

THUNDERWORD

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The twice monthly Kent East Hill Farmers Market brings fresh produce and healthier options to residents of the valley city.

A growing success

East Hill Farmers Market brings produce to a food desert

By **Zyair Dillon**
Staff Reporter

The East Hill of Kent is a food desert where most people don't have access to fresh fruit and vegetables.

To remedy that situation, a group called Living Well Kent is working with the local immigrant community to provide not only healthy food, but jobs for the area's diverse inhabitants.

Living Well Kent is an organization that promotes health and the economy in the local area.

They do so by working with local farmers to bring more healthy foods to the public through a twice-monthly farmers market.

The East Hill Kent Farmers Market is open twice a month on the first and third Saturday of each month from 9 a.m. to 2 p.m. at Morrill Meadows Park.

"We do a lot of food justice work and we believe that locally grown foods is a human right and shouldn't be a privilege, so we established our market to bring those healthy foods into that area," said Riham Hashi, program manager at Living Well Kent.

Hashi said the organizations mission is to create a healthy and equitable city of Kent by providing fresh fruits and vegetables that are locally grown,"

said Hashi.

Morgan Hartline, food access coordinator at Living Well Kent, described the city as "A very culturally rich culture and we want to make sure that we are serving and representing that.

They just began helping with five Latin farmers from an organization called Latin Empire who they work closely

See Market, page 12

Dr. Mosby throws curve in VP search

By **Mitchell Roland**
Staff Reporter

After a search that included two on-campus visits by potential replacements, Highline President Dr. John Mosby has opted to hire an interim Vice President of Academic Affairs instead of hiring either candidate.

The position opened up after current Vice President Dr. Jeff Wagnitz announced his retirement at the end of the school year. Dr. Wagnitz had previously served as the interim president of Highline during the 2017-2018 school year while Highline searched for a replacement. That search that lead to the hiring of Dr. Mosby.

Dr. Mahalaxmi Gita Bangera of Bellevue College and Dr. Thomas Broxson of Pierce College were the two candidates who made their pitches to students, staff and faculty during open forums on May 14 and May 16.

Dr. Mosby said that those in attendance of the forums were very positive in their feedback on the candidates.

"Faculty and staff were complimentary of their abilities," he said.

But "a mixture of things" in-

See VP, page 12

New Federal Way campus to open in fall

By **Giordan Gallacci**
Staff Reporter

Starting this August, Highline and UW-Tacoma will open their Federal Way campus for classes.

The new facility, to be known as The Hub, will first be open to students who want to sharpen up their skills in business development and starting in Winter Quarter, will then offer more general classes for all students.

StartZone classes will be the only classes offered during the Fall Quarter.



Mitchell Roland/THUNDERWORD

Highline's planned Federal Way joint campus, The Hub, will open in the Hillside Plaza Shopping Center this fall.

"Starting in Fall Quarter, we will be offering StartZone classes," Federal Way Campus

Program Manager Chantal Carrancho said. "StartZone is a program that started at

Highline and is meant to help achieve financial self-sufficiency. We do this by providing different support options and advice for building small businesses that are profitable and connected to the local economy. These classes won't have college credit but are good refresher courses, especially for business."

Starting in Winter Quarter 2020, there will be more options for classes you can take. These will include more core and ESL classes that you can

See Campus, page 12



Dr. John Mosby

Transfer Fair attendees told they need to plan now

By **Melissa Wilson**
Staff Reporter

Students need to develop definite plans for furthering their education after Highline was the advice of counselors attending the Transfer Fair Tuesday.

Highline hosted 28 different colleges at this fair and each college brought a representative to talk to approximately 90 students about their particular schools.

Students should figure out first if the school has their major, said Kristen Labrecque from UW - Bothell.

Students should find out the prerequisites to get into their program at each college they're looking at and make sure they are fulfilling those while at Highline, Labrecque said.

Online school is the perfect fit for some, but in-person school works better for others, said Andrea Nelson from Western Governors University. Students need to figure out which is the best for them, she said.

Students should ask them-

selves whether they want to go to a public or a private school, said Mario Orallo, a counselor from Western Washington University.

They should discover what makes each school unique, Orallo said. They should also look into financial opportunities such as grants and scholarships, he said.

It's important to know how much it costs, said Ellie Chesko from Grand Canyon University. She also said students should figure out how much time they have to graduate.

Students should find out what clubs and internship opportunities each school has, Chesko said.

Ask what the benefits are of attending each school, said JoAnn Andro from the Fashion Institute of Design and Merchandising. Also figure out if you want to stay in-state or not.

"The biggest thing is fit," said Kate McGillicuddy from Embry-Riddle Aeronautical University.

She said that it is important for students to find a school that fits them personally. To do that

she said that they should set up a time to talk with a counselor to get a feel for how things run at the school and within the program they're interested in.

"Financial Aid is always a big question," said Deanna Fairchild from Linfield College. She said that students should look at the application deadlines and make sure that they meet them.

Students should ask what their long-term career goals are, said Courtney Kang from Bastyr University. She also encouraged students to look in the specifics of each school.

Students should find out if there are schools that will accept them automatically based on their attendance at Highline, said Renee Beauchamp from Arizona State University.

It is important for students to understand each campus' culture, said Beauchamp.

Look into the relationships between faculty and students, said Kathleena Ly from The Evergreen State College - Tacoma. They should also look into

retention rates, she said. This means figuring out how many students that enter a program actually graduate from it. What students do after they graduate is also very important to learn.

Students should ask themselves what kind of college experience and lifestyle they want to have, said Suzy Prenovost from Hawai'i Pacific University.

She encouraged students to not just focus on academics.

The reputation of the school matters a lot, said student Victoria Saddler.

The next Transfer Fair will be held sometime next October or November said Siew Lai Lilley, the director of the Transfer Center.

For transfer help on campus students should talk to their faculty adviser or visit the Advising Center in Building 6 on the first floor. They can also access materials in the Transfer Center.

Students should start planning their transfer to another school one year before transferring, said Lilley.



Jolly Rubin/THUNDERWORD
Students got the chance to interact with counselors from 28 colleges.



Honors Poster Session is May 31

The Honors Poster Session is an opportunity for Highline community members to chat with students about their projects. Honors students will get to present their individual and/or collaborative research, creative expressions and/or professional projects with the greater Highline community.

You can stop by and show your support for Highline College's honors students' poster presentations on May 31 from 12:15 to 1:30 p.m. in Building 25 on the fourth floor.

Students display works on May 31

The Honors Program has partnered with the Geology Department and Science Seminar to bring you Highline's inaugural Student Research and Creative Works Symposium.

The symposium showcases students' academic accomplishments for the Highline community and the general public. It includes poster presentations and art exhibits.

Light refreshments will be available at each event.

The Symposium will be held in Building 8 in rooms Mt. Constance and Olympus on

May 31 from 8:30 a.m. through 3 p.m.

Portfolio Show is June 3 and 4

Graduating students display their best work to potential employers and the campus community.

You can interact with graduating students from visual communications, interior design, multimedia, and drafting as they present their portfolios at the annual Art and Design Portfolio Show.

The art show will take place in Building 8, 1st floor at the Mt. Constance/Mt. Olympus room.

This is a two-day event from June 3 and June 4. Both will last from 9 a.m. to 8 p.m.

