really great stuff," Chief Thomas said.

History Seminar show-and-tell features diverse set of objects

By Matthew Thomson
Staff Reporter

Items as varied as a Russian samovar and Soviet military medals to native American arrowheads, were just a few of the items that showed up at History Seminar's first-ever show and tell event last week.

Attendees were given five minutes to present and describe their items.

Professor Robin Enis Cantwell brought medals she was given during her time with American intelligence.

Cantwell did some of the groundwork for the START treaty, during the 1980s that sought to curb nuclear war by maintaining the threat of mutually assured destruction.

She also worked on the Star Wars missile defense initiative.

While in the Soviet Union, Cantwell would be given medals and hats by Soviet officers who were intrigued by how unusual it was that a woman would be in the military in that day and age.

A Russian samovar was shown by an elderly man who did not introduce himself. A samovar is a sort of coal-powered hot water heater, used for making tea.

A globe created after 1948, but before 1953, showed changes in the political boundaries immediately following WWII. The globe looked very different to what you might find on Google maps. It included the newly formed Israel, French West Africa, and Anglo-Egyptian-Soudan.

The latter two no longer exist, and Israel is much larger today.

Professor Tim McMannon, host of History Seminar, presented as well. He displayed a letter sent from the United States to relatives in Germany. This letter was sent during the 1920s when inflation in Germany led to printing vast amounts of money that was virtually worthless. The cost of sending a single letter could be billions of Deutschmarks.

One economist present said "You could take the entire money supply of Germany in 1921 and not buy a book of matches."

Professor McMannon said Germany couldn't print money fast enough to keep up with the inflation, in the end this was solved by WWII and its aftermath.

History Seminar is done for the quarter. Professor McMannon said that it will be returning in the fall and he is looking for potential presenters. Those interested should contact him at: Tmcmannon@highline.edu.

It's no myth: Fitness is good for you

By Andrew Jokela
Staff Reporter

There are a lot of conflicting theories and misinformation about fitness, said Darin Smith, a physical education instructor at Highline.

Smith spoke on fitness myths and misconceptions at last Friday's Science Seminar.

Smith received a bachelor's in chemical engineering and a master's degree in kinesiology from the University of Illinois, is a certified personal trainer and a member of the American College of Sports Medicine.

Smith is also a 4th degree blackbelt.

"Exercise is good for you," said Smith. "Everyone has a rough idea of what good nutrition looks like, but the confusion tends to be in the details."

One myth is that high-intensive interval training, or HIIT, can be as beneficial as lower intensity steady-state cardiovascular exercise, he said.

"Most of the time when you go into the gym or you see someone do cardio, what you think about is someone on a machine either running, or stepping, or cycling at a steady rate," Smith said.

Typically, this type of exercise begins with a warmup period, then exercise where a target heart rate is maintained, and then a cooldown period. This workout is known as steady-state cardio.

"A more recent, popular way of doing cardio is HIIT [High-Intensity Interval Training]," said Smith. "The idea is that you can do a much shorter workout but with high intensity intervals, like a 30 second sprint followed by 90 second active recovery."

In terms of weight loss, calorie expenditure, cardiovascular fitness, and health, HIIT is as effective as traditional cardio, Smith said. HIIT may even be better, as it has a higher post-exercise oxygen consumption period, allowing the body to continue burning calories after the workout ends.

"One caveat I have to throw out there – if you: don't exercise regularly, have an injury, or other medical issues, doing a super high-intensity exercise might not be for right off the bat," Smith said.

Another myth is that using an altitude mask, or oxygen deprivation mask, will simulate high-altitude training.

Darin Smith

Smith said that as you go up higher from sea level, the air gets thinner, so there are less oxygen molecules floating around. So, your body compensates by producing more hemoglobin.

"Hemoglobin is a protein that grabs onto oxygen molecules and helps transport it within the red blood cells," Smith said.

After three to four weeks of living at high altitude, a person will start seeing increased hemoglobin presence in their blood.

"The thing is, these altitude masks don't simulate altitude," Smith said. "One coach said that these masks simulate altitude in the same way that sticking your head in a toilet simulates swimming."

