

THUNDERWORD

In this issue

Campus Life 2-3 **Views** 4-5 6-7 News 8-9 Arts **Summer events** 10-11 Sports 12-13 Food 14 News 16-20

Page 12 Highline Bears summer collegiate team starts



Page 10-11
A look at some of the summer events in the surrounding



INSIDE SCOOP

The Inside Scoop features six of the most interesting grads



New reef to make splash

By Samantha Knight

Staff Reporter

Redondo is expected to attract scuba divers from all around the world once the first-of-its-kind dive park opens in early 2020.

Over the past few years the City of Des Moines has teamed up with the Washington Scuba Alliance, the Department of National Resources and Highline's own Marine, Science and Technology Center to help develop the artificial reef project.

"It's not easy to do something like this, but when you hear the benefits you're going to wonder why they don't put them all over the place," said Des Moines Councilman Matt Mahoney.

Councilman Mahoney, a diver of 15 years himself, said he's used his councilman position and passion for diving to help make this community dream a reality.

State Sen. Karen Keiser, has also played a huge role in the development of the reef.

"She helped the Washington Scuba Alliance get the half a million dollars to do this," Mahoney said. "Karen loves it (his unique position as a councilman and diver) because I can



UW Photo

A new reef off of Redondo Beach aims to give Des Moines a star diving attraction.

speak to the expertise of it."

While there are other artificial reefs that exist, this particular one will be ground breaking on many fronts.

"It's going to put Des Moines on the map by becoming the

first of its kind – an underwater dive park, unique to the City of Des Moines," said Vice President of the Washington Scuba Alliance, Randy Williams.

It's expected to attract at least three times the number of

divers from not only the Pacific Northwest, but from all over the world to Des Moines, Mahoney said.

Des Moines is happy to

Sea Dive in, page 19

Principal named Alumnus of the Year

By Kaela Nokes Staff Reporter

Commencement recognizes the completion of a student's studies at Highline and honors them for their academic achievements. But it also offers and opportunity to recognize previous students who have used their Highline educations to accomplish much in the real world.

One such student is this year's Alumnus of the Year, Angela Sheffey-Bogan.



Angela Sheffey-Bogan

The current principal of Sartori Elementary in Renton.

Sheffey-Bogan will be recognized as Alumnus of the Year at Commencement on June 13 at Kent's ShoWare

Center and speak to the graduating class.

Sheffey-Bogan said her time at Highline was full of good memories, great teachers who pushed her, and eye-opening experiences.

"The best memory from Highline was receiving my AA in early childhood education. My teacher told me to work in the field [first] to learn more about the field before going into it," Sheffey-Bogan said.

She said that the model she lives by and runs her school by is: "How do you show up in your community?"

She said she believes everyone has unique gifts in them and once you find out what you are, you should show it as your full authentic self.

When she had first started at Highline she was just out of high school and didn't feel

See Alumnus, page 20

Dr. Lardner named interim vp

By Mitchell Roland

Staff Reporter

Highline officially has a interim successor for outgoing vice president Dr. Jeff Wagnitz.

President Dr. John Mosby announced last Friday that Dr. Emily Lardner has been named the interim vice president of Academic Affairs, replacing Dr. Jeff Wagnitz who is retiring at the end of June. Dr. Lardner's first day on campus will be Monday, June 10.

Originally, Dr. Mosby set out to hire a permanent replacement for Dr. Wagnitz, going so far as to have on campus forums with finalists Dr. Thomas Broxson and Dr. Mahalazmi Gita Bangera. But he later said that neither candidate would have been the perfect fit for Highline, and that he would be hiring an interim replacement.

Dr. Mosby said that Dr. Lardner is thought of highly at community colleges in the state.

"Dr. Lardner comes highly regarded throughout our system and my higher education circles as a leader, innovator and comsummate professional," he said.

He said that Dr. Lardner will bring "Passion, innovation, strong understanding of stu-

See VP, page 20



Dr. Emily Lardner

There are many ways to get around

By Milaap Chahal Staff Reporter

Highline has many vehicles rolling about on its campus - from delivery trucks to staff Club Cars.

But few students rely on wheels to navigate the campus.

Students are permitted to bring any form of transportation -from bikes to scooters- as long as it is safe.

"Honestly, I've only see four to five people on longboards and three to two people a day on bikes," said Sgt. Derek Dean of Public Safety.

"It's not too common on this campus to ride a bike because of the hill," said Francesca Fender the associate director of Public Safety and Emergency Management.

But if students can manage the hill, bikes are permissible.

"I don't think there is policy against motorized vehicles as long as you're not mowing down people and there are no safety issues," said David Menke, director of Public Safety and Emergency Management.

She said the main concern would be to prevent theft.

"There's nothing stopping you [from leaving] your bike on the bike rack for the whole quarter, but it is more susceptible to theft," Menke said.

"I do see a lot of people use scooters for people who have mobility challenges," Fender said.

So, while personal vehicles are not necessarily a problem there are larger vehicles that just don't belong.

Highline had issues in the past when cars that are not permitted to drive on campus ventured on to the wide sidewalks due to the lack of a barriers.

Sgt. Dean blamed GPS for the errant drivers.

"Usually its Uber or Lyft and they have their little navigation on and they were told to go straight here and its right on the sidewalk," Menke said.

Fender said the lack of barriers is to keep the campus accessible to emergency vehicles.

"You also have to keep it accessible to emergency vehicles," she said.

Delivery trucks, such Coca-Cola or the water truck also will use the walkways. Other than that, most of the vehicles are Club Cars from Facilities. They are all electric except the one that Public Safety has.

"Public Safety has a gas one in case of an emergency like a power outage," Menke said.

Students to play attorneys in mock trial

By Giordan Gallacci

Staff Reporter

Students from Highline's Civil Procedures II class will be playing the role of attorneys and witnesses in a mock trial that takes place today.

The trial will be a chance for the students to demonstrate their understanding of procedures presented in Highline's paralegal program.

"Civil Procedures II is one of the classes associated with Highline's paralegal program.

The Legal Studies program has a couple of completion options and assists students in becoming paralegals, which are in high demand right now.

The trial, however, is a portion of the student's grade and will showcase what the students have learned," said Professor Bruce Lamb.

The mock trial will run from 4:15 to 6:45 p.m. in Building 23, rooms 107 and 108.

Staff and students are welcome to join but there will be limited space due to the loca-

NEWS BRIEFS

Along with the spectators, there will be 22 students from the class and retired King County Surperior Court judge Helen Halpert.

"It is open for spectators but there will be limited room in the building we will be in," Lamb said.

The basis of the case has already been described and the students will be responsible for presenting their arguments and fighting the case.

The main plot of the case is

rooted in gender discrimination and sexual harassment as the prosecution seeks to prove that a fictitious attorney, Kevin Murphy, caused the demotion of a fellow attorney due to sexual harassment.

Staff playing the role of jurors will determine the outcome based on the student's

"The mock trial's main purpose is to show what the students have been learning and for them to get some hands-on experience," Lamb said.

New degree to be introduced in fall

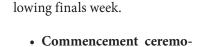
Design choices that accommodate the greatest range of users are more equitable, serving people with diverse abilities.

Students will be able to combine their passion for visual design, technology and problem-solving with equity-based

The degree will also include a focus on diversity and globalism studies, to help future designers understand the world and community in which they design for.

Hours extended

for Discovery Day



will be available on June 19 fol-

ny - The Commencement ceremony with take place on June 13 at ShoWare Center in Kent. Doors open at 4 p.m. The ceremony starts at 5 p.m. and is expected to end around 7:30 pm.

• Final Exams - June 10-13; check Highline website for exact finals schedule.

draw - The last day to withdraw

from any classes is July 18.

• Summer Quarter Ends -The last day of the quarter will be on Aug. 15.

• Get recognized for your achievements this fall-

Students interested in applying for the Achievement Award for Fall Quarter 2019 can now do so now. Available in Bldg. 9

Offers 15 full-time tuition waivers to full-time students.

Running Start students, non-resident students, and international students are not el-

Application deadline for Fall 2019 is Aug. 1.

- Fall Quarter Tuition- Tuition for Fall Quarter is due on Sept. 12.
- Fall Quarter Begins Fall Quarter begins Sept. 23
- Fall Quarter Refund- The last day to recieve a full refund is on Sept. 27
- Fall Quarter Withdraw -The last day to withdraw without a "W" on the transcript during the quarter is on Oct. 11.

Knock, knock. Who's there? Ad. Ad who? Buy one.

tword@highline.edu

The MaST Center is open • Summer Quarter With-

for public viewing on Saturdays from 10 a.m. to 2 p.m. and will now extend its hours during the summer.

From June to August on Thursdays, the hours will be extended to 4 to 7 p.m.

The events are open for the public and will be free.

Other opportunites to participate in the MaST Center events include the Sound Science Summer camp. The deadline to sign up has already passed.

Calendar

• Arcturus Party 2019 -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; everyone is welcome to attend.

This event takes place on June 6 from 11 a.m. to 12:30 p.m. in Building 2.

- Summer Quarter: Tuition Due - Tuition for the 2019 summer quarter is due June 12.
- Spring Quarter Ends -Highline College's spring quarter ends on June 13
 - Grades available Grades





Beautiful apartments-style student housing now available at Highline College.

2- and 4-bedroom units — complete with furniture — are available to students attending Highline College, CWU-Des Moines and Kaplan.



- Common area and laundry facilities on each level
- Furniture included in each unit
- Large rooftop community room and patio with water and mountain views
- Close to bus stops and restaurants

Now renting for summer and fall quarters.

For more information and to start the application process, visit highline.edu/campusview

THUNDERLIFE

New learning center gives fresh air to program

By Melissa Wilson Staff Reporter

The faculty are trying to make the new Respiratory Care section in Building 26 as much like a hospital as possible.

The construction on Building 26 will include updates for several programs including Respiratory Care.

The building is now scheduled to open at the beginning of Winter Quarter 2020.

It was originally scheduled to open for Fall Quarter 2019, but construction was delayed due to weather and other complications.

The Building 26 reopening will come just in time as Highline's associates program will transform into a full-on bachelor's degree program.

Starting in the fall of 2019 there will be no Respiratory Care associates program at Highline.

The current students will graduate with their associates degrees but after that students will only be admitted into a new bachelors program.

The reason for this is that the associates degree requirements kept growing and the degree is currently up to 140 credits. Because it was already so big, making it a bachelors program will only add two more quarters to a student education.

There are only 22 spots available for the whole bachelors program and they already have 60 applicants.

Highline's associates program has been recognized for their students' high passing rates in the National Credential Exams for several years in a row including this year.

They hold the record for pass rates in the surrounding states including states with bachelor's programs.

They have been planning this project for a long time and the architects and planners have been very accommodating in helping the professors make everything perfect, said Nicki Bly, the department coordinator of the Respiratory Care department.

The planners made a mockup out of plywood of what everything would look like in the hospital bays in Building 26. The faculty got to go in and make changes to make sure they were providing the best environment for the students to work in, Bly said.

They made corrections such as adjusting the height of the wall-board that holds the oxygen tanks.

Building 26 will have two kinds of labs. One is for practice and it is modeled after real Intensive Care Unit Labs. The



Highline

Respitory care student practices on special baby manequin to get the best training possible.

other is for simulations.

Simulations are where students practice their newly learned skills on special mannequins. Some of these mannequins can talk and receive a lot of the treatments and tests that humans can.

Now they will have stateof-the-art camera systems installed in both kinds of labs. The new video system will be fully integrated into the rooms.

"The biggest change for us will be the audio-visual capabilities," Bly said.

When students learn a new skill, they will practice it many times and then they can use this system to film themselves. They will then submit this video to the department faculty for review and feedback. To make everything fair, multiple faculty review and provide feedback on each video.