Arcturus launch party is June 6

Come celebrate the premier of the 2019 Arcturus Literary Arts Journal. Listen to Highline's own artists and writers while you dine on free food.

Each audience member will receive a complimentary copy of the just released magazine.

Guests are encouraged to bring their friends. This event takes place on June 6 from 11 a.m. to 12:30 p.m. in Building 2.



Disorderly conduct in Bldg. 26

Disorderly conduct was reported near Building 26 on May 24 around 10:30 a.m.

No other information has been reported this time. The disorderly conduct is still under investigation and has been

referred to conduct.

...

Reports of a hate crime back in Jan. 26 and stalking in April 4 have been cleared as of April 24.

Both of these reports have previously been to referred to conduct.

The hate crime occurred at the beginning of winter quarter and was based on intimidation that took place in Building 4.

The stalking report occurred previously at the beginning of spring quarter in Building 25.

— Ally Valiente

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4230 Daily 1:20-2:40 pm

HIGHLINE COLLEGE

Dogs return to give love and comfort

Therapy dogs help others through doggone tough times

By Izzy Anderson
Staff Reporter

For those having a ruff day, therapy dogs can paw-sitively help out.

Therapy dogs visited Highline on Tuesday, and students were filtering in and out to meet, pet, and cuddle them.

These canines are trained to stay calm and gentle.

They often visit places such as hospitals, schools, nursing homes, and other public places.

Therapy dogs often have a very full schedule, said therapy dog owner Joanna Smith.

Her 10-year-old Miniature Schnauzer, Lexi, has been in the business for 7 years.

“She [typically] visits four different places in a week,” Smith said. “She’s had over 750 visits total already.”

But for some, being a therapy dog is a fur-ocious task.

The dog needs to be very obedient and well-trained, Smith said.

“They have to go to obedience school. They need to get trained ... and pass a test,” she said.

In the test, the dog must successfully “sit and stay, come, heel, walk past a dog without turning, ... be able to go past it [food] without turning.”

Lexi is a very gentle dog and good with kids, Smith said.

“She goes to two different elementary schools, kids read to her. [It’s through] a program called Tail-Wagging Tutors,” she said.

Another thing good to have in a therapy dog, is one who loves everybody, said therapy dog owner Terry Wissinger.

“One of the things you want in a therapy dog, is a dog who loves people,” he said.

His therapy dogs Clover and Ellie are both social creatures (specifically Dalmatians), who



Photo by Matthew Thomson

Golden retriever therapy dog Henry arrives on-campus to help students de-stress during finals week.

enjoy being around others and getting their energy out through the work.

7-year-old Ellie has been a therapy dog for 4 years, and 13-year-old Clover has worked for almost a decade.

But before being therapy dogs, Clover and Ellie also strutted their stuff as show dogs.

“My wife actually started it after they were [done showing] ... to have something for the dogs to do,” Wissinger said.

It takes a lot of the same traits to be a show dog as it takes to be a therapy dog, Wissinger said.

Being calm and obedient is important in both cases.

But Wissinger said that it’s also key, on the owner’s end, to not burn the dog out or overwork them.

“We’re very conscious of her [Clover’s] attitude and of her age, how tired she gets,” he said. “You’ve got to be aware of the stress from the dog, you can tell when the dog isn’t comfortable.”

Wissinger explained how

he keeps an eye on the dogs’ reactions, attitude, and energy level.

If they seem overly tired, burnt out or upset, he takes the dog to their car and lets them rest for the duration of their time there.

He also tries to read situations the dogs are in, and make sure they aren’t in a space where they feel unsafe or overly stressed, he said.

“The wrong situation could ruin it for a therapy dog forever,” Wissinger said.

But overall, therapy dog sessions are a treat for both the people, and the dogs.

A study done by the Amer-



Stephen Glover/THUNDERWORD

Therapy dogs Ellie and Clover have both been providing people with comfort for several years, and were also present for Highline’s therapy dogs event last year as well.

ican Humane Association found that the average therapy dog shows significantly lower levels of stress than other dogs.

The Complementary Health Practice Review also showed that therapy dogs significantly improve the stress levels of nearly everyone they come in

contact with, which can often be beneficial to human health.

This is why these dogs often visit hospitals, to uplift the spirits inside.

“I take her to Valley Medical Children’s Clinic, Clover loves kids,” Wissinger said. “Just having a dog come visit them was really special to them.”



Stephen Glover/THUNDERWORD

Fozzy Bear is an 8-year-old Golden Doodle, he’s happy to provide cuddles and love for those who need it.

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Relax, breathe, it’s almost over

Graduation is coming up, summer is fast approaching, and the quarter is almost over. But, there is one little thing left for all of us to do — finals.

Right now, students all over campus are preparing and most likely stressing out over their grades, hoping that they will be able to pass whatever their professors throw at them.

It can be difficult, but just remember: relax, take a deep breath, and do your very best. Finals may be important, but your health, even more so. There is no point in stressing yourself out one moment, just to end up collapsing the next.

According to a study conducted by MentalHelp in 2016, 89 percent of college students were stressed during finals, and 31 percent claimed to be stressed the entire quarter.

In another study conducted by the American College Health Association, more than 34 percent of students said that stress negatively impacted their academic performance. They all got so depressed, and had a difficult time dealing with it.

Many have even ended up developing Type 2 Diabetes due to many not getting the proper nutrition and exercise.

Understand that it’s OK to feel a little nervous, it’s part of human nature. That little bit of adrenaline can help when going through and completing finals.

But, when that nervousness takes over, when your mind is consumed by the thoughts that you might fail, the chances of failing increase astronomically.

A lot of the nerves can also be due to a burn out, when we start to get too tired to function.

For many of us, the end of Spring Quarter signifies the end of Highline — graduating.

Chances are, those students have already been accepted to the college they want to attend later. And that usually means that they tend to stop trying as hard during the quarter.

Students can work extremely hard, get on the President’s List, complete honors projects, but end up losing all that energy during their final quarter.

And that’s why, when finals roll around, students are stressed since many don’t even understand or remember what material they learned throughout the quarter.

Unfortunately, even though it may seem like its over, and we are now like soulless puppets, we still need to push through.

Soon, we all will be able to go home and just collapse on our beds, but for right now, we all need to focus and get our work done.

Information omitted?

Dear Editor:

I read the May 23 newspaper and one article was very interesting to me.

The article was from the reporter Zyair Dillon who interviewed Louis Ihrig about prison conditions and sentencing reform.

I’d like to know if the reporter researched the crime Mr. Ihrig committed and whether this was intentionally omitted

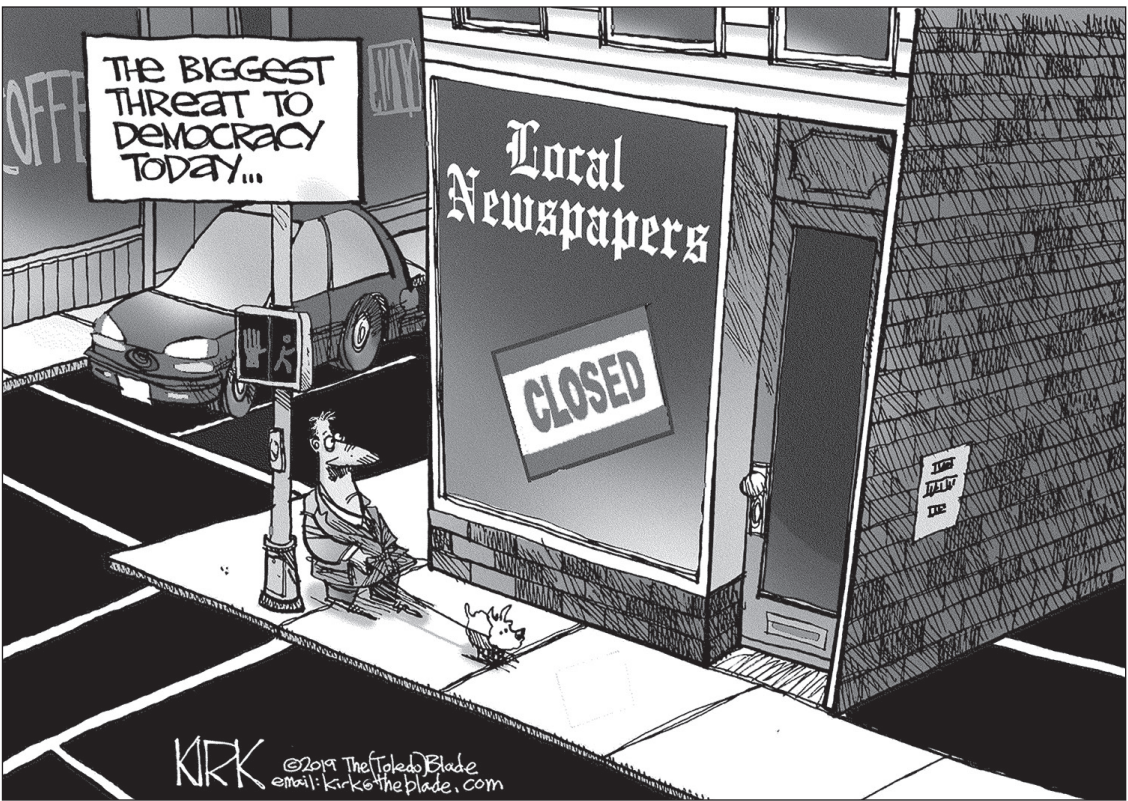


from the article or omitted out of a lack of knowledge.

It seems very important for anyone reading the article to make a decision on the validity of any points being made.

Thank you for clearing this up.

Best regards,
Akeem Rizk



President wishes students and graduates a happy summer

Well, students, another year has flown by. It’s already June — graduation for some, summer for all.

As the year draws to a close, I want to take a moment and congratulate everyone on getting to the finish line. For some, this finish line is graduation — earning that certificate or degree. And for some individuals, you have earned both.

And for those transferring to another college, I hope that you have a wonderful experience at your next educational destination. But for some the finish line, which should be celebrated, is completing your courses.

This is important since often academics compete with other responsibilities — job and family obligations to name a few. Many of our students have families and work part-time, often full-time, while still going to school.

But after all those papers, exams and numerous “snow days,” the end of the quarter is near.

College isn’t easy and there are days I’m sure that some ask if it’s worth it.

If you look at the national statistics, you will see that a significant number of students don’t return the following quar-

Guest Commentary



Dr. John Mosby

ter or semester (depending on the school’s schedule). But for those individuals who persist and return, you are in select and great company.

I hope that your summer is one of fun and relaxation. Collective care is paramount, whether that’s going on vacation, taking a swim, going to the beach or reading some books.

It’s important to make time for you. Even if it’s meditation or just creating some alone time, take it and embrace it!

I’ve had the pleasure of serving as your president. As I conclude my first year, thank you for a wonderful year.

Students, you have taught me so much about Highline College, the surrounding communities, the Pacific Northwest and globally.

I look forward to Commencement when many of you will cross the stage and receive your academic reward.

And for those returning, I look forward to more conversations on campus and the President’s Hour next fall where monthly student-only meetings will be held with myself so I can hear about your ideas, concerns, recommendations and successes.

While I can’t promise pizza every time, I’ll make sure to have snacks available to everyone. Your input is valuable for the success and sustainability of Highline College. So if you are a returning student or a graduate, I always want to hear from you.

Highline College is special because we strive to be inclusive in our teaching and service. Our beliefs and values represent an extremely diverse student body and those voices will always be heard on campus in a respectful manner.

Thank you again for being part of a exceptional year and I wish you success, happiness and rest as our beautiful Pacific Northwest summer approaches.

Dr. John Mosby is the President of Highline College.

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“ I feel round. ”

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Celebrating Heritage

Film series features Asian, Pacific Islander narratives

By Jonathan Beatima
Staff Reporter

Highline’s AANAPISI program wants to end its spring film series with a bang.

The program will feature an international film called *Blackbird* by Australian Solomon Islander filmmaker Amie Batalibasi. The film will be played on June 6 in Building 7 at 3 p.m.

The movie shines a light on the dark and little known part of Australian history.

Blackbirding is the 19th and early 20th centuries practice of enslaving South Pacific Islanders on the cotton and sugar plantations of Queensland, Australia.

This will be the last film that the program is showing as part of their spring film series, coordinated by Malaelupe Samifua. He wanted to select movies that coincide with the Back to Our Roots event hosted by the Pacific Islander Club on May 30.

“April and May are Asian and Pacific Islander heritage



Mark Morris

International film Blackbird, directed by Amie Batalibasi, will be shown as the finale to the ANNAPISI spring film series on June 6.

months. We tried to highlight films that speak to that,” Samifua said. “The movies have been

about war, modernism, and climate change. This is to get a better picture of the students we’re serving here at AANAPISI.”

Samifua wants to give more access to the Asian and Pacific Islander communities that people normally wouldn’t have. One of the goals for this series is to break common stereotypes and show the cultures of these communities more in depth.

The AANAPISI spring film series has shown five movies, including a New Zealand drama titled *Dark Horse* and a Marshallese film titled *Jilel*.

Dark Horse gives context for why there is a high participation of gang violence amongst young New Zealand men. It is based on a true story of kids

who came from the ghetto, deal with social issues such as alcoholism and drugs, and how the game of chess helped these kids overcome those challenges.

Jilel is a film about how climate change and other outside factors affect the landscape of the Marshall Islands. The movie is a call to action against modernism, and what we can do to prevent climate change. It follows the story of a young girl named Molina, who was given a conch shell by her grandmother, and fights to preserve the shell and other treasures of the Marshall Islands.

“I took away how the shell represented the culture and the people. It was small but powerful, and I feel like that’s a representation of us in the college,” AANAPISI participant Malay-

siah Banuelos said. “AANAPISI is a smaller group, but is always willing to help out. We help out with other clubs and other events that go around. We also help each other out.”

The AANAPISI Program will end its spring film festival next Thursday. There will be a discussion after the film to talk about the issues portrayed and the problems that Asian American and Pacific Islanders face. Samifua said he hopes to continue doing these types of events in the Fall Quarter as well.

“I think the movie is going to be a real eye-opener,” Samifua said. “I want people to come. I want people to know these stories. I feel like these stories are valuable to the greater tapestry of America.”



New Zealand Film Commission

The ANNAPISI spring film series has also shown Dark Horse, which is about a New Zealand man’s struggle with gang violence.

Performances give voices to LGBTQ+ students

By Dong Zual
Staff Reporter

Highline students, faculty and staff participating in Queer Visions engaged in performance art and spoke on gender and sexual orientation diversity through songs, dance, and poetry.

Queer Visions was part of a collaborative inquiry project exploring LGBTQ+ inclusion and empowerment at Highline.

Approximately 50 people showed up at the event last Wednesday.

The event started with the

performance of a song called *Perfect* and it was composed and performed by Maria Kovalsky.

“This song only took minutes to write, but years to understand what it means to be perfect,” said Kovalsky, a second-year student. “Growing up in a very anti-LGBTQ+ environment, I had a hard time finding acceptance in myself until now. This song is all about getting through the hate and knowing that you are perfect just the way you are.”

The second performance was also a song that included a rap part. The song title is called

Love Our Boys and was written and performed by Chino Gonzales.

“This piece is a celebration of parts of myself that I was not always sure could exist at the same time,” Gonzales said. “This is my first-time performing music that I wrote and produced. I am excited to share this experience with the campus. My queer vision is to create safe spaces for youth to share their stories and express their sexual orientation freely.”

Gonzales is a former student and assistant instructor for Pathway to College.

The next performance was a

song called *#20GAYTEEN* and it was written and performed by Maelynn Rose.

“Over the past few years, my sexuality became more public as I got more comfortable. The creative process of this piece started off as a conversation but ended as a story,” said Maelynn Rose, a third-year student. “I made this piece to share my struggle of being gay in hopes to open other people’s minds as well as connect with those who may have gone through the same challenges. I also want people to see the positive outcomes of my story.”

The next performance had

a twist. It was a choreographed dance. The title is called *Rehearsal of Truth* and it was choreographed and performed by Nicholas Koc, Phuoc Trinh & Jessica Yi.

Koc dressed in drag and launched into a break dance to show that break dancing is not the sole domain of males.

An accompanying slide show indicated that the purpose of the dance was to acknowledge that dancing itself is often affiliated with gender roles. They made this piece to show that people can be passionate and break down stereotypes for styles of dance.

Review: ‘Tiny Beautiful Things’ stuns

Sometimes, it takes a little help to get through trying times.

Seattle Repertory Theater gives audiences heartbreaking and beautiful advice with their season finale play, *Tiny Beautiful Things*.

Tiny Beautiful Things is a collection of advice columns for literary magazine *The Rumpus*, written by Cheryl Strayed under the pseudonym Sugar.

While not claiming any special qualifications in the columns, Strayed is also a published novelist.

Strayed is author of *Wild: From Lost to Found on the Pacific Crest Trail*, which went on to be adapted for a film starring Drew Barrymore.

Strayed is not the only Hollywood alum working on the script. Playwright Nia Vardalos, who adapted the columns into a script, also wrote and starred in *My Big Fat Greek Wedding*.

Tiny Beautiful Things went on to first be produced by the Public Theater in New York in February of 2016.

Set in a messy, suburban home, *Tiny Beautiful Things* begins with Sugar inheriting the pseudonym from a previous columnist. Sugar spends the course of the play answering letters from readers, using her own experiences to uplift those who ask for help.

While a simple premise based on articles, *Tiny Beautiful Things* has a remarkable amount of plot.

Since the responses come from the wisdom of Sugar’s life, audiences and readers alike learn of the columnist’s abusive childhood, struggle with poverty and heroin, loveless first marriage and sexual assault. But beyond Sugar’s struggles, we hear her triumph and growth, moving from anger to love and for-



Twitter photo

Based on Cheryl Strayed’s book, *Tiny Beautiful Things* follows novelist writing an advice column.



giveness.

Tiny Beautiful Things’ script is remarkably beautiful in both subject matter and literary craft.

Letters to Sugar ask a variety of questions including how to tell romantic partners about sexual assault, when to tell someone you love them, how to handle the loss of a child, and more.

And Sugar’s answers do not disappoint. Strayed’s columns are both rich and simple, using metaphors and analogies to share profound wisdom without being pious or self-righteous.

Directed by Courtney Sale,

performances by the production’s cast add to Vardalos’ script. With all letter writers being portrayed by three actors, each performer uses different attitudes and accents to embody a variety of characters.

Julie Briskman’s performance as Sugar shows a vulnerable, flawed woman, doing her best to find the right answers.

In combination with scenic design by L.B. Morse and dramatic lighting by Robert J.

Aguilar, these stories and performances have a palpable impact on audiences.

In one scene, Sugar receives a letter from a grieving father, listing ways his life has fallen apart since his son was killed by a drunk driver. Following Sugar’s haunting and ultimately hopeful response, the entire auditorium sat in stunned silence for several minutes.

Overall, *Tiny Beautiful Things* is a simple and beautiful play, celebrating the human potential to grow, and inspires audiences to grow, too.

Tiny Beautiful Things runs through June 23 at the Seattle Repertory Theater.

Tickets vary greatly depending on seating area and timing. Average ticket prices for adults online is \$63, but rush tickets are available on the day of for half price. Student tickets are \$15 both in advance and at the door.

The Seattle Repertory is at 155 Mercer St. in Seattle’s Lower Queen Anne neighborhood.

For more information and tickets, visit <https://www.seattlerep.org/Plays/1819/TB/Synopsis>.



Alan Alabastro

Letters to Sugar are wide ranging in content, often pulling on audience heartstrings, so come prepared with tissues.

5

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T-Bird tennis captain leaving on a high note

By Calvin Domingo
Staff Reporter

After a successful two-year run representing Highline tennis which culminated in a Wally Heidenson Sportsmanship award and a second-place finish in No. 2 doubles in this past season’s NWAC’s, sophomore and team captain Danielle Mendoza will now be moving on to the next chapter of her life.

“Danielle was our quiet and steady leader,” Head Coach Laura Rosa said. “She loved the game, she never was complacent, and she fully and totally embraced the whole experience of being a college athlete.”

“Danielle lead this team with grace, kindness, and pure athleticism. She has forever set the bar high for future leaders of the T-Bird tennis team,” Coach Rosa added.

For the season, not only did Mendoza provide valuable experience as only one of two sophomores on the team, she provided a steady dose of leadership and quality veteran play.

It’s only fitting that she was the captain of the team this past season. However, it wasn’t a title that was given to her nor was it a title that was voted on from her teammates.

It was a job that Coach Rosa felt she was qualified for.

“I do not ‘name’ a captain, nor do I allow my team to ‘vote’ on a captain,” Coach Rosa said. “Being a captain of the Highline College Tennis Team is a job, not a title. I have expectations that a captain will lead this team both on and off-season; both in character and competition.”

Coach Rosa went on and add-



Danielle Mendoza was the recipient of the Wally Heidenson Sportsmanship award, shown here as she poses with a coach and the men’s recipient of the award.

ed that before the season, she sat down with Mendoza and offered her the job.

“Thankfully, she was willing to take on the responsibility,” she said.

However, being captain is one thing. Demonstrating and being able to exemplify what it means and what it takes to be a captain is another.

As teammate Lexi Maison can attest to, Mendoza not only demonstrated what it means to be a captain on the court, but off the court as well.

“She was a great captain because she would keep everybody in line and we all respected her,” Maison said.

Part of a captain’s job isn’t to just set an example for fellow teammates to look after, it’s also

about having a drive and creating work habits that become contagious.

It’s about being able to spearhead and guide your troops to accomplish one goal.

To win.

That starts with work ethic.

“I do not believe there is a fitter, stronger player in the Conference,” Coach Rosa said. “Every practice and every match for two straight years, Danielle was the first one on the court and the last one off.”

Even teammates are quick to point out her work ethic and how she uses it to stand out from others.

“Danielle is so sweet and awesome, she always came to practice focused,” Maison said about her teammate.

“Danielle stays positive and steady no matter what,” teammate Kaylin Phan said. “She grinds hard at practice and during her matches too.”

As far as her performance in

NWAC’s from a couple of weeks ago, she finished in third place in No. 4 singles after defeating Skagit Valley freshman Yuri Ito, 7-5, 6-2 in the third-place game.

In doubles action, Mendoza and teammate Mikyla Olsen finished as runners-up as they fell to the eventual champion duo of Bellevue’s Anna Sneesby and Annie Luong in the title game, 8-3.

“Danielle has been steady as a rock for two years for the T-Birds,” Coach Rosa said. “That is one of her great strengths, there is never a surprise, never a doubt that she will fully compete until the very last moment. It was a pretty emotional moment for both she and I when her last match finished.”

In addition to her exceptional effort and play in the tournament, Mendoza walked away with one more honor. A very prestigious one, if you may call it.

She was awarded the Wally Heidenson Sportsmanship award.

“That was a beautiful moment and way to celebrate her

outstanding career,” Coach Rosa said. “On our team, we all know that Danielle is the epitome of what a student-athlete should be, it was wonderful to also be able to publicly honor her. The award was voted on by the other coaches and teams in the league which again, just speaks so loudly to her character.”

“[When] her name got called, everyone’s face lit up and, in my head, [I knew] she deserved it,” Maison said.

“This honor is selected and voted on by other coaches in the Conference and is bestowed upon the player who best represents the mission of the NWAC in both competition and character,” Coach Rosa said. “As a team that had to have been our proudest moment.”

Even Mendoza was surprised that she was the lucky recipient of the honor.

“She was completely shocked,” Phan said. “Our team talked about nominating a girl from Treasure Valley the other night over dinner, so we all thought [that she] was going to be awarded. Danielle was really caught by surprise.”

Now that her career at Highline has wrapped up on a high note, even Mendoza herself isn’t so sure about her plans for the future.

“I’m just riding the wave for the [remainder] of the school year,” Mendoza said. “I’m in no hurry or stress for what’s to come. I have some ideas on wanting to go into exercise science and careers in that field of studies, but I’m in no rush at the moment.”

Highline isn’t only losing a very valuable member of the tennis team, other aspects about her will be sorely missed.

“Highline tennis will definitely miss her kindness and smile,” Phan said.



Highline tennis’ first full 2-year signed athlete. Mendoza is still unsure of her playing future and is weighing all of her options.

A woman with dark hair is sitting at a desk, working on a laptop. There are books and papers on the desk.

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Moses: The art of the steal

By Eddie Mabanglo
Staff Reporter

Shortstop Shaily Moses seems to have mastered the art of the steal.

She ended her freshman season at Highline College as the Thunderbirds' leader in hitting and stolen bases. She concluded her first season at Highline with 44 hits and 12 stolen bases.

Moses, who hails from the Aloha state, began playing softball in elementary school. She found therapeutic qualities in the game, and often thought of softball as an escape when life was less than comforting.

"I first started playing when I was eleven," Moses said. "When I was going through a rough time it was what got me through it all, it was my therapy and my safe place when life was chaotic and messy."

Moses found that her improvements on the field would match growth in life as well.

"It brought out the best person in me within school and a person as a whole," she said.

Moses found interest in playing shortstop after she found the position to be more prolific than other non-battery infield positions.

"I started playing shortstop because I was always someone that wanted to be involved in every play of the game and shortstop is the place for that," Moses said.

The shortstop's game is usually more active due to location. As most batters in softball are both right handed and tend to pull the ball to left.

Those plays that remain in the infield, such as grounders or low liners, often end up going towards the shortstop. Thus, the position requires a degree of agility.

"Height doesn't make you a good shortstop. You have to be able to be able to take charge and communicate with other [teammates] whether you have problems or not," Moses said.

The position is a product of Doc Adams, who added an extra infielder in the mid-1800s to act as the cut-off for bringing in plays from the outfield in baseball. The position proved to be a crucial addition to the infield.

"It's about being selfless and playing for the person next to you and the people that continue to love and support you, you have to be very strong mentally and you have to be fearless and give your



Stephen Glover/THUNDERWORD

Shaily Moses led the Highline Thunderbirds in stolen bases this season. Of her 13 attempts, she was only caught once, resulting in a 92.3% success rate with 12 stolen bases. She says that usually the choice to steal is made by the coach.

hundred no matter the inning or player," she said.

Moses learned these qualities by watching Sis Bates, who is currently a junior at the University of Washington. Bates plays for the Huskies softball team and has been an inspiration to Moses.

"[Bates] is always picking up the next person to her, giving her all and always competing," Moses said. "Her attitude is always positive, whether she grounds out and makes a mistake she's always smiling and staying positive."

Bates scored 12 runs and seven RBI in the 2017 World Baseball Softball Confederation Junior Women's World Championships, where she was a gold medalist. She had a batting average of .444 in international play.

Moses finished her freshman year batting .346 with 24 RBI and 27 runs, going 44-127 on the year.

Upon stepping up to the plate at every at-bat, one thing and one thing only is going through her mind:

"My family," Moses said. "I want nothing more than to make them proud."

And proud they are, after Moses finished her first season with a .443 OBP and .425 SLG, with 10 of those hits being doubles.

In addition to being a

threat at the plate, Moses is also known to be an aggressive baserunner, swiping a dozen bases this season and only being caught once.

Most of her steals have been from first to second base, with one or zero outs against a right-handed pitcher.

Right handed pitchers tend to stand in a matter that faces away from first base.

Often, older pitchers are the easiest to steal on. Younger pitchers naturally use different release points when pitching because they are still honing in their skills and mechanics.

This makes it harder to know when they will let go of the ball. The more experienced pitchers have cleaner mechanics. They establish a rhythm that is consistent and easier to read.

Moses says that ultimately, the decision is up to Head Coach Jason Evans.

"The best time to steal is when coach gives [me] the signal," Moses said. "Then it's just a full send after that."

Moses looks forward to returning next season with the other freshman softball players that made up the team this year.

"Fans should expect to see girls that have love for the game come out and perform," Moses said.



Stephen Glover/THUNDERWORD

Moses picked shortstop because of its high demand as an infield defensive position, given its location on the diamond.

WEEKLY SUDOKU

BY LINDA THISTLE

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

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. ADVERTISEMENTS: Which company's ads feature a character called Elsie the Cow?
2. GEOGRAPHY: What is the capital of America Samoa?
3. MUSIC: Which 1960s song features the lyrics, "Sont des mots qui vont tres bien ensemble"?
4. INVENTIONS: In what year did American Express introduce an international credit card network?
5. MOVIES: Which island is the setting for the film "The Teahouse of the August Moon"?
6. HUMAN BODY: What does a Brannock device measure?
7. CHEMISTRY: What is the first element on the Periodic Table?

8. GENERAL KNOWLEDGE: How many red and white stripes are on an American flag?
9. LITERATURE: What was Shakespeare's wife's name?
10. LANGUAGE: What does the German term "blitzkrieg" mean in English?

- Answers
1. Borden Dairy Company
2. Pago Pago
3. "Michelle," by the Beatles
4. 1958
5. Okinawa
6. A person's shoe size
7. Hydrogen
8. 13, for the number of colonies that declared independence from Great Britain
9. Anne Hathaway
10. Lightning war or rapid attack

Puzzle answers on Page 11

KING CROSSWORD

ACROSS

- 1 Cookie container
4 Pen point
7 Castle protector
11 Quite eager
13 Bobby of hockey lore
14 Ames' state
15 Curtain-like membranes
16 Name in China's history
17 Masticate
18 Extemporize
20 19th Hebrew letter
22 Arrest
24 Stay informed
28 Waistband material

- 32 Aircraft
33 Mary's pet
34 Twitch
36 Helper
37 Prom-goers' rides
39 Desert
41 Mall units
43 Droop
44 Solemn pledge
46 Border shrubbery
50 — En-lai
53 Be sick
55 Lounge
56 Ladder step

1	2	3		4	5	6		7	8	9	10
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50	51	52			53		54		55		
56					57				58		
59					60					61	

- 57 Doctor's due
58 Individuals
59 "Why not?"
60 Med. approval agcy.
61 Witness

DOWN

- 1 Coffee
2 Elderly
3 Hot dog holder
4 — de plume
5 Mideastern nation
6 Stream
7 "Pieta" artist

- 8 Reaction to fireworks
9 Emotion eliciting 8-Down
10 Caught sight of, to Tweety
12 "Blue Boy" artist
19 Cudgel
21 Energy
23 Morsel
25 Settled a bill
26 Loosen
27 Hammerhead part
28 Right angles
29 Cafe au —

- 30 Bullets et al.
31 U.S. spy org.
35 Letterman's network
38 Sailor's domain
40 "That feels so good!"
42 Workers
45 Hastened
47 Puts on
48 Merriment
49 Otherwise
50 Weep
51 Coloration
52 — budget
54 Meadow

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ARIES (March 21 to April 19) Try using that Aries charm to warm up the usual set of workplace naysayers, and then back it up with a solid block of facts and figures to sell your idea to your colleagues.

TAURUS (April 20 to May 20) While nothing can deter a determined Bovine from following a course you believe in, it helps to have some supporting data and statements by trusted colleagues to make your case.

GEMINI (May 21 to June 20) Take advantage of new information that could help make your career transition easier. The weekend is a good time to re-establish relationships with people you haven't seen in a while.

CANCER (June 21 to July 22) Personal matters demand your attention as once-stable situations begin to shift. Quick action to shore things up is called for in order to avoid more problems down the line.

LEO (July 23 to Aug. 22) Although your financial picture begins to brighten, "thrift" and "caution" are still the watchwords for fiscally astute



Leos and Leonas to live by. Expect news about a family matter.

VIRGO (Aug. 23 to Sep. 22) Before you try to blame a colleague for a workplace problem, make sure you have the proof to back you up. Make some quiet inquiries on your own to try to solicit more information.

LIBRA (Sep. 23 to Oct. 22) Trying to cheer up a depressed friend or downcast family member can be difficult. But keep at it, and your efforts should soon pay off in ways you might have never expected.

SCORPIO (Oct. 23 to Nov. 21) Taking a new look at an old and frequently recurring problem might lead you to consider making some surprising changes in the way you had been handling it up till now.

SAGITTARIUS (Nov. 22 to Dec. 21) Despite what

the naysayers might say, setting your sights on a new goal could be one of the smartest things the typically sagacious Sagittarian has done in a long time.

CAPRICORN (Dec. 22 to Jan. 19) Rebuilding an unraveling relationship won't be easy. But you can do it, if you really want to. Just remember to keep the lines of communication open between the two of you.

AQUARIUS (Jan. 20 to Feb. 18) A new friendship could develop into a close relationship. Meanwhile, reassure an old friend who might be feeling neglected that he or she is still an important part of your life.

PISCES (Feb. 19 to March 20) You might be feeling that you're still in over your head as you continue trying to adjust to your new situation. But the pressures ease by week's end, giving you time to come up for air.

BORN THIS WEEK: You have a gift for sensing the feelings of others. You might consider a career in some aspect of counseling.

2019 King Features

GO FIGURE BY LINDA THISTLE

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

DIFFICULTY: ★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

	÷		+		13
×		+		—	
	×		—		10
—		×		×	
	—		×		10
23		21			15

1 2 4 5 6 7 8 9 9

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Zesty take on popular vegetable

The beautiful bunches of asparagus now appearing at grocery stores and farmer’s markets is like a personal invitation to deliciously celebrate spring. Asparagus is easy to select and prepare, and comes in a variety of vibrant colors, including green, violet, purple and white.

My introduction to white asparagus came during a trip to Germany to visit Department of Defense schools on military bases. Before I became a chef and cookbook author, I was a children’s author with more than 100 books in seven languages. I visited schools and did storytelling presentations and book signings for elementary, junior high and high school students, their parents and educators all over the U.S. and Europe.

It took almost a month to complete the book tour in Germany, so my husband and I had plenty of time to take in the local culture and sample traditional German dishes. Our hosts were particularly eager to take us on a drive through the German countryside to show us the fields of white asparagus.

Some people call white asparagus “the vampire of the vegetable world” because it’s grown under a thick blanket of mulch and black plastic that shields it from the sun.

White asparagus never turns green because no photosynthesis takes place. The lack of sunlight not only changes the color, but the flavor. White asparagus spears are much more delicate than green asparagus.

The complex process of producing white asparagus,



the short growing season and transportation costs from South America and Europe are the reasons why white asparagus is a little pricey.

While asparagus is available year-round, it’s much better when grown and purchased locally. Asparagus also grows wild and is commercially available fresh, frozen and canned. The stalks range in size from colossal to small. Various types and colors of asparagus can be used without any noticeable difference in taste, so mix and match colors and sizes for visual interest.

Asparagus should be crisp and firm, not limp or wrinkled, with tightly closed tips. Dull colors and ridges in the stems are an indication of a lack of freshness. The stalks should not be limp or dry at the cut, and of uniform thickness.

Fresh asparagus should never be washed or soaked before storing. If the asparagus is bound with a rubber band, remove it as it will pinch and bruise the stalks. If you’re planning to use the asparagus on the same day, rinse it under cool water, pat the stalks dry with a paper towel and prep the stems.

Peeling the end of thicker stalks with a paring knife or a vegetable peeler removes any



Fresh season roasted asparagus to try has side dish to go with your food

woody stems and can be done up to two hours before cooking. If preparing white asparagus, make sure to peel the bottom two-thirds of each spear because it tends to have a thick and bitter skin. Smaller stalks can be broken or cut at the point where the stem naturally snaps.

Asparagus can be stored for up to two days if the stalks are trimmed and placed upright in a jar with about an inch of water in the bottom. Cover the asparagus with a plastic bag and store the spears in the refrigerator.

Asparagus cooks in minutes and can be prepared in the oven or microwave, steamed or boiled. Boiling in salted water is the best technique for cooking white asparagus. But like its more colorful cousins, it’s also good roasted or grilled. Asparagus tastes delicious hot or cold and also freezes well if blanched

first in hot water.

Asparagus is a nutritional powerhouse. A half cup of cooked asparagus contains significant amounts of folic acid, vitamin C, potassium and beta-carotene. It’s also a heart-healthy food, and a natural diuretic.

This versatile vegetable works well as a room temperature appetizer, the main ingredient as part of a main course, blended into a soup, or as a flavorful side dish or in a colorful salad.

A quick and easy way to prepare asparagus is this Roasted Asparagus with Lemon and Parmesan. It’s a simple and delicious way to celebrate spring!

ROASTED ASPARAGUS WITH LEMON AND PARMESAN

2 pounds fresh asparagus, tough ends trimmed off

1/4 cup olive oil
4 teaspoons grated lemon zest
2 garlic cloves, minced
1 teaspoon salt
1 teaspoon ground black pepper
1/4 cup Parmesan cheese

1. Heat oven to 425 F. Place asparagus in a greased 15 by 10 by 1 inch baking pan.

2. In a small bowl, mix the olive oil, 3 teaspoons of the lemon zest, garlic, salt, pepper and half of the cheese together, and drizzle it over the asparagus. Toss to coat. Roast until crisp-tender, 8-12 minutes.

3. Sprinkle with the remaining Parmesan cheese and lemon zest. Serves 4 to 6.

The grills are alive with chicken

All-American BBQ Chicken

2 tablespoons olive oil
1 large onion, chopped
2 cans (15 ounces each) tomato sauce
1 cup red wine vinegar
1/2 cup light molasses
1/4 cup Worcestershire
1/3 cup packed brown sugar
3/4 teaspoon ground red pepper (cayenne)
2 (3 1/2 pounds each) chickens, each cut into quarters, skin removed if you like

1. In 10-inch skillet, heat olive oil over medium heat. Add onion and cook until tender, about 10 minutes. Stir in tomato sauce, vinegar, molasses, Worcestershire, brown sugar and ground red pepper; heat to boiling over high heat. Reduce heat to medium-low and cook,

GOOD HOUSEKEEPING

uncovered, 45 minutes or until sauce thickens slightly. If not using sauce right away, cover and refrigerate to use within 2 weeks.

2. Reserve 1 1/2 cups sauce to serve with grilled chicken. Place chicken quarters on grill over medium heat; cook 20 to 25 minutes, turning chicken once. Generously brush chicken with some of the remaining barbecue sauce; cook 20 minutes longer, turning pieces often and brushing with sauce frequently until juices run clear when chicken is pierced with tip of knife. Serve with reserved sauce. Serves 8.

Grilling Poultry

Whether you’re cooking chicken, duck or turkey, the best way to test for doneness is with a thermometer. Breasts should be cooked to 170 F; thighs and whole birds to 180-185 F. You can remove poultry from the grill when it’s 5 or 10 degrees below the recommended temperature, but be sure to let it stand about 10 minutes to allow the temperature to rise.

If you don’t have a thermometer, remove the bird to a white plate and pierce with a fork. Any juice that comes out should be clear. If juice comes out pink, cook a little longer and check again. You can test cut-up pieces of chicken the same way.

2019 Hearst Communications

Layered BLTs incoming

We took most men’s much-loved sandwich, the BLT, and transformed it into something that tastes great but doesn’t come between two or three slices of bread. We can still hear the rave reviews.

Layered BLT Salad

4 cups finely shredded lettuce
1 1/2 cups chopped fresh tomatoes
1/4 cup purchased bacon bits
4 slices reduced-calorie white bread, toasted and cubed
1/2 cup shredded reduced-fat Cheddar cheese
1/2 cup fat-free Thousand Island dressing
1/4 cup fat-free mayonnaise
1 teaspoon dried parsley flakes

In an 8-by-8-inch dish, layer lettuce, tomatoes, bacon bits,



toast cubes and Cheddar cheese. In a small bowl, combine Thousand Island dressing, mayonnaise and parsley flakes. Spread dressing mixture evenly over top. Cover and refrigerate for at least 30 minutes. Divide into 4 servings.

* Each serving equals: 175 calories, 3g fat, 10g protein, 27g carb., 684mg sodium, 2g fiber; Diabetic Exchanges: 1 Starch, 1 1/2 Vegetable, 1/2 Meat.

2019 King Features

With summer around the corner, local farmers markets sprout up

By Yicell Castillo and Kaela Nokes
Staff reporters

Des Moines’ Waterfront Farmers Market will expand once again to include a weekly market on Wednesday nights during July and August due to popular demand.

The weekly Saturday market will open for the season beginning on June 1 at the Marina and runs throughout the summer every Saturday from 10 a.m. to 2 p.m. until the end of September.

The market is full of local produce, flowers, baked goods, and more.

Visitors can enjoy live music, farm fresh produce and scenic views of the Puget Sound all summer long while shopping at the Des Moines Waterfront Farmers Market.

With a calendar full of special themed events such as Ladies Day Out, Dad’s Day, Harvest Festival, and Kids’ Day the market is sure to have something for the whole family to enjoy.

There will be about 12 farms participating in this year’s market including Highline’s own Urban Agriculture Program. Students from Highline’s Urban Agriculture Program are all given their own plot of land to grow and harvest from.

Highline will have its own booth at the market where current students in the program are encouraged to take shifts managing it and selling their harvest to gain some real-world experience, according to Program Manager Bobby Butler.

All proceeds from the farmer’s market will go back into sustaining the Urban Agriculture program as well as providing students of the program with scholarships.

The rest of the farmers are coming from all over Washington in places such as Marysville, Yakima, and Snohomish County to name a few.

Des Moines is considered to live in a food desert (an urban area in which it is difficult to buy affordable or good-quality fresh food) which is why the market strives to provide locals with healthy and fresh food options.

“Most customers that come down to the Farmers Market are looking for fresh produce,” said Market Manager Susie Novak.

While the Farmers Market aims to bring quality food and entertainment to the residents of Des Moines, Novak said the market’s goal is to build a stronger community by connecting residents to local busi-

nesses, fresh produce and recreational activities. The best part of all, she said, it’s held on the beautiful waterfront of Des Moines.

Novak said Highline students should visit the market because it’s a great place to unwind while connecting to the community. With a wide variety of local food trucks and fresh produce, live bands and access to the pier and historic Beach Park, the market has a little something for everyone.

Some may not know that the market offers a special program that accepts EBT. This can be extremely beneficial to many of the low-income families here in Des Moines, because it gives them the opportunity to easily access nutritionally dense foods.

“Every one of our farms have to be registered so that they can accept EBT,” Novak said.

EBT stands for Electronic Benefit Transfer, and is a government program to help those in need of financial assistance.

Vendors at the market who accept EBT must be registered first, in order to accept or use it themselves. Customers who have EBT are given “tokens” for them to use around the market as currency.

And although there is paid parking at the Marina, the Farmers Market will validate the first two hours of parking. The market also offers free shuttles that help transport people back and forth from distant parking lots in the Marina.

The Des Moines market is always looking for volunteers. People are needed to give out parking passes, do head counts, put up signs and drive and run shuttles.

You can learn more about volunteering and the themed market days on the market’s website at <https://www.dmfm.org/>.

In Kent, With its huge immigrant community and many subsistence farms in the area, the Kent Farmers Market reflects a bounty of diversity and local produce.

Starting June 1 until Sept. 28, the Kent Farmers Market will officially be open for business every Saturday from 9 a.m. to 2 p.m. at Town Square Plaza in downtown Kent.

One thing particularly unique to the Kent Farmers Market is its proximity to local farms.

The farmers pick their crops the day of the market, so they are guaranteed fresh for the customers, said Judy Brenden, a coordinator for the market.

Besides the standard produce found at other markets,

the diversity of Kent Valley farmers enables the Kent Farmers Market to also offer a variety of produce that are sometimes unfamiliar to locals.

The unique variety of produce has stumped some locals on how to prepare some of the foods that can be found at the market.

To remedy this, the market is considering an hour-long cooking show where they will demonstrate ways to prepare the unfamiliar produce, Brenden said.

Any money the farmer’s market makes goes back into the community for future markets as well as Kent Cornucopia Days, the community’s annual summer festival and parade that is also sponsored by the Kent Lions.

All of the vendors at the market keep the money that they

make, and all of their products are required to be handmade/grown.

“[While] there are proceeds that go towards the City of Kent [to stage the market], everything [else] made by the vendors is kept by the vendors,” Brenden said.

The Kent Market is run completely by volunteers of the Kent Lions Club who provide space and security for the vendors that come to sell their products and the farmers who come to sell their crops.

The Lions are always looking for ways to keep the crowds returning each week.

“Each week we have new live entertainment for the market,” Brenden said.

To learn more about the Kent farmers market, visit their website at <http://kentfarmersmarket.com/>.

Go Figure!
answers

4	÷	1	+	9	13
×		+		−	
8	×	2	−	6	10
−		×		×	
9	−	7	×	5	10
23		21		15	

King Crossword
Answers

Solution time: 21 mins.

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


Weekly SUDOKU

Answer

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


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VP

continued from page 1

cluding “campus feedback, discussions with staff and faculty, search committee and my own personal observations and interview with candidates” went into the decision not to hire ei-

ther candidate.

In the search, Dr. Mosby said that he is looking for “innovation” and a “collaborative and transformative leader” to be Highline’s next vice president of Academic Affairs.

In an email to staff and faculty on Tuesday, Dr. Mosby

said that while both candidates would make excellent vice presidents at other colleges, neither was a “perfect match for Highline’s unique needs.”

Dr. Mosby said that he is looking to find the candidate that will take Highline to the next level, while remaining an

admired college.

“Highline College is a well-respected college in the state,” Dr. Mosby said. “I want someone who can motivate, innovate and transform our work to another level of excellence and service.”

Dr. Mosby said that prior ex-

perience as a VP is not a necessity for the interim position, and that he hopes to name the interim vice president this week. That person will serve one year at Highline, and recruitment for a permanent replacement will begin again in the Spring of 2020.

Campus

continued from page 1

earn college credit from.

“This new operation isn’t just for Highline students either; it is a joint operation with UW Tacoma and FWPS [Federal Way Public Schools],” Carrancho said.

This also isn’t the first attempt at a college center in Federal Way.

In 2009, Highline faced a \$2.1 million budget cut and opt-

ed to close its fledgling Federal Way branch that offered basic skills and non-credit business classes. With 697 students enrolled, it still couldn’t stay afloat as the Great Recession took hold. Former Vice President for Institutional Advancement Lisa Skari told the Federal Way Mirror at the time that Highline could return when the economy improved.

Fast forward to today and after intensive lobbying by the mayor of Federal Way, Highline

is returning.

The Hub is meant to accommodate people from all around the area who would have otherwise had a long commute to either the Des Moines campus or UW-Tacoma. In addition, it has strived to meet the needs and wants of the community. It is closer than both other colleges if you live in parts of Federal Way and may be more accessible for some Running Start students.

Starting Winter Quarter,

classes to earn credit will become available. These include core and ESL classes as well as other options for Running Start students.

It will also provide better travel options for some professors, depending on their living conditions. Job-wise, new professors won’t be hired but will transition from one of the other locations to teach.

“New professors won’t be hired, but we do have a staff that’s getting everything set up,”

Carrancho said. “This includes Lindsey Kealoha, the program coordinator; Chase Magliocca, a UWT transfer adviser, and me.”

As of now, there is no official opening date, but classes will begin when the building is officially leased, Carrancho said.

The building under consideration is off the I-5 320th exit, next to the Performing Arts and Event Center. A grand opening will be scheduled once the contract is official, Carrancho said.

Market

continued from page 1

with.

“We primarily work with refugee farmers and farmers of color,” Hashi said. “All of the vendors that we work with are either from the Kent area or are immigrants are refugees.”

Those refugees are from all over the world, places such as Sudan, Kenya, Somalia and Afghanistan.

“Most of them have been growing food in their country of origin and they know how to do it but not in the Pacific Northwest. What we do is teach them how to grow food here as well as strategies to sell their food,” Hartline said.

Living Well Kent currently works with about 15 farmers and three to five will be at each of the farmers markets. Each market will also have about eight -10 vendors.

The East Hill Kent Farmers Market will have produce that is more unique, that you might not be able to find in a regular grocery store such as okra, bulgur wheat and hot peppers,” Hartline said.

The farmers market will also include services such as local businesses, voter registration, a dental and health clinic as well as the usual fruit and vegetables you would expect.

“We don’t want the farmers market just to be a place where people just buy food. We are trying to make it more of a social place where people can hang out and socialize while listening to some live music,” Hartline said.

“The East Hill Kent Farmers Market has community navigators who are people that work



Farmers markets on the east hill of Kent bring fresh produce to an otherwise barren area

with organizations to reach out to the broader community and promote the services that the East Hill Kent Farmers Market can provide for them,” Hartline said.

East Hill Kent Farmers Market is the first farmers market in Kent to accept EBT.

Customers with EBT can get “market coins” from the designated booth that are worth \$1 each and can be used to buy anything that an EBT card would normally be able to buy.

They also give out 10 free fresh bucks when you use your EBT card, which can be used similar to market coins to buy fruits and vegetables.

“This is important because it is a low-income area so accepting more forms of payment will help get these good and services to more homes as well as support the local businesses,” Hartline said.

Living Well Kent has a greenhouse in Auburn for the farmers to use to grow their crops for the market.

“The greenhouse was created to give people who have an interest in farming a place to do

so and the farmers market gives them a place to sell their crops

that they grow,” Hartline said.


The greenhouse uses a

raised-bed system and it has 15 acres outside for the farmers to access as well.

“The greenhouse gives farmers a warmer, more controlled environment that allows them to grow crops like tomatoes and peppers and the outdoor land allows them to grow things that can handle the cold nights like Brussel sprouts and broccoli,” Hartline said.

This allows them to have more variety and expand what they are able to sell.

“We don’t charge any fees and we provide all of the materials for them so it’s very low risk for them to do so and the farmers keep 100 percent of the profits,” Hartline said.




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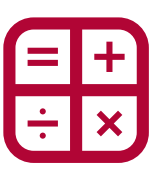
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