Instead, these masks simply restrict your airflow, without lowing the partial pressure of oxygen in the air — they just make it harder to breathe. Also, you only wear the mask for a short training session, and then you take it off.

Additionally, using the mask could even be detrimental to some athletes.

It takes up to four weeks of continuous exposure to adapt, said Smith. Using the mask makes you to breathe more forcefully, lowering your respiratory efficiency, he said.

"This myth is busted," said Smith.

Finally, he explored the myths around working out while listening to music.

Music provides a tempo to sync up with while working out, said Smith. Also, it helps disassociate yourself from exhaustion or muscle fatigue.

"One researcher said that music was a type of legal, performance enhancing drug," Smith said. "It actually has benefits."

When listening to music while working out, the workout typically seems easier, said Smith. As a result, you can exercise longer before feeling tired, increasing your overall endurance.

"It improves your mood, motivation, enjoyment, and pleasure of the activity," said Smith. "It increases performance, power, strength, and intensity. When you're exercising, and listening to pump up music, like a Rocky theme, you are focused on the music and not focused on how your body feels."

There may be a point where music may not get you through the workout though, as one study demonstrated that as workout intensity increases, the effect of music decreases. At higher intensities, it becomes harder to disassociate because of increased stress, fatigue, and exhaustion.

"Your brain says you're really tired, that you're really sore," said Smith.

However, the study also found that even though the workout was more intense, those who listened to music said they enjoyed the workout more.

One final benefit of listening to music comes in the form of mood regulation. While some athletes may listen to music to pump themselves up, some listen to music to calm their nerves from anxiety or stress.

"Sports psychologists and coaches might use arousal regulation techniques like breathing and mental imagery, or music, to either psych up or psych down an athlete," said Smith. "Music has a psychophysiological effect on your body."

"This myth is absolutely confirmed," Smith said.

Next week, Eric Centauri will host the final Science Seminar this quarter. In this talk, he will explore the science behind dark matter, in all of its mystical glory.

Students and the general public are invited to attend this free lecture held Friday, June 1 in Building 3, room 102.

Another judge blocks feds from ending teen pregnancy grant

SEATTLE (AP) — A federal judge in Seattle on Tuesday became the latest to block President Donald Trump's administration from prematurely cutting off funding for science-based programs aimed at reducing teen pregnancy.

King County, which includes Seattle, sued after the Department of Health and Human Services decided to end funding two years early for what was supposed to be a five-year, $5 million grant through the Teen Pregnancy Prevention Program.

The county was among 81 grant recipients notified last summer that their funding would end early. The news came after advocates of abstinence-only education were appointed to key positions at Health and Human Services, and the department offered shifting explanations about why it was ending the funding, the county said in its lawsuit.

U.S. District Judge John C. Coughenour, an appointee of former President Ronald Reagan, on Tuesday blocked the administration from cutting King County's funding without cause, calling its actions arbitrary. Judges in Spokane, Washington; Baltimore; and Washington, D.C., have made similar rulings.

UW

continued from page 1

Federal Way officials have been angling for a college campus within the city limits for several years.

Earlier this year, Federal Way legislators asked for $800,000 to fund the Highline/UWT project.

The Legislature appropriated only $500,000 for the project, which city officials initially said would not be enough.

But later this spring they said they had a way to make it work for the lesser amount.

City officials have touted the economic impact of a campus in Federal Way, as well as the convenience for local students.

Ferrell said that he is looking forward to having a college campus in Federal Way.

"We want a Highline and University of Washington presence in the city of Federal Way," he said.

There was once a Highline campus in Federal Way, which closed in the mid-2000s due to low enrollment.

The University of Phoenix campus in Federal Way also closed several years ago.

Almost two-thirds of Federal Way residents who are 25 and older have earned a high school diploma, but not a bachelor's degree, said one study.

MGT of American Consulting assessed higher education needs for the city of Federal Way.

The study concluded that Federal Way is expected to grow by 17 percent during the next 25 years, which increases the need for higher education classes in the city.

Officials from UW-Tacoma y did not respond to requests for comment.

Search

continued from page 1

Highline's president is selected.

The Trustees had arranged a search subcommittee of staff, faculty, and community members to pick out the best candidates.