"I can't wait!" Bly said.

Right now the department just has a small handheld camera that students have to carry around with them when they want to film their sessions.

Building 26 will have 11 ICU rooms for students to practice in. The rooms will be similar to what they have now in their temporary location in Building 23, but bigger, separated, and more like a real hospital.

In the temporary location everything is thrown together in piles and there are pipes and tubes coming out of the walls. Oxygen tanks are scattered around the room because there is no storage.

In the new building they will have new storage and professors will be able to access the equipment conveniently for specific lessons.

They weren't allowed to put too many holes in the walls in Building 23 so they don't currently have real suction and the students have to make sound effects when they practice sucking fluids out of mannequins.

In the new space they will have real suction at each of the hospital beds.

In the temporary location there are only four computer

In the new building there will be a computer lab with 24 stations. They have more and more computerized learning, Bly said, so this will be extremely beneficial.

In the real world, ICU rooms are required to have a window. The ICU labs at Highline have never had that before. The new ones will all have two narrow windows on each side of the bed

Each room will have a new bed and new equipment.

In the new space they will also be able to simulate working with adult and pediatric patients.

"The realism it'll add will be an important part of letting them learn. The closer we can make it to what it actually is in a hospital, the better it is for them," Bly said.

They will have one pediatric hospital bay in the new space. The money to buy the supplies for it is being provided by the Meagan Bly Foundation.

The foundation is named after Nicki Bly's daughter Meagan who passed away a few years ago. Meagan was an art student who loved color, Bly said.

"I think she would've been very pleased to see this colorful bay," she said.

After Meagan died, Bly and her family invested money into this foundation, but they didn't know what to do with it. When Bly had the idea to invest the money into a pediatric unit, her family all agreed that Meagan would've approved, Bly said.

The college is providing a simulated baby, Bly said. The baby will have body fluids, breathing, and be very much like a real baby.

Because of the new building's simulation lab, they'll be increasing the simulation aspect of the program by 40 percent to give more students more time on them.

These simulators provide the best way for students to get realistic experience before they go into real ICU labs.

Bly and other Respiratory Care professors visited other campuses with similar facilities and talked to professors there about what worked and what didn't so that they could make Highline's Respiratory Care Center the best it could be.

Highline has a lot of industry partners, hospitals, and equipment suppliers helping them with this project. These partners include Laerdal Medical, Harborview Medical Center, Swedish Hospital, and Seattle Children's Hospital.

It really is a community among the different hospitals and Highline, said Ann Korn, a Respiratory Care faculty member.

Lots of hospitals give Highline their old equipment when it expires or they decide to replace it, Bly said. This saves Highline tens of thousands of dollars in equipment.

These hospitals have a vested interest in Highline's program because the students graduating from Highline will be the people working for these hospitals. Because of this, the hospitals want to help and prepare the students as much as possible.

Lots of people from these hospitals are on Highline's advisory board. The program wouldn't be what it is today without them, Korn said.

There is a tentative plan to put the Respiratory Care faculty's offices in Building 26. This would make the professors much more accessible to the students.

Because they would be so close, they could also provide a lot more potential practice hours and open lab time for the students.

The Respiratory Care program used to be in Building 26, but they were moved temporarily to Building 23 for the construction. They are looking forward to moving back to Building 26, Bly said.

They will however have less classroom space than they had in the original Building 26 setup.

"We'll have to figure out how to make that work," Bly said.

But overall, she said she thinks that it will be worth it. She said that though it will be less space, it will be better space.

There are no curtains in between the hospital beds in the temporary area and though it sounds minor, Bly said that it made a big difference.

With curtains in between the beds it allows multiple teams to work at the same time without distracting each other. They will have curtains in the new center.

Bly and the other Respiratory Care professors have been kept involved throughout the whole process. They have been there to answer questions from the planners and they know a lot about the project.

THUNDERVIEWS

We must be open to all to be truly inclusive

If Highline is going to celebrate diversity, we need to be including everyone's voices.

On Thursday, May 30, Phi Theta Kappa and Justice Scholars Society of Change presented Decarceration Day. The event featured a variety of lectures and workshops highlighting social justice issues with incarceration, prisons, detention centers, and immigration policy. Overall, the event was well attended and supported by the campus community.

But not everyone chose to support the event. Some disagreed with the event's goals and voiced concerns about formerly incarcerated persons on campus, disagreeing with the group's goal of expanding their rights. These concerns even came to warrant a campus-wide email from President Dr. John Mosby, who asked the event be respected by those who

Despite Dr. Mosby's good intent with his message, it should not have been needed in the first place, as the campus should have already been learning from this community.

Decarceration Day was similar to other diversity events on campus. Informing about the issues faced by a minority groups, this event should have been treated with the same respect as other minorities like Globalfest or Highline Welcomes

Similarly, formerly incarcerated persons' pasts should not be the main source of judgment on them as they share their experiences. These are people who have paid their debt to society, but since that time and experience is not their only defining aspect, they should be viewed no differently than any other student on campus.

Because the college's student body reflects the surrounding region, the campus community includes those who have paid a debt to society, and has done so for many years. Just as the local communities have to come to terms with all of their residents, the Highline community needs to accept that formerly incarcerated persons are on campus and have a right to be

Part of their acceptance into this inclusive community is their right to share their experiences and goals. They pay their tuition and do their work like the rest of us, and they deserve to have their voices heard, too.

Decarceration Day is one iteration of this right. Even if you don't agree with the event's agenda, it still is a part of the campus community's experience and should be shared.

Highline loves to boast about its diversity, being listed as the fifth most diverse college in the country. If we are going to celebrate diversity, we don't get to pick and choose which groups get a voice on campus. Everyone has the right to speak out and educate, including formerly incarcerated persons.

Have something to say?

Write to us!

Have something you want to say to the student body?

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

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

Send submissions to thunderword@highline.edu by Monday for print on Thursday.

In life, always remember how you get to where you're going

During my senior year in high school, I decided that I wasn't going to college.

I didn't know what I wanted to do, and I wasn't closing the door on ever going, all I knew was that at that time college was not the right fit for me.

I still remember how much I hated the questions of what I wanted to do in life or if I was going to go to college.

I hated them because honestly, I did not have an answer.

The fall after I graduated, when my friends were off moving to school, I got a job at a Dominos. If I wasn't going to go to go to school, I knew that I needed to do something.

While working there, I became worried. I had a panic attack in my car in the parking lot one day because I didn't know what I wanted to do in life.

Luckily, I have very supportive parents who allowed me the time to sort everything out. They allowed me the time to figure out what my next step was going to be.

After a year of making and eventually delivering pizzas, I enrolled at Highline. I still remember my first day at Highline, when I realized that this was the place I needed to be.

I knew I loved to write, and after two quarters I began to work at our school newspaper.

Nearly two years later, after 111 columns, edits and stories (I counted) and countless hours spent in the newsroom, this is my last issue with the Thunder-

Through both Highline and the Thunderword, I have been able to meet some awesome people and to some extremely fun and challenging things. While it has not always been easy, it has certainly been an adventure.

This fall, I will transfer to Eastern Washington University in continued pursuit of a journalism degree. As I thought about what I wanted to write in one last column, I became re**Roland Away**



Mitchell Roland

flective of my time at Highline and all of the people who helped me get to this point.

When I was growing up, my grandparents were always there for me.

If I was sick, they would drive over from their house in West Seattle and take care of me for the day. If I had a game, they were there. If I had a concert or performance, I knew that they would be in the crowd to support me.

I can still taste plums from the tree that my grandparents had in their front yard.

During Christmas time, one of the things I looked forward to the most was an annual advent calendar from them.

I have very fond memories of them, and they had a lasting and profound impact on my

One of the things that I learned from my grandfather was to always continue to learn.

I remember going over to their house, and my grandpa had two books on his nightstand: A college level physics book and the Webster's dictionary. He taught me to never be content with knowing what you

Although both of my grandparents died when I was in high school, I think about them and the lessons I learned from them often. In my Grandma's eulogy, I read a Warren Buffett quote that said, "Someone is sitting in shade today because someone planted a tree a long time ago."

To me, that quote means to never forget who helped you. No one who is successful did it alone, everyone receives help along the way.

That day, I made a promise to them that I would not forget those who helped me get to where I am today and made possible what I am doing. I can say that I am where I am today because of my grandparents. Without them, I would not be sitting in the shade.

I'm truly thankful of everyone who worked to get me to this point. To T.M., Gene, my fellow editors, my professors, my parents, my brothers and everyone else who helped me get here: thank you.

And if I can offer some advice to my fellow graduates, let

As you close this chapter on your life and prepare to embark on your next adventure, I encourage you to stop and think for a couple of minutes about the sacrifices others have made

Always remember to thank those who helped you along the way. No one succeeds in life on their own, there were people along the way that helped you get there.

A11 11/11

Mitchell Emil Roland is the editor-in-chief of the Thunderword.

99

THE STAFF

Plan for the fall? We don't have a plan for this week.

Editor-in-Chief **Assistant Editor Managing Editor News Editor Arts Editor**

Sports Editor

Mitchell Roland Izzy Anderson Reuben Gonzales Ally Valiente Faith Elder Calvin Domingo

Senior Reporters Reporters

Nayyab Rai, Seattle Valdivia, Eddie Mabanglo, Samantha Knight Anas Ashoor, Feride Aydin, Jonathan Beatima, Keanu Camacho, Yicell Castillo, Milaap Chahal, Alejandro Chavez, Zyair Dillon, Grace Ellis, Kennedy Furlan, Giordan Gallacci, Deion Glass, Jesse-Ja Kindred-Prall, Melissa Merdzo, Zoe Munroe, Thao Nguyen, Kaela Nokes, Chloe Ovendale, Emmitt Sevores, Charvy Srey,

Web editor Adviser Elidia Torres-Sierra, Melissa Wilson, Jacquelyn Wolfe, Dong Zual

Jonas Martin Gene Achziger Graphics editors

Photo Editor Photographer

Business Manager Advertising Office Manager Roberto Ruiz, Samuel Hernandez Jolly Rubin Stephen Glover Tiffany Ho **Grace Kuhnly**

Devi Acosta

Guest commentary

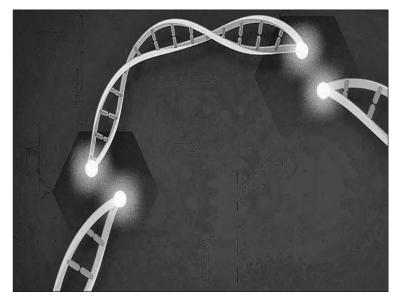
CRISPR gene editing is one of the biggest advancements of this generation, student says

By Hani Alsamawi

With the development of biology and its ability to engineer our genome, we have, in fact, been given a godly power not only to create life but also to engineer such.

This effects the concept of life and its meaning on many levels, thus, impact every one of us. Genome editing or Germline editing is a group of technologies, that gives scientists the ability to change an organism's DNA. This kind of technology allows genetic material to be added, removed, or altered at particular locations in the genome.

One of the most powerful techniques in gene editing is called CRISPR Cas9. If you haven't heard about CRISPR yet, the short explanation goes like this: over the past few years, scientists have figured out how to exploit a quirk from the natural defense mechanism of bacteria and Archaea to edit genes in other organisms such as plants, mice, even humans. With CRISPR, they can now make



these edits quickly and cheaply, in days rather than weeks or months. CRISPR is associated with a protein called Cas9 which is an enzyme that acts like a pair of molecular scissors, capable of cutting strands of DNA.

Before 2017 no one really knew what this process looked like. Until a paper was published in Nov. 10, 2017, in the journal Nature Communications, in which a team of Japanese researchers led by Mikihiro Shibata of Kanazawa University and Hiroshi Nishimasu of the University of Tokyo revealed a visual observation of CRISPR for the very first time.

CRISPR-Cas9 has many applications on organelles techniques that were discussed and theorized to be evolutionary in medical treatment as well as cell-development study. However, embryonic modifications are still a major "taboo" with complications and arguments from both the support and the against sides.

With CRISPR technology scientists were able to correct genetic defects, for example, Cystic Fibrosis, Hypertrophic Cardiomyopathy, and Fanconi anemia. The scientist has also applied this technology in the food and agricultural industries to engineer probiotic cultures and to vaccinate industrial cultures (for yogurt, for example) against viruses. It is also being used in crops to improve yield, drought tolerance, and nutritional properties.

Over the next decade, gene editing has the capability to help humanity overcome some of the most difficult and persistent challenges in global health and development. With CRISPR-CAS9 technology scientists will be able to diagnose and treat diseases that are impossible to treat in our days such as Cancer and HIV.

This technology helps in developing research that could help to end extreme poverty by enabling millions of farmers in the developing world to grow crops and raise livestock that is more productive and more nutrients.

In conclusion, CRISPR-CAS9 is definitely the greatest story of the decade and the most powerful tool that can help humanity to improve if it was used in a good way.

One of the most famous lines from Steven Spielberg's "Jurassic Park" "Genetic power is the most awesome force the planet has ever seen, but you wield it like a kid that's found his dad's gun. Your scientists are too preoccupied about whether or not they could, they didn't stop to think if they should." Therefore CRISPR has the distinct ability to alter the course of human evolution to improve society for the greater good or, in the wrong hands, to diminish the human experience.

Hani Alsamawi is a Highline Honors student who submitted this piece as part of his Honors project.



June 10th - June 12th 8:30am - 4:30pm

Student ID required

SPRING SALE



NEW MARKDOWNS ON SELECT ITEMS

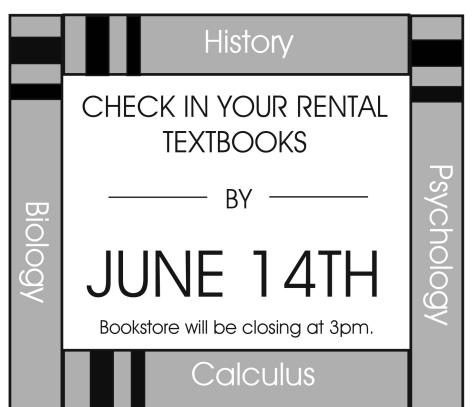


Date: June 13th, 2019 Location: ShoWare Center Doors open: 4:00pm





CAP AND GOWNS ARE STILL AVAILABLE FOR PURCHASE ONLINE AND IN THE BOOKSTORE!



Decarceration Day draws full crowd

By Charvy Srey Staff Reporter

munities.

Members of the Justice Scholars of Change Club want to help and restore communities by recognizing the damaging impacts the criminal justice system and immigration policies have on families and com-

In an attempt to achieve that, the club hosted Decarceration Day last week. It was a day long summit to educate participants about what happens to those who are confined and the difficulties they encounter as they try to return to normal society.

The speakers from the Decarceration event all had experienced years in prison, but that did not stop them from getting their educations. They now have their bachelor's degrees in their majors, graduating from school this year and are working to using their life experiences to help other students.

Keo experienced three years in prison shared his story on how he did not think that he would be able to get the education he needed while

But he did. He looked at education as the state of learning, he said "learning is not just what you see from the books, you learn everywhere you go. It is a lifestyle."

"Education has changed my life, given me hope and belief in



Stephen Glover/THUNDERWORD

Two previously incarcerated individuals speak during a Decarceration Day panel, explaining their experiences while incarcerated. The event was held in Building 2 and talked on how the community here helped them move on.

myself," Keo said.

James Jackson also attributed education as a major factor in helping him adjust to soci-

"My GED teacher forced me to earn my GED in prison and I was offered the opportunity to take college classes. She kept calling me into her classroom constantly and their classrooms looked just like a regular classroom. From there on, I found out I was still able to learn in prison, I was smarter than I thought and had a 4.0 GPA," Jackson said.

People who have experienced being in prison afterwards think there is nothing left for them to do or offer once they get out. But these speakers who came to Highline have been to prison and came out with more opportunities than they thought they would have.

Louis Ihrig explained to the audience that he did not think he would have an education after prison but right after he got out, everyone directed him to go to Highline College.

Ihrig said a lot of people judged him. But when he came to Highline College, he got the help and education he needed.

"Education helps communities and people. It reduces crimes," a former incarcerated student said. "People just see our past and judge us by that, being who we are today. But the past is always going to be the past. What matters is what we are doing now," Ihrig

Rising above the stigma

Students attempt to move on after confinement in America

By Keanu Camacho Staff Reporter

message a Decarceration Day her, and were themselves drug speaker brought to Highline addicts. last week.

Decarceration Day was a day-long presentation about the effect of American confinement system and the effects it has on both prisoners and their fami-

Tara Simmons related the details of her life from child to adulthood, and how these obstacles never stopped her from achieving her goals in

encountered Simmons struggles throughout most of her childhood and as members of her family had been incarcerated, she had little support growing up. She was also on welfare.

Simmons said she nev-

er had the best experiences growing up in a neighborhood full of poverty, and with Never give up. That was the parents who couldn't support

> With no role models to lead her to the right path, she served time as a juvenile delinquent before age 13, and became pregnant at 14 years old. Homeless, she would commit crimes such as stealing food from stores in order to survive.

> When she gave birth to her son, she told herself: "I would go back to school. I would not do drugs or alcohol. I would do these things, and for me it put me on the right trajectory for a while."

> She didn't let homeless stop her from passing her goal of getting a diploma. She managed to attend school every day and became the first in her family to graduate high school at 16 years old.

After high school, she went straight to college to become a registered nurse. She went to Olympic College in Bremerton, and then transferred to Pacific Lutheran University where she graduated with a bachelor's degree in nursing.

As she began her nursing career, she realized she didn't fit in with the nurses. She didn't feel she belonged and engaged in toxic and abusive relationships. She lapsed back into bad habits and began using drugs around the age of 30.

This caused her to leave nursing. She also left her family of two sons and began going rapidly downhill.

"I lived on the streets and I had a drug dealer boyfriend and we would steal from the store and commit all kinds of crime and eventually end up in prison."

Overall she had six adult fel-

onies and three juvenile offenses, and she was falling to the bottom, losing everything from the house that she had bought, to having her car repossessed. She lost her kids, and her husband due to being in prison and battling drug addiction.

After serving her time, she worked at Burger King to get back on her feet and decided not to do drugs anymore, even though she still sold them and hustled to get more money beyond her regular job.

Then 16 months after prison, she got accepted to college and started law school at Seattle University in 2014.

That was another life-changing event.

Even though she was still living in poverty, she still felt motivated to finish. She ended up graduating law school, and becoming an attorney leading the Law Enforcement Assisted Diversion program which she still is in today.

Her message is that anything is possible. She never gave up and has now accomplished goals that have taken her from living on the streets and going to prison, to now living a successful life as an attorney.

An albatross can sleep while it flies. Buy an ad. tword@highline.edu

THUNDERARTS

Latest edition of Arcturus launches

By Jonathan Beatima

Staff Reporter

Highline's literary magazine, *Arcturus*, is having a launch party on June 6 in building 2 at 11 a.m. to debut their 2019 edition.

The Arcturus magazine has showcased the poetry, illustrations, and other various forms of artwork by Highline students and alumni. Formerly, known as *Excogitation* and *The Gallery*, Highline's literary magazine has been sharing artwork for 51 years. Arcturus won first prize for the Association of College and University Print Shops for last year's edition and a Washington Community College Humanities Association Award in 2016.

Arcturus will host a launch party to further celebrate the creativity of Highline student and alumni. The free event will be catered, and feature many of the artists in the magazine who will be there to talk about their art.

"There will be food. We'll have some of the artists talk about their work and we'll talk about the process of how to submit," said *Arcturus* Editor Shiyana Daniels. "It's right before finals, so it's really pleasant to make your week positive. People invite their families and friends to see it, and it's a good time."

The theme for this year's magazine is The Spark Inside. The cover



Rito Aficiac

Arcturus features poetry, fiction, and art from the Highline community, including "Boy from Venus"

was illustrated by Olena Velichko. Editors of the magazine wanted to remind students of the beauty that rests inside them, and the light they can put into the world.

Daniels said this year *Arcturus* wanted to introduce some new ideas. She helped start the *Arcturus* Instagram page which features art from Highline students and alumni from the current magazine and previous years as well.

This year the magazine re-

ceived more than 260 submissions. When an editor sees a piece they like, it goes onto the next stage of the submission process, where the names are stripped off the piece, and the editors vote whether or not they want in the magazine.

"Usually [we look for] things that hold strong diction and things that captivate our editors," Daniels said. "We have a lot of editors coming from different creative backgrounds. All the names are taken off submissions so it is blindly picked and the editors vote."

Daniels said the organization hopes to get more involved on campus and help out with other events, such as the poetry contest that happened earlier this year.

"We were there for the poetry contest in the beginning of this quarter. We have the top three prize winners and honorable mentions at the event featured in this year's *Arcturus* magazine," Dan-

iels said. "We're starting up some events. Hopefully we'll be able to do more tabling events, because we believe the art is beautiful."

Daniels said they are excited to release their newest edition of the Arcturus magazine and hope students make out it this event.

"We hope to see everybody come, and we're really excited for this year. We put a lot of love and attention to this. It's our baby. Submit, submit, submit. We're always looking for submissions," she said.

Local arts fundraiser moves to the Student Union

By Giordan Gallacci

Staff Reporter

A local arts fundraiser is moving to the Student Union this fall and some of the principal beneficiaries will be Highline students.

On Sept. 28, the Des Moines Legacy Foundation will host its fifth annual Arts Gala on Poverty Bay to raise money for scholarships and people in the community.

The gala will support student artists, professional artists, and the general community through several different activities and sales. The Legacy Foundation is a non-profit organization that seeks to build community through philanthropy.

Some of the arts projects supported by Legacy include Keys to Change, a scholarship program for low-income students to learn string instruments and the Arts on Poverty Bay project that leases and procures public art around Des Moines.

The group's most recent addition was Marinascope, a 10-foot tall, recycled navigational



Des Moines Legacy Foundation photo

This fall, the Des Moines Legacy Foundation will host its annual Arts Gala in Building 8.

buoy that was pockmarked with various fused glass panels. The piece was created by internationally renowned artist George C. Scott. The sculpture is in the South Marina near Anthony's HomePort Restaurant.

"The goal of the gala is to support the student artists who

enter to try and win scholarships as well as artists from around the Northwest who are trying to make money. Fifty percent of the final sale price of each piece goes back to the artist," said Legacy Vice President Patricia Clark.

"There are also no paid em-

ployees. Everyone who works with [Legacy] is a volunteer, so the money is all going towards something to better the community," Clark said.

Legacy also supports economic development through the arts.

The first part of the event

will be an open art sale. The art will be categorized into the professional and emerging artists (Highline students between ages 16 and 26). If you are a Highline student looking to enter, updated forms will be posted to the Legacy Foundation website soon at Desmoineslegacy org

The next part of the event will be a live auction. A portion of the net proceeds will go to students at Highline looking to further their educations in the arts fields.

Finally, there will be an artist at the gala, creating a piece on site to be auctioned. There will be wine, and appetizers included

"Tickets are \$50 a piece online or at the door. Artists who enter also get two free tickets to bring whoever they want," Clark said.

"It isn't formal either. If you are wearing clothes, it doesn't matter," Clark said.

If you are looking to sponsor the event, you will also receive free tickets. For every \$50 that a sponsor puts forward, they will receive one ticket.

Electronic Arts Expo

Developers and content creaters will showcase new products

Crawling its way out of the sludge and trying to shake of the stench of controversy this years Electronics Arts Expo needs to deliver big.

It's that time of year where major tech companies and game developers show off what they have in store for consumers.

This year will see a bit of a shake up as Sony will not be participating in this year's E3, opting instead to deliver their news at their own conference this February. Another major developer not showing up will be EA, who won't hold a presentation but still hold their play event for hands-on experience with their games.

Still, E3 will potentially be packed with big news and releases that will leave you excited for the future.

The schedule is already set and can be watched live on Twitch, YouTube, and Nintendo Direct. Find it listed below.

- EA Play: Kickoff Event Friday, June 7 9:30 a.m. / 5:30 p.m.
- Microsoft Xbox: June 9 at 4:00 p.m. ET / 1p.m. PT
- Bethesda: Sunday, June 9 at 8:30 p.m. ET / 6:30 p.m. PT
- Square Enix: Monday, June 10 at 9 p.m. ET/ 6 p.m. PT
- Devolver Digital: Sunday,
- June 9 at 11 p.m. ET/7 p.m. PT • PC Gaming Show: Monday,
- June 10 at 7 a.m. ET/10 a.m. PT • Ubisoft: Monday, June 10 at
- Nintendo Direct: Tuesday, June 11 at noon ET/9 a.m. PT

11 a.m. ET/1 p.m. PDT

Some of the big news leading into this year's E3 that fans can look for are new entries into old franchises, the unveiling of a new Xbox console, and more information on new games just recently teased.

As far as new entries to old franchises, there have been small rumblings of Ubisoft announcing Watchdogs 3. The game is rumored to be set in London, seen in a patch in Watchdogs 2 that pointed to London in a cut scene.

Another fan favorite that is picking up steam again is Fable









The Electronic Arts Expo opens on Friday, June 7, giving gamers a chance to learn about new games and technologies.

Clockwise from top-left: A new Avengers game is shown in a new trailer; Destroy All Humans is rumored to return; Darksiders is expected to get a sequel; the Watchdogs Series continues with Watchdogs 3; and Microsoft is expected to release a new Xbox.



and fans are once again beginning to wonder if Microsoft will dust off this classic game. The hope is based on the developer Playground Games opening a second studio to work on "Proj-

The game is said to be an

open-world action-role-playing game, that started development around two years ago.

Then we have THQ Nordic delivering a new Darksiders and Destroy All Humans, with a hint to Destroy All Humans being "long-awaited return of a galactically beloved game/ franchise."

This all came about during a rather hectic ask me anything on 8chan that lead to the company co-founder having to issue an apology.

There is also the possibility that instead of Destroy All Humans, the game could be a new

Red Faction. Either way, THQ Nordic is set to showcase two games at E3 this year.

Of course, there is hope of more information of 343's Halo Infinite, since Microsoft showed a small trailer last year. Many fans are hoping to see some gameplay or hear at least a release date for the game.

Alongside returning franchises, there will be new games that will shake up the gaming world, or at least try to.

The first game announced ahead of E3 was Star Wars Jedi: Fallen Order, with a release date year's E3, it will be exciting and of November 15. Fans can ex-

pect to get hands on with this game at EA's booth.

Then there was last year's Cinderella of the event, Cyberpunk 2077. This futuristic open-world RPG captivated the crowd. Developer CD Projekt Red has already said they will show off more of the game at this year's confer-

Marvel's latest game swings in with a trailer teasing a game with solid information. Square Enix will have a lot of information to fill in. The game has been rumored to have teams up to four players and allow players to customize their hero.

Some reports mention a Destiny style adventure, which has some fans a bit worried. However, the studio has been hiring top talent for both voice acting and developing.

The gears of war should finally get a set release date. Gears 5 was shown last year, with Kait taking the lead role for the team. There will be more news and a possible release date given at this year's conference.

Nintendo is not going to sit back and let E3 pass it by. This year, Luigis' Haunted Mansion will make its grand return alongside a potential new version of the Nintendo Switch.

There will also be news on a new Animal Crossing and the new Pokémon Sword and Shield.

Then, of all the big news, Microsoft is rumored to be unveiling the next generation of their consoles.

The next gen is going under the name Xbox Project Scarlett with iterations named Lockhart and Anaconda. Microsoft could release the specs, price, and release date of the new sys-

If the rumors are to be believed, this new system will be beyond powerful and feature some new features such as virtual reality capability.

Whatever happens at this deliver some exciting news.



EA, Xbox, Ubisoft, and Nintendo are among the major tech companies included in the Expo, after Sony chose to drop out of the event.

Highline Portfolio Show 2019

Students share work with the campus community

By Jacquie Wolfe

Staff Reporter

As Spring Quarter ends, art and design students hustled to put all of their best work together to showcase for friends, family, and even future employers.

On June 3 and June 4, the Mt. Constance and Mt. Olympus rooms in Building 8 were transformed for the annual Portfolio Show.

Tables were set up for students to present their art work, resumes, business cards, and their portfolios that they have worked tirelessly on throughout the quarter.

Each station showcased each student's individual talents, as well as their style, expertise, and unique projects they put together.

"Highline is full of very talented people," said Olive Nguyen, a visual communications student. "Everyone has their own style, and everyone's personalities shine through with each presentation."

For most students, the best part about the Portfolio Show was seeing the final product from all of their hard work during the year.

By going through all of the stress and pressure from this project, it gave students the feeling of relief once they set up their project for community eyes to see.

"It was very hectic trying to put everything together, but it worked out well and I am very proud of what I created," said Gwendellyn Muhalia, an interior design student. "Seeing the end result was very relieving."

"I started with one idea, but



Jolly Rubin/THUNDERWORD

The Portfolio Show is the annual opportunity for students to showcase their design portfolios.

it changed over time," said Sendy Nguyen, a visual communications student. "It is important to choose what makes you feel comfortable."

There were a lot of challenges that students faced while completing their projects.

"Last week, the Print Shop broke down, so students had to go to other places, such as FedEx, to get their projects printed out," said Samuel Hernandez, a visual communications student.

One of the biggest challenges that most students experienced was handling all of the work that needed to be done in order to be ready for the Portfolio

"In the beginning, all of us didn't know what we were doing," Olive Nguyen said. "But, in the end, everyone was able to pull through."

For most students, procrastination became a big challenge in getting their projects finished and refined for the big event.

"Procrastination was definitely key for students," Gaebriel Min said. "The sense of stress and pressure helped influence us to finish our projects."

Each student wanted to make sure their project was viewed with the correct emotion, mood, and experience they envisioned.

"Trying to choose the most appealing photos was hard," said Natalee Gerlt, a photography student. "Photographers want to convey a certain mood and it can be hard to choose the right photos to do so."

Gerlt further explained that people viewing photos generally like to view photos that are full of color, light, and objects. For her project, she wanted to show more muted and emotional pictures, which was reflected through her selection of artwork, which included a black and white print of a solitary woman at the beach. But, she also offered a counterpoint of a colorful portrait of a woman

Some of the faculty members also faced some challenges while putting this event together. With approximately 40 students participating, this became one of the largest Portfolio Show's that Highline has hosted.

"There are always challenges. We as faculty have to make sure everyone is on board and always advising the students every step of the way," said Josie Lawton, an arts and design faculty member

Many students have art work and projects that show their unique ideas and the depth of their creativity. Since these students want to share their passion, events like this help give them a platform to share, Hernandez said.

"I want to spread my artwork around because it has a lot of meaning and purpose," he said.

Although some students are continuing their educations at Highline after this event, they were given the opportunity to showcase their work for potential employers. This gave them the opportunity to understand and experience all of the work that is needed to in order to be ready for their future careers.

"I own my own business, and this project helped with improving my own business," Sendy Nguyen said.

"The content is required for jobs, I am happy and very grateful to have this experience for my future job," said Anna Koyakina, a drafting student.

Several of the spectators were thrilled and excited to see all of the artwork that students have been working on throughout the quarter and were very impressed with what they saw.

"I'm taken away by all of this art," one observing student said.

Some students gave advice on what future arts and design majors should keep in mind when it is their time to participate in the Portfolio Show in the future.

"Do everything as soon as possible," Hernandez said.

"Don't overthink, make yourself comfortable, and don't stress," Sendy Nguyen said.

"Trust your gut, if you don't like your [project] then no one else will feel the way you want them to," Gerlt said.

"Look at examples and really think about what you want to do," Koyakina said.

"Be prepared and have all of your work together, take a lot of pictures, and make sure the quality of your work is reflected for future employers," Muhalia said.

In the end, students were relieved to be finished with their projects and were proud of the hard work they put into it.

"Now, we're celebrating because we're done," Olive Nguyen said.

In the end, students were judged within three categories on their work. These categories included a People's Choice Award, which was voted on by the people observing the event, a faculty award, and a professional award.

The results of these awards will be posted on the Highline website today.



Jolly Rubin/THUNDERWORD

Visitors had the opprotunity to see work by students in art and design courses, as well as portfolios from those focusing in visual communications, design, and fine art.

ARTS | Highline College | June 6, 2019 Page II

HOT FUN IN THE SUMMERTIME

That's when I had most of my fun, back • High high Highline...

— with apologies to Sly Stone

The weather is heating up and so is the community festival season. Check out some to the events scheduled in nearby locales that are designed to get you outdoors and soakin' in the sun and havin' fun this summer.

DES MOINES

es Moines kicks off its celebration of 60 years of Waterland, the community's annual summer festival, with a bang on July 4.

The first event of the summer is the free **Fireworks Over Des Moines** celebration on the Fourth of July at the Des Moines Marina. The display of fireworks will start at 10:15 p.m. Lots will open for parking at 6 p.m.

Contrary to prior years "there will not be any organized activity on our part at the Marina other than the fireworks themselves," said Vince Thyng, a board member of Destination Des Moines

This is due to scheduled bulkhead repair that will limit access.

The Smoke on the Water Community BBQ will take place on Wednesday, July 10 at the Des Moines Beach Park.

There will be BBO and rootbeer floats for those who purchase a ticket to the community BBQ. Proceeds will be used to defray the cost of the fireworks for the July 4 celebration. Des Moines city councilman.

"The cook is a chef for the Washington Athletic Club so the food is fabulous," said There will also be a beer and

Immediately after Smoke on the Water that night will be the first performance of the Summer Concert Series.

Wednesdays from July 10 to Aug. 21 people can enjoy music being played at the Des Moines Beach Park sponsored by the Des Moines Art Commission.

Tony Hettler, the president of DDM is helping put on some of these events to get people to bond with their community. DDM is a group of volunteers that seeks to promote economic development in the city through special events.

"All of the events are family friendly and everyone is welcome," Hettler said.

The biggest event will be the Seafair Waterland Festival and Parade, which starts on Saturday, July 20 and continues to the next day.

"You should expect to be a part of a great community event that is fun for all and expect to experience the magic of Des Moines," said Matt Mahoney a

Mahoney said he believes that the parade is important because citizens are a part of the celebration, excitement and energy of a small-town parade.

"We are a Seafair-sanctioned

event so we will have the Seafair Pirates and Clowns. We'll have car clubs, food and street performers along the way," Mahoney said.

"Although this is an annual event, this year is our 60th anniversary celebration for the Waterland Festival, so, it's extra special," Mahoney said.

As the finale for Waterland, the Wheels and Keels car and boat show takes place at the Marina on Sunday, July 21 from 10 to 4 p.m.

The show will feature vintage vehicles and wooden boats.

"It's a unique venue for something like this," said Shan Hoel, a board member for

"There is a \$20 entry fee to enter your classic car into the show, but it is free for anyone to walk by and enjoy," Hoel said.

Other events will include Movie Nights at the Des Moines Beach Park.

In August there will be movies in the park such as Black Panther on Aug. 3, The Sandlot on Aug. 9, Coco on Aug. 10, Cars 3 on Aug. 17, and Jumanji on Aug. 24. All of these are on Saturdays except for The Sandlot which is on a Friday.

— Emmitt Sevores



FEDERAL WAY

ummer's biggest celebration in Federal Way is the annual **Red**, White and Blues Festival that takes place appropriately at Celebration Park.

It begins on the Fourth of July at 4 p.m. with musical entertainment and concludes with a fireworks show at 10:15 p.m. There are a variety of booths to visit in between servingfood and drink.

"There will be political booths, local non-profits, government agencies, and businesses with booths," said Recreation Supervisor Cody Geddes.

"We usually have about 20,000 people on average in and around the park, and would expect the same this year," Geddes said.

The most significant activities this year would definitely include the live music entertainment playing from 4-10 p.m. said Community Center Manager Doug Nelson.

"The live bands on the Main Stage are all new [this year]," Nelson said.

Top 40 band The Mix will play from 4-5:30 p.m., followed by Journey tribute band Infinity Project from 6-7 p.m., then Brohamm, featuring Motown Hits from 7:30-8:30 p.m. The final performers will be Heart by Heart featuring original members of the band Heart from

"We also have Alex Zerbe "The Zaniac" as the MC who performs music, activities, and humor in between musical acts," Geddes said.

Other activities will include face painting, inflatables, arts and crafts, Zorba ball, and several sports and carnival games, Nelson said.

Most of the activities and parking are free.

"This is really about getting the community together to celebrate," Geddes said.

Other Federal Way opportunities will include a poetry event called Shakespeare in the Park at Steel Lake Park on July 31 from 7-8 p.m. It is free to attend and seating will be on a first-come -first-serve basis. Steel Lake park is at 2410 S. 312th

Steel Lake Park is also hosting a **Summer Sounds Concert Series** on Aug.8 from 7-8 p.m. The event features classic rock by the group Chrome Molly and is also free to attend.

"[It is] great entertainment for students of all ages," Nelson said.

Other events at Steel Lake Park include the Kids Summer Concert Series on July 10 from noon-1 p.m. and Kids Day on Aug. 7 from 11 a.m.-3 p.m.

- Grace Ellis

KENT

wine garden.

Patrice Thorell of DDM.

Tent will host a variety of events during the summer. The events will be The Fourth of July Splash, Summer Concert Series, and the Kent Cornucopia Days.

Celebrate Independence Day with the Fourth of July Splash sponsored by Edward Jones. The event will include a lineup of music, bouncy houses, giant Jenga, food booths, old fashion games, and much more.

The event will be at Lake Meridian Park, 14800 S.E. 272nd beginning at noon and ending at 11 p.m.

The fireworks show will start at 10 p.m. There is no entry charge.

Free shuttle buses will be available from Mattson Middle School, Kentwood High School and Fire Station 75.

Kent Cornucopia Days presented by the Kent Lions Club is one of Kent's oldest and largest festivals.

This festival features sports competitions, a street fair, live entertainment, and special events, capped off by a parade.

Cornucopia Days has a lot of history, originally being called the Kent Lettuce Festival. For the last 49 years the Kent Lions Club and the City of Kent have been putting on this event.

Funds raised are used to help people in need.

"We use funds raised to support activities in the Kent area to include

sponsorships of youth supports teams, money to the Children's Therapy Center, purchase glasses and hearing aids for those in need, and send kids to camp who are living with diabetes," said 2019 Kent Cornucopia Director Petty Sikora. The festival begins Friday, July 12

and ends Sunday, July 14. On the last day of the festival there will be the huge Kent Cornucopia Days Parade starting at 1 p.m. at West Smith Street and Railroad

The party doesn't stop there as Kent also host a free summer concert series. The Summer Concert Series is presented by Kent Station and the City of Kent.

Various types of concerts are going to be held from July 10 to Aug 28.

The lineup includes three-time Grammy nominated Justin Roberts, Kent native and two-time Jazz Album of the Year winner Darren Motamedy, Johnny Cash tribute band Folsom Prism, and

Wednesday picnic performances will be at Town Square, Second Avenue and Harrison Street, from 11 a.m. to noon. Wednesday night performances will be at Kent Station Plaza from 6 to 8 p.m. Thursday performances will be at Lake Meridian Park at 14800 S.E. 272nd from 7 to 8:30 p.m.

— Alejandro Chavez



TUKWILA

ireworks fans who travel to Tukwila for Independence Day may be alternating between seeing red and feeling a little blue this year with the cancellation of the longtime Fourth of July celebration at Fort Dent

Tukwila Parks officials cited budget cuts for the elimination of the annual event that drew primarily non-resident spectators to the park on the banks of the Green River. Instead, Tukwila is doubling the number of **See You in** the Park events by adding two new events designed to bring the community comes together to spend time with friends and family and enjoy music, local activities, and food.

The first event to start off the summer is the free Hazelnut Park Hoo**tenanny** that begins on June 26 from 5:30 to 7:30 p.m. Friends and neighbors from Tukwila and other communities will come together to listen to music, learn about the local history and the art of Tukwila. Hazelnut Park is at 14475 59th Ave. S.

The second event kicks off on July 10 from 5:30 to 7:30 p.m. The free Bicentennial Park Party will enable people to walk, ride, or run into the park along the Green-Duwamish River Trail and enjoy an evening of music. Bicentennial Park is at 7200 Strander

The last event is the Sullivan Center Summer Shindig that begins on Aug. 21 from 5:30-7:30 p.m. and will celebrate summer and the unity of the community. There will be music, dance, and food.

The Sullivan Center is at 4350 Tukwila International Blvd.

Tukwila Parks Event Specialist Olena Perry, said all three events are being produced for the first time.

"My goal is to get people out into their local parks and awareness of these parks, and open spaces," she said. Perry said that these events are

intended to bring the community to-

gether and develop a closer bond to the City of Tukwila.

"I really just want people to enjoy themselves, hear some good music, eat some food, meet their neighbors, and create that sense of community," Perry said.

Perry said parking at the Sullivan Center may be an issue for parking, but she's working with local businesses to use their parking lots, putting vendors in other parking lots, and encouraging people to walk or carpool to the event. Perry is also looking for volunteers to help set up. For those interested in volunteering, should show up an hour earlier before the event starts.

— Keanu Camacho

he City of SeaTac will host its first ever Link the World Music and Arts Festival on Saturday, June 29 as it kicks off a summer of special events.

SEATAC

The event will run from noon to 6 p.m. at the Angle Lake Sound Transit Station.

"We have four musical artists booked [for the Link the World Music and Arts Festival]. We also have a spoken word group booked for the event," said Recreation and Cultural Services Manager Brian Tomisser.

The music will range from Scottish Highland bagpipes, the Sarod, the Palm Wine Guitar, Gypsy Jazz, Latin American and world

There will be a variety of art displays from local artists and food will be for sale from Food Innovation Network entrepreneurs. Admission is free.

The Angle Lake Station is at 2702 S. 200th Another popular event in the community

is the Family Fourth of July, taking place at Angle Lake Park. There will be a water spray park, children's

bouncers and live entertainment at this 12-hour-long event.

There will be nine different artists providing live entertainment.

"We have a wide variety of artists booked for the Fourth of July. Everything is family friendly," Tomisser said.

"The only thing we charge for is the kid's bouncy houses. These are \$5 per child for unlimited play from noon to 8 p.m.," Tomiss-

The water spray park will be open from 11

The fireworks will start at approximately 10 p.m. and are produced by Halo Fireworks.

"We have some sponsorships for the Fourth of July event, which include Recology, Alaska Airlines, Master Park and the Angle Lake Shore Club. We also bring in some money through charging for the Kid's Area. The rest is paid for by the City of SeaTac." Tomiss-

The event will be on Thursday, July 4 from 11 a.m. to 11 p.m.

But just because the Fourth of July fun will

Angle Lake Park is at 19408 International

fizzle with the last fireworks, it doesn't mean SeaTac's summer fun will end.

Music in the Park concerts will take place at two different sites this year.

All concerts are Wednesdays from 6:30 to 8 p.m. starting July 10 and running to Aug.14. Concerts on July 10, 17, and 24 will be at

Angle Lake Park, while concerts on Aug. 7 and 14 will be at Riverton Heights Park. Riverton Heights Park is at 3011 S. 148th

The artists that will be performing include Copastetic, Birch Pereira & the Gin Joints, Black Stax, Champagne Honeybee and Plat-

All summer concerts in SeaTac are free.

For more information on these events and artists, you can visit seatacwa.gov online.

Bears baseball starts tomorrow

By Eddie Mabanglo Staff Reporter

Highline's team is here for another summer of college baseball.

No, not the Thunderbirds. Say hello to the Highline Bears.

The Bears are a summer collegiate team. This means that baseball players of the NCAA and junior college level will have an opportunity to play over the summer. This will be their fifth season of play.

Home games are played at White Center's Steve Cox Memorial Park, which was originally built in 1940 as White Center Stadium.

In 2008, the county parks department in cooperation with other local agencies along with the Seattle Mariners remodeled the venue. It is also home for South West Little League and Seattle Prep High School's baseball team.

The Bears play in the Pacific International League, which uses bats made of wood instead of the collegiate-level conventional aluminum. Wood has been most commonly used at the MLB/MiLB level since the game's genesis in the 1800's.

The PIL is made up of six teams: the Everett Merchants, Highline Bears, Northwest Honkers, Seattle Studs, Redmond Dudes, and the North Sound Emeralds.

The team is typically made



Kurt Howard photo

Highline RHP JJ Asinas pitching against the North Sound Emeralds in 2018.

up of players that reside in the western Washington area, but attend colleges across the United States.

In a press release from the Highline Bears website, General Manager Justin Moser said that one of the priorities of the team is development in both skill and maturity to help aid them as they pursue a professional career

"Our job as a summer collegiate team is to give these guys an opportunity to get better, and go back to their school in the fall ready to win a starting job," said Moser. "Most of the teams we play are older and much more experienced, which is great for our guys to compete against."

In compliance with colligate

athletic eligibility rules, most of the players in the PIL are unpaid, thus they do not have professional status and are NCAA eligible.

Some players, however, are graduates and former semi-pro/minor leaguers.

This creates a dynamic where college athletes end up playing alongside and against professional players.

Players are usually recruited by team staff in cooperation with college coaches, however players interested in joining the team are able to contact Head Coach Josh Evans directly.

"We're excited to bring back Josh Evans for another season and I'm excited to see what he can do with a full off season to build his team," Moser said via press release.

Bears players are signed to a single season contract. Once the player has completed their current college season they are able to play in the PIL.

Local players are sometimes signed to short-term temporary contracts to fill spaces in the lineup while other players are finishing classes for the academic quarter or semester.

The Highline Bears will start PIL play against the Everett Merchants tomorrow, June 7 at Steve Cox Memorial Park in White Center. First pitch is at 7:05 p.m.

WILL VOIL HAVE THE SKILLS EMPLOYERS WANT?

Of the 50,000 skills you could potentially learn, which should you learn during college to help you stand out when you apply for a job? LinkedIn has determined the skills

companies need most in 2019. These are the skills your boss and your boss's boss find most valuable, but have a hard time finding.





Kurt Howard photos

Top: pre-game introductions at Steve Cox Memorial Stadium. Bottom: Highline infielder Colton Robinson makes the tag against the North Sound Emeralds.



STRENGTHEN THESE SKILLS WITH JOURNALISM 10

Among the **Hard Skills** LinkedIn recommends:*



JOURNALISM

Why it matters: Once a dwindling skill, journalism isn't just for journalists anymore as marketing and content teams alike vie for people who can tell compelling stories. Employers want workers who can write objectively.

* Methodology: "The skills companies need most" was determined by looking at skills that are in high demand relative to their supply. Demand is measured by identifying the skills listed on the LinkedIn profiles of people who are getting hired at the highest rates. Only cities with 100,000 LinkedIn members were included.

REGISTER TODAY Item #4186 or #4188

Highline volleyball team aims to soar even higher during the 2019 season

By Calvin Domingo Staff Reporter

In a season where the Lady T-Birds finished as runners-up to champion Spokane, the team has its sights set on even bigger things for the upcoming season

"You can expect that we want to make it back to NWAC's and hopefully to the championship," sophomore to-be, and outside hitter Tina Betham said. "We fell short [last season] and I think the desire for a comeback is what'll drive us to get to that final round."

However, for next year's team to reach their full poten tial, there are weaknesses that must be addressed.

"I think that our biggest weakness was our mindset and our ability to shake off our mistakes and move on to focus on the next play," sophomore to-be and outside hitter Misiona Riberio said. "We got in our heads a lot and failed to shake it off quickly."

Riberio added that this offseason, Head Coach Chris Littleman has had the team participating in beach volley-



Jack Harton photo to Spokane, the team

After an unexpected playoff run that saw the Lady T-Birds finish as runners-up to Spokane, the team will look to take the next step and win it all next season.

"In beach [volleyball], it's two on two, so when you make a mistake, it's only up to you and your partner to really do anything about it," Riberio said. "[This] forces us to shake that mistake off, step up, and make a change right

With every weakness, there also comes strengths.

"Our strengths [last season]

varied," Betham said. "We had a smart and strong offense and a quick defense. I hope this year we can up our defense because we're losing our middles and libero, but I feel confident that our new recruits will bring a new dynamic that'll help the team get to where we want, just in a different way."

As for notable departures from last season's team, sophomores Kate McGrath, Taecia Akana, Taylor Bell and All-Americans Adrienne Haggerty and Mahie Kaawa make up the full list, among others.

"We are going to miss their attitudes and the energy that they brought to our team," Riberio said. "They were always looking for ways to help us improve and supported us through everything, on and off the court. We'll miss their presence and wish them the best in their futures."

Fans can look forward to the upcoming season as the Lady 'Birds open the season late in August.

"We expect and hope to do good next year and even make it to the championships again, but to get there, we'll need to work as hard or even harder than we did last year," Riberio said.

Lady T-Birds look to bounce back

By Calvin Domingo

Staff Reporter

After a season in which the Lady Thunderbirds were unable to fend off the Peninsula Pirates in the semi-finals in a rematch of 2017's Championship game in which Highline won, the T-Birds are hungrier than ever to avenge this past season's disappointing loss.

Despite the Lady T-Birds being heavy favorites to repeat as NWAC Champs last season, they failed to meet the expectations that they set for themselves.

One of the biggest roles in last season's early playoff exit was due to mindset, according to sophomore to-be, and all-star midfielder Andrea Gonzalez.

"I think our biggest weakness as a team was our mentality," she said. "We did so good throughout the season in terms of winning games, but whenever we were faced with adversity, we would shut down. I'd say the lack of com petition we had throughout the games we played made us forget what it was like to really work for something. We were more in a battle with ourselves than the other team."

Gonzalez also said that "the offseason can be difficult because we don't play teams, it's all us."

Notable departures from last season's squad include sophomores Valeria Rios, McKenzie Buell, Quincy Quinteros, Chloe Lamenzo, Jessica Chen, Taylor Capuzzi, West Region reigning MVP Jewel Boland, Fiona Dawson, Savanah Hutchinson, among others.

While the team is losing a combined four allstars from last season's squad, there is still plenty of talent left to work with,

Fans can look forward to the upcoming season as the Lady Thunderbirds will look to avoid a repeat of last season. they open the season in early August.



A majority of Highline's men's soccer team will return next fall to try and regain the league title.

Men's soccer seeks return to glory

By Calvin Domingo Staff Reporter

To some on the team, this past season for Highline men's soccer was considered a success. To others, it was considered a disappointment.

"I personally would consider last season as mediocre, we didn't achieve our goals, but we did improve through the season," sophomore to-be, and forward Alex Velasco said.

Despite the T-Birds being heavy favorites all season to repeat as NWAC champions, the Thunderbirds eventually fell to the Whatcom Orcas in the semifinals of the playoffs, 2-0.

"I think our mindsets weren't right," sophomore to-be, and goal-keeper Alex Weaver said about what happened in last season's earlier than-expected playoff exit. "As a team, we went into the game a little bit full of ourselves, and the

other team just wanted it more in the end. That's what gave them the edge over us."

However, the expectations for next season remain the same. If anything, last season's disappointing oust from the playoffs has fired up players and coaches alike.

"As a team, we look to concede as little goals as possible," Weaver said. "As obvious as that sounds, we mean it. We focus a lot on defensive work during our practices, especially defensive communication. We're going to look to concede the least amount of goals in the NWAC next year, and of course, win it."

For the team to reach its full potential and avoid a repeat of last season's let-down, there are weaknesses that must be addressed.

"I'd have to say our biggest weakness was our chemistry, we had great individuals and had all the pieces to become the best, but just needed to put the puzzle together," Velasco said. As for notable departures from last season's squad, sophomores Noah Runsvold, Tucker Davidson, Ryley Johnson, Dylan Murphy, Jason Rodriguez, Wobi Torujo, make up part of the list, among others.

"Our team chemistry was definitely one of the things I'll miss next year," Weaver said. "Out of all my years playing soccer, the friendships made this year were some of the best, and with those sophomores that are leaving. Those are the bonds I'll miss, as well as hope to build on with the incoming recruits next year."

Fans can look forward to the upcoming season as the Thunderbirds will open the season late in August.

"I'm looking forward to playing with a lot of new players and making a family; our expectations are definitely to win the NWAC Championship and improve ourselves every day," Velasco said. "I have only seen a couple recruits, but I do feel strong about them and I feel like they will connect good with our style of play."

THUNDER FOOD

Summer fun, filled with good food and great friends

The quarter is wrapping up just in time for those perfect sunny days to BBQ with friends and then relax.

The idea of BBQ can seem very difficult and expensive, but these low priced delicious recipes are simple to make and will be the highlight of any cook out.

A simple yet delicious appetizer is the key to any good BBQ. Here are two easy to make fun to eat appetizers for you to try next BBQ.

Bacon Wrapped Jalapenos

This recipe is packed with flavor and has little preparation needed. The best thing you could do is to buy fresh jalapenos to ensure a fresh taste.

6 fresh jalapenos cut in half lengthwise and seeded

8oz container of cream cheese

12 slices of bacon

Directions:

Make sure you get all the seeds out of the jalapenos to make sure the heat is not too overwhelming.

Fill the jalapenos with cream cheese and then wrap with bacon, feel free to use a toothpick to hold bacon in place. If you are making these on the grill you should consider using a grill mat (about \$6 at Walmart) to keep from grease flare-ups.

Place on the grill and cook until bacon is crispy, remove and enjoy.

If cooking in an oven place them evenly spaced on an oven tray at 350 F until the bacon is crisp.

These little guys are a big hit and cost next to nothing to make, if you wanted to substitute regular bacon with turkey bacon that works. Half the fun of cooking is the experimenting.

Deviled Eggs

The perfect deviled egg isn't



Photo courtesy of fitfoodiefinds.com

Grilled Chicken Kebobs loaded with flavor, a flexible recipe that you can make your own.

hard to create and getting a few dozen eggs and won't put a dent in your wallet.

6 eggs

1 tsp salt

1/4 cup of mayonnaise

1 Tbsp. mustard

Smoked paprika to top off eggs

Directions:

Start by layering your pot with eggs, fill pot with water until eggs are slightly covered.

Bring water to a boil, then reduce heat to low cover and cook for 1 minute. After the item, has passed remove from the heat source and let sit for 13-14 min.

Drain water and rinse eggs under cool water for 1 minute, slowly crack and dry with paper towel.

Cut eggs in half to extract the yolk, the yolk should be light yellow and firm. Place the yolk in a separate small bowl to mix later, place your eggs open side up on serving platter.

In the bowl with the yolks add the mayonnaise, salt, and mustard.

Use a fork to gently blend 2-inch pieces

yolks with everything, making sure to blend everything to make a smooth filling.

Fill the eggs with about 1 tsp of the filling and top with the smoked paprika.

While appetizers can be amazing the star of any BBQ is the main dishes.

Both these recipes are easy to make and are perfect for the grill master on a budget.

Grilled Chicken Kabobs

In this recipe, the marinade of soy sauce and honey works like a brine, tenderizing the chicken and infusing it and the vegetables with great flavor.

½ cup of vegetable oil 2/3 cup honey

2/3 cup low-sodium soy sauce

1 teaspoon freshly ground black pepper 8 skinless, boneless chick-

en breast halves, cut into generous 1-inch cubes 6 cloves garlic, thinly sliced

1-inch piece of ginger, peeled and thinly

4 small red onions cut into 2-inch pieces

3 bell peppers (red, yellow, or green or a mix) cut into 2-inch chunks

skewers (if using wood, soak for 20 minutes in warm water)

Directions:

In a large bowl whisk, together the oil, honey, soy sauce, and black pepper.

Before adding the chicken, reserve about half a cup of marinade to brush onto the kabobs while they're cooking.

Place the chicken, garlic, ginger, onions, and peppers in the bowl, toss thoroughly to coat all the ingredients, cover with plastic wrap and marinate in the refrigerator for at least 4 hours or

ideally, overnight.

When ready to cook, preheat the grill to medium-high heat.

Drain the marinade from the chicken and vegetables and discard it along with the garlic and ginger.

Thread the chicken and vegetables alternately onto the skewers.

Lightly oil the grill grate using tongs and a paper towel that's been dipped in vegetable oil.

Place the skewers on the grill and cook for around 12-14 minutes, turning occasionally, until the chicken is firm and the juices run clear.

Baste with the reserved marinade during the last few minutes of cooking.

Serves 6-8

Hamburgers

There are so many different takes on this staple of the backyard cookout, how we top this classic is eater's preference. What you can do is create and nice juicy patty for your guest to top with whatever they wish.

1 pound 70/30 ground beef

1 tsp of salt

1 tsp of pepper

1 tsp of garlic powder

1 Tbsp. of Worcestershire Sauce

Directions:

Preheat grill to around 375 - 400 degrees, making sure to clean off grill to make flipping and moving burgers easier.

Slowly mix ground beef with salt, pepper, garlic powder, and Worcestershire Sauce together in a medium bowl. With your burgers seasoned form 4 oz. balls carefully flattening them out into your patty shape.

Once your grill is to desired temp place burgers down and

let them cook for about 3 minutes on each side. Be careful of flare ups due to the fat content, to keep burgers from sticking to grill you can brush with olive oil if needed.

Just before the burgers are done place any desired cheese on the burger, place done burgers on a tray.

If your guest want to make their burger fancy or add whatever condiments they want, this basic burger recipe allows for more flexibility.

A good rule to remember is that a typical burger takes 4 oz. of ground beef so 1 pound of beef makes four burgers.

Lemonade

Store bought lemonade can be the perfect refreshment during these warm summer days. Instead of making your lemonade from scratch. While this can be time consuming and feel like a daunting task there are other ways to freshen up that store-bought lemonade.

Lemonade (prefered brand) 1 lemon sliced into rings finger thick

1 peach quartered

Directions:

Grab a large pitcher and fill it with ice and lemonade, don't over pack the pitcher with ice. You will want room to stir, also you don't want to water down your lemonade.

Add in the fruit and stir gently, you don't want to mush the fruit. You can substitute strawberry lemonade or raspberry it works the same.

Rum Punch Lemonade

4 oz. lemonade

2 oz. pineapple juice

2 oz. coconut rum

1 oz. dark rum

Pour lemonade, pineapple juice, and coconut rum into a large glass filled with ice.

Top glass with the dark rum, so it floats on top and slowly blends into the rest of the drink.



Photo courtesy of Delish Rum Punch Lemonade is another way to cool off during the break. Enjoy responsibly.



Photo courtesy of emilybites.com

Fiendishly good deviled eggs.

11

29

44

10

28

43

14

17

32

47

50

53

20

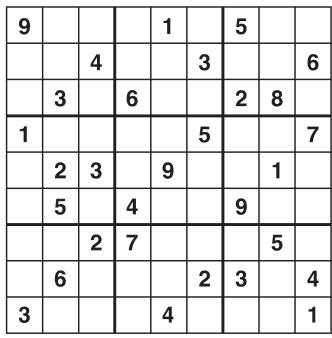
35

22

26

Weekly **SUDOKU**

by Linda Thistle



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!

© 2019 King Features Synd., Inc.



- 1.MUSIC: Which singer and group made the song "Rock Around the Clock" a hit in 1954?
- 2. GEOGRAPHY.: What is the capital of Australia?
- 3. HISTORY: Which three nations made up ANZUs, the Pacific defense treaty in the 1950s?
- 4. TELEVISION: What was the name of the actor who played the bass guitar player in "The Partridge Family?"
- GENERAL KNOWL-EDGE: What is the site of the 2020 Summer Olympics?
- **FAMOUS** QUAOTA-TIONS: Which 19th century poet once wrote, "And what is so rare as a day in June? Then, if ever, come perfect days"?

- 7. MOVIES: How many children were in the Van Trapp family in "The Sound of Music"?
- 8 ANIMAL KINGDOM: What is a group of lizards
- 9. ADVERTISING: What product was promoted with the ad slogan "the pause that refreshes"?
- 10. BIBLE: In which two chapters of the Bible's New Testament do the Beautitudes, or blessings, appear?

10. Matthew and Luke 9. Coca-Cola

9. A lounge

7. Seven

6. James Russell Lowell

5. Tokyo 4. Danny Bonaduce

and the United States

3. Australia, New Zealand

2. Canberra

1. Bill Haley & His Comets Answers

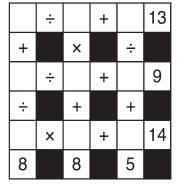
Puzzle answers on Page 20

GO FIGURE! by Linda Thistle

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

DIFFICULTY: **

★ Moderate ★★ Difficult ★★★ GO FIGURE!



1 2 3 4 5 6 6 7 9

©2019 King Features Syndicate, Inc

King Crossword

16

19

34

21

13

31

46

49

52

ACROSS

1 "Grand" Possessed 5

12

15

18

23

30

33

38

45

48

51

24

39

48 Radiate

49 Diving bird

50 Soy paste

52 Sch. org.

40

- 8 Notoriety 12 Perukes
- 13 Crib
- 14 Addict
- 15 Rodgers/ Hammerstein show
- 17 Night light?
- 18 Get a glimpse
- 19 Type measures
- 20 Chews away (at)
- 21 Sphere
- 22 Method
- 23 Podiatrist's concerns
- 26 Porter's burden
- 30 Last write-up
- 31 Boxer
- 32 Currier's part- 51 Stitched ner
- 33 Smoker's gadget
- "Lady and the **DOWN**
- 36 Listener 37 Crony
- 38 Aware of
- 41 Paving gunk
- 42 Pump up the volume
- 45 Scandinavian city
- 46 Rodgers/ Hammerstein show

53 Wan

- 1 Pairs 2 Trudge through the
- woods 3 Look lecherously
- 4 G8 nation
- ject
- 6 Intentions
- 7 Genetic stuff 27 Actress
- 8 Styne/Merrill

- 9 Drifting 10 Cat call
- 11 Sea flock

show

- 16 Towel designation
- 20 Joke
- 21 Bernstein/ Comden/ Green show
- 22 Joker
- 23 Army rank
- (Abbr.) 24 Japanese
- sash
- 5 Test ban sub- 25 18-wheeler 26 Prickly plant
 - part
 - Gardner
 - © 2019 King Features Synd., Inc.

- 28 Jewel
- 29 Kreskin's claim

42

- 31 Apiece 34 "The Way" in
- China 35 Poi base
- 37 Anorak
- 38 Swine
- 39 Capri, for one
- 40 Oxen's burden
- 41 Lacking slack
- 42 Unrepaired
- 43 Netting
- 44 Tactic
- 46 Upper limit
- 47 Ms. Thurman

ARIES (March 21 to April 19) Things that usually come easily and quickly for the Aries Lamb might need more of your time and attention during the next several days. Try to be patient as you work things out.

TAURUS (April 20 to May 20) A changing situation can create some complications. But if you apply that sensible be a hopeless tangle of confusion, you'll soon sort things

GEMINI (May 21 to June 20) Creating a new look for your surroundings is fun. Expect to hear mostly positive comments on your efforts, as well as some well-intended suggestions you might want to note.

CANCER (June 21 to July 22) Maybe you'd rather do anything else than what you're "stuck with" right now. But if you stop complaining, you might see how this could lead to something with real potential.

LEO (July 23 to Aug. 22) Even a proud Leo ultimately recovers from hurt feelings. However, a damaged rela-



tionship might never heal unless you're willing to spend more time and effort trying to work things out.

VIRGO (Aug. 23 to Sep. Bovine mind to what seems to 22) There are lots of changes on the horizon, so be prepared to make some adjustments in your usually finetuned life. One change might even impact a personal decision you've been putting off.

> LIBRA (Sep. 23 to Oct. 22) Being the dependable person you are could work in your favor for a project that requires both skill and accountability. But check this out carefully. There could be a hidden downside.

SCORPIO (Oct. 23 to Nov. 21) A temperamental outburst about a mishandled project causes some fallout. Be sure to couple an apology with an explanation. A new opportunity beckons by week's end.

SAGITTARIUS (Nov. 22 2019 King Features

to Dec. 21) Changing horses midstream is usually unwise but sometimes necessary. Examine your options carefully before making a decision. A trusted colleague offers good advice.

CAPRICORN (Dec. 22 to Jan. 19) While much of your time is involved with business matters, fun-time opportunities open up by week's end. Enjoy yourself, but be careful that you don't overspend.

AQUARIUS (Jan. 20 to Feb. 18) A "revelation" opens your eyes to what is really going on in the workplace. What you learn could make a difference in your career path. Continue to be alert for more news.

PISCES (Febr. 19 to March 20) Not wanting to make waves might be the safest way to deal with a difficult situation. But no substantive changes can be made unless you share your assessments with others.

BORN THIS WEEK: ou have a way of talking to people that makes them want to listen. You could find a successful career in politics.

Nursing classrooms will simulate hospitals

By Melissa Wilson

Staff Reporter

Highline's Nursing program is about to undergo big changes.

The construction on Building 26 will include updates for several programs, including Nursing.

The building is now scheduled to open at the beginning of Winter quarter 2020.

It was originally scheduled to open for Fall quarter 2019, but construction was delayed due to weather and other complications.

The new Building 26 will feature new lecture rooms and simulation labs.

The simulation labs will have one-way mirrors for instructors to observe through.

They will have computers on the other side, so they can control the mannequin "patients" during the students' simulations.

Instructors will be able to make the mannequins talk, make their blood pressure, heart range change, and a lot of other things.

This helps the students to develop critical thinking as they have to come up with solutions quickly.

"[They can] learn practical clinical skills without causing damage to a person," said Steven Simpkins, director of the nursing department.

Each hospital bed will have a camera installed so that after the students practice, the professors can use the footage in a debrief, going over what they did well and what they could improve on.

The tentative plan is for there to be nursing faculty offices in Building 26.

Simpkins said that this will be important because they will be convenient to provide demonstrations and answer students' questions.

The Nursing students will have lockers for all of their books and belongings.

The students need to have a place to call home, Simpkins said, because they have fourhour classes.

They will be getting all new equipment in their space in Building 26.

There are both associates and bachelors degree programs in nursing at Highline.

Because nursing is mainly about working with people, students can also practice by role-playing with each other.

Simpkins said that he felt like

a little kid at Christmas when he made his wish list of all the things that he and the other professors wanted in the new building.

The nursing program will be beginning to implement the simulation technology pretty slowly, Simpkins said.

Simulation is almost completely new to the nursing department.

They have had the necessary mannequins for a while, but not the rest of the camera equipment, so they haven't experimented with it much.

Research by the Journal of Nursing Regulation has also

shown that programs that have jumped straight into a lot of simulation after having no simulation did not fare well. Because of this, the Nursing faculty are taking their time to ease into simulations.

Highline faculty members toured several other similar facilities to see the way other colleges had their simulation labs set up.

They have also been careful to follow the many state regulations about simulations.

All of the nursing faculty are going to a conference over the summer to teach them how to best implement the simulations into their program.

Nursing students only spend their first year in the labs and after that they spend most of their time getting experience in real clinics.

Up to 50 percent of clinic time will be able to be replaced with simulation time, making it much easier for students to get in enough practice, Simpkins

Getting funding was stressful and the project started later than it should have, but it hasn't been too bad, Simpkins said.

"There really haven't been a lot [of obstacles] considering how big this project it," Simpkins said. "[I've been] pleasantly surprised that when we've asked for stuff we've actually gotten what we asked for."

Part of the new nursing facility will be an open study space that is available to everyone on campus, not just nursing stu-

Simpkins encouraged anyone who was interested in Nursing to stop by and ask questions.

"I really encourage people to consider Highline [for nursing]. Everyone thinks they have to go to a four-year school, but [here] you get just as quality of an education with much smaller classes," Simpkins said.



Jolly Rubin/THUNDERWORD Building 26 is now expected to be completed by early winter 2020

Highline entrance set to receive dramatic facelift

By Anas Ashoor Staff Reporter

Highline's main entrance will shift to the north end of campus within the next five years as construction begins this fall on the \$1.4 billion project to extend light rail from Angle Lake to Federal Way.

And it could be sooner, rather than later.

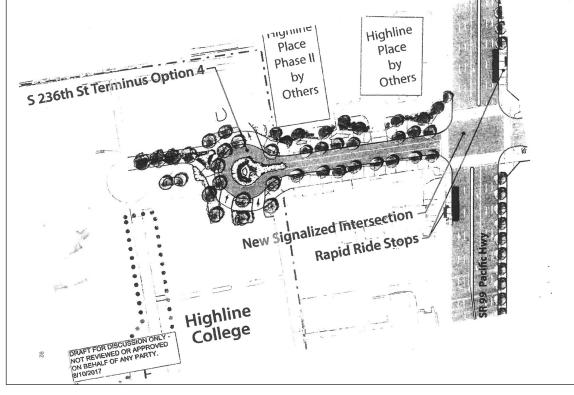
The new entrance will be built as part of the construction of a light rail station across Pacific Highway South from the college's new Campus View dormitory.

The current main entrance to Highline is the horseshoe-shaped drive off of South 240th Street near the college's original administration offices in Building 1.

The college will spend about \$840,000 on the new entrance near South 236th Lane and the City of Des Moines and Sound Transit are expected to chip in another \$560,000 for the project.

The start date moved a step closer this week with the announcement that Kiewit Infrastructure West Co. has been selected to design and build the 7.8-mile-long Link light rail ex-

Early demolition and utility relocation work on the extension will begin later this year, with major construction starting next year. It will connect the



Highline's entrance is set to move to the north end of campus once Sound Transit's Link light rail arrives.

existing Angle Lake station at South 200th Street in SeaTac to the Federal Way Transit Center.

The project will include three new stations along the route and Kiewit will work the Highline entrance into its construction plans for the Kent-Des Moines station that will serve the college at South 236th Lane.

Although the entire line will not open until 2024, the Kent-Des Moines station and new entrance could be ready well

in advance of the Federal Way components, depending on how Sound Transit intends to stage the construction.

Barry Holldorf, the college's director of Facilities, said that there will be a roundabout in the East Parking Lot at the west end of the new entrance and it will include signage for the college in the middle.

"There's going to be a big Highline sign in the middle to show you where you're going,"

he said.

He speculated that because there will need to be a lot of truck traffic involved in the construction of the Kent-Des Moines light rail station that it would make sense to build the new Highline entrance sooner, rather than later because installing a traffic signal at South 236th first will make accessing the light rail station site easier.

But the timeline is totally up to Sound Transit and Kewit, he said.

Meanwhile, Sound Transit is collaborating with the Washington State Department of Transportation to build, at the same time, the State Route 509 Completion Project that will significantly alter I-5 between South 200th and South 272nd streets. Sound Transit says undertaking multiple projects at the same time will reduce impacts on the affected communities.

In addition to the news of Kiewit's selection as the prime contractor, Sound Transit last week also narrowed the number of sites under consideration for its 30-acre maintenance and operations facility to the Midway Landfill and two parcels in south Federal Way.

Most of the testimony before the Sound Transit board was in favor of the Midway site with Federal Way officials lobbying heavily against selection of the two sites in their city.

The Midway Landfill site is expected to be by far the most expensive location as it is an Environmental Protection Agency Superfund site. The decision to reduce the number of sites still under consideration brought a formal end to a controversy over plans to possibly wipe out the new Dick's Drive-In and Lowe's for the maintenance and operations facility.

Agriculture summit focuses on backyard farming and animals

By Grace Ellis and Kaela Nokes

Staff Reporters

You might not expect to hear clucking and bleating over the next door neighbor's fence and the smell of savory herbs wafting in the breeze might be a bit distracting, but urban agriculture experts would like that to be a part of your future.

Backyard farming is becoming more and more popular as people become more aware of what they eat and where their food comes from.

On May 31 and June 1, Highline College, in partnership with the King Conservation District, hosted a free, two-day food summit to encourage city folk to try growing things in their backyards.

And growing your own food can also go a long way towards nullifying the effects of the food desert that encompasses much of the area around Highline College.

A food desert is where there is plenty of food, but little of it is healthy — think salt-laden snacks, sugary drinks and processed foods as opposed to fresh fruit, fresh meat and healthy dairy.

The goal of the summit was to provide those attending with information with information about how to grow everything from herbs and apples to raising goats and chickens.

There was also information on building greenhouses, attracting and protecting the pollinators that make growing plants possible and even information on how to find jobs in agriculture.

Growing your own herbs, for example, helps not only with the health of the environment, it can help with personal health as well.

For her part, Kerri Baily, a gardening/do-it-yourself instructor at Highline, spoke about her efforts to create an herbal certification program at the college.

She spoke about the importance of herbs in the environment, and the tendency to dismiss the bigger role they play in people's health.

"The thing I like about plants is their connection to the earth." Baily said.

She said people are so glued to our technology these days that it seems easier to purchase herbs online rather than growing one's own. But growing your own herbs connects you to their roots and ensures that you are getting their full health benefits.



Stephen Glover/THUNDERWORD

A couple of goats were brought on-campus and introduced to people of all ages as a part of the urban agriculture food summit.

"They're like the best vitamin you could ever use," Baily said.

It is most common to incorporate herbs into your cooking, more specifically infusing herbs into tea. There are other ways to utilize herbs such as in capsules, soaps and essential oils, but tea has proven to be the most effective.

"When you brew your tea, you're getting all those vitamins and minerals straight into your body in a hydrated form," Baily said.

Having the herbs in a dry form such as a pill takes longer for the body to take in, as the body has to rehydrate the pills before absorbing it.

However, there are some risks to making your own medicine using herbs, but that mostly comes down to knowing where you are at in terms of health. The bodies of young children, elders, people on medication, and pregnant women may react badly to certain herbs.

"You want to know yourself in the fact of what your health is," Baily said. "So, don't test these herbs on your pets or your children," she said.

When it comes to using herbs for medicine, we must look at herbal energies. The herbal energies classify each herb as either hot, neutral, cold, and anything in between.

For example, cayenne pepper would be a hot herb, while something leafy like basil would be a colder herb.

"It's about balance," Baily said.

If you are hot (for example, a fever), you would find the herb of an opposite energy to counterbalance that heat, Baily said.

Another more commonly seen effect would be taste. Often, people find themselves wanting something spicy or bitter after eating something sweet, Baily said.

"Our typical American diet is salty and sweet, so our oth-

er taste receptors give us these weird cravings," Baily said. "It really is all about balance," she said.

But urban farming isn't just about growing plants. It can also include people raising their own livestock such as, pigs, goats and chickens. And the chicken workshop was instructive as just how much city dwellers can do to grow smaller barnyard animals.

For example, chickens are more useful than people may think. Besides providing meat and eggs, and they help clean up the yard too, said Ann Accetta-Scott, a Farm Girl in the Making, according to her business card.

If your yard contains a garden with veggies and other plants, chickens can help keep backyards alive and healthy.

Accetta-Scott gave a tip that it would be best to have a back-yard big enough for a chicken coop before attempting to raise the fowl.

"Chickens close off your garden for you [from unwanted weeds] and they take out all the bad plants. They also make for a good fertilizer," Accetta-Scott said.

Raising chickens gets you high quality food as well, she said.

People have been more aware about where their food has been coming from and how it was grown or raised.

When you raise animals on your own such as chickens you know exactly where it comes from.

Also, the eggs are chemical free, unlike the store-bought eggs, Accetta-Scott said.

Even if you don't have a garden or worry too much about where your food comes from, the chickens can be loads of fun

"Chickens are hours of entertainment for everyone," Accetta-Scott said.

Another session at the summit focused on the benefits of raising goats.

Goats are not only good for cleaning up the yard because they eat annoying vegetation such as blackberry vines, they also produce milk and are useful in making goat cheese.



Stephen Glover/THUNDERWORD

Goats are helpful for cleaning up yards and blackberry bushes, as well as producing milk for cheese.

Highline nurtures new 4-year degree in hospitality

By Emmitt Sevores Staff Reporter

A new four-year degree in Hospitality, Tourism and Events is coming to the Highline campus next fall, thanks to a collaborative effort between the college and Central Washington University's Des Moines campus.

The program was created by Highline's Justin Taillon, department head of Hospitality and Tourism Management and CWU's Dr. Se Eun Lee, who has a background in event planning and tourism as well as doctorates from three different continents.

The new program is slightly modified from CWU-Ellensburg's degree program going from Recreation, Tourism, and Events to Hospitality, Tourism and Events.

Ellensburg's recreation-emphasis degree has traditionally done well, but the greater emphasis on hospitality for the CWU-Des Moines degree is meant to address the greater hospitality offerings of a large city, Taillon said.

The recreation-emphasis degree program will still remain in Ellensburg.

"South Seattle is a living laboratory for the hospitality industry. SeaTac Airport is the nation's eighth largest, we have more than 50,000 hotel rooms in approximately 425 hotel properties," Taillon said.

The food and beverage industry accounts for 15 percent of Des Moines' gross domestic product.

Taillon said that he is excited for hospitality offerings of a large city [Seattle] and feels that this program will help people get jobs to take advantage of this market.

Des Moines is a small beachside town. The beautiful setting and relaxed atmosphere are an excellent place some individuals like to work for studying. Furthermore, with easy access to Seattle's amenities we are well-situate. [Plus, the] campus now features resident housing. This allows more students, from locations around the state, an ability to live on campus in Des Moines while studying. This also assists international students," said Taillon.

He said the new degree program will " prepare people for the workforce in the university system."

Highline now offers several bachelors programs focused on "hard skills."

"Soft skill programs such as



Justin Taillon

hospitality are less well suited for college bachelor programs. This is where [Highline is] connected with CWU. Students complete their first two years with Highline College and subsequently years three to four with CWU on campus. This consistency in location, but transfer within the College from one institution to another, is definitely a student-focused decision," Taillon said.

There are two different ways to participate in the pro-

One is to be classified as a Highline College student for five to six quarters and then switch to a CWU-Des Moines classification to complete the

"This is useful because you save money, can actually complete this work in five to six quarters (i.e. not two years), and you work with Dr. Lee and I on the Highline College side," Taillon said.

Taillon said he believes this was the smartest option because it would save students money by taking classes as a Highline student.

The other option is to start out as a CWU-Des Moines student and complete a mix of classes at both Highline and CWU.

"It costs more this way, but with CWU as an institution from the beginning," Taillon

Whichever way a student goes, they would be familiar with who they are working

"You work with the same people for all four years," Tail-

This degree will be Highline's seventh bachelor's de-

The others offered so far are in cybersecurity and forensics, respiratory care, global trade and logistics, youth development, teaching and early learning, and integrated design.

Learn stats and figures in new 10-credit class

By Dong Zual Staff Reporter

A new class designed to provide continuity in math instruction was launched this spring and will expand to two sessions next fall, instructors

The new Corequisite Statistics Class allows students to combine Math 87 and Math& 146 into a single 10-credit class, said Math Professors Helen Burn and Erik Scott.

The program is designed for students who want or need extra time and support in taking a statistics class.

"The Corequisite is a college level math course, and we are trying to broaden the number of students that have access to the college level courses. This is the model being used nationally. So, we're trying to implemented here at Highline," Scott

MathP 146 links a regular Statistics class (Math& 146) to the prerequisite course, so that both are taken simultaneously within the same quarter.

"The main idea is rather than requiring the pre-requisite, which for statistics is Math 91, we allow students directly advance to Statistics, which is Math& 146, and we offered them more support," Burn

In order to take the class, students must have some math basic knowledge and must be eligible to take Math 91 or



Erik Scott

Math 81.

"Students need to be eligible for Math 91, but they don't have to have completed Math 91 order to take it," Scott said.

The way the credits work is a student will earn five credits for Math 87 and five credits for Math& 146.

The class time is longer since it is 10 credits, but students will also get more help from the teacher.

"It's double time, and what it does is it allows students to enroll directly into statistics without Math 91. That's the message I'd like the campus to hear,"

If the student failed the combined class, they will still have an opportunity to move on to Math 146 instead of repeating the combined class.

"Students that don't pass the course, we're going to let them enroll directly into the Math 146 class. We are not going to make them go back-



Helen Burn

wards," Burn said.

In fall of 2019, Highline will offer two sections.

A morning and an afternoon class.

The morning class is MathP 146. The item number is 6360. It starts from 8 to 9:50 a.m., Monday through Friday in Building 17, room 106.

For questions contact Khoi Nguyen at knguyen@highline.

The afternoon class is also MathP 146. The Item number is 6362. It starts from 12:15 to 2:35 p.m., Monday through Thursday in Building 17, room 106.

For more information, contact Burn at hburn@highline.edu.

"We are hoping in the future we will do it with Math 111(college algebra) and we'll also do it with college pre-calculus. We just are starting this quarter [spring 2019] and we picked statistics, [because] Eric and I are the two instructors," Burn said.

RECOVERY PLACE SEATTLE

COMPASSION