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

These finalists then made on-campus visits and held open forums.

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

Highline students, staff and faculty were then given the opportunity to provide feedback regarding their opinions on the candidates.

Dr. Avery is currently working as the president of Portland Community College's Sylvania campus, where she's been since 2015.

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

Dr. Mosby is the vice president for Student Services at Mission College in Santa Clara, where he started in 2015.

Over this last week, members of the Board of Trustees have apparently finished their site visits to the campuses of the finalists.

The next and final step of the process will be a contract negotiation.

President

continued from page 1

ry during the accident, Primer said the original email she sent was sufficient.

"I sent the email to Iesha and Chloe Zabrek, she is the head of S&A Committee," Primer said. "I also sent a picture of my foot in a boot from the hospital."

At this point, Duenas said Primer's lack of steady communication resulted in her being removed from other events in Student Government.

"I sent her an email telling her we couldn't bring her to Voice Academy, since she hadn't been showing up or responding to emails about the event," Duenas said.

Duenas said Primer had a history of being late and absent from meetings prior to her accident, but Primer argued that those allegations weren't just.

"They scheduled me during classes. I thought the thing with CLS is that we're number three," Primer said. "I thought that the priority was health and school before anything else."

As for the more recent absences proceeding the accident, Primer said it wasn't her choice. In the email sent by Valencia, Primer said she was told not to attend work.

"What she said in the letter was that 'I was not allowed to represent the ASHC in any capacity until further notice'," Primer said. "So, it was very, very clear to me that I can't use my email, I can't return voicemail calls, I can't go to an executive meeting, I can't go to student council meetings."

Primer said the next few weeks were stressful.

"I am afraid to do anything because I don't want to violate what she's telling me," Primer said. "If I go to a meeting, I know I will be fired. So, I stay away."

After several weeks of this, Primer was effectively released from her duties as president.

"The next thing I know, she fires me for not going to the meetings she told me I couldn't go to," Primer said. "How could I have done anything at this point?"

Valencia said firing Primer from presidency was due to work performance issues, and the decision was made based on campus policy.

Valencia also denies telling Primer not to show up to meetings. She added that Primer had missed meetings due to having doctor's appointments, but that Primer was unable to provide a doctor's note, so it was unexcused.

After this, Student Government decided to have a vote to determine Primer could keep her title as president. However, the vote was rejected by the student council.

Highline student Caryn Truitt was present at the council meeting with the vote and had her own thoughts on Primer and CLS.

"From what I have seen, which has only been email correspondence, is that Vanessa was set up to fail," Truitt said. "Meetings were scheduled during her class times, then she was written up for being late."

"This is an educational facility; school should always be a first priority over anything else," Truitt said. "Vanessa would push issues, such as the National Anthem at graduation, that the CLS wanted to go a different way. But Vanessa would fight for the students' vote."

Primer also stated that there were political disagreements and that she felt that she was treated differently than her co-workers.

Valencia said that wasn't the case.

"We never discussed politics," Valencia said, "aside from how students are marginalized."

The particular issue, claimed Primer, was how the National Anthem was changed during last year's commencement ceremony.

Valencia said that the Student Government revisited last year's discussion about whether to include the National Anthem.

"It was not my decision, but it was voted finally last year to include it but only as an instrumental version," Valencia said. "It was ultimately decided by the Interim College President Jeff Wagnitz and his team."

The decision was based on lyrics from the third verse in the anthem being inherently racist and oppressive.

Valencia also said that Primer expressed her personal opinion on the National Anthem issue publicly at a commencement committee meeting comprised of staff and faculty. This was a strike against her professionalism, as she is expected to represent the student body and not inject her opinions.

Valencia stated that it was a personnel issue and that she can't reveal details due to confidentiality and standard procedure.

Staff reporters Byron Patten and Peter Brooks contributed to this story.

Weekly SUDOKU

Answer

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

Go Figure!

answers

7	×	2	+	6	20
+		×		×	
9	÷	3	×	5	15
÷		+		÷	
1	+	4	×	2	10
16		10		15	

King Crossword

Answers

Solution time: 25 mins.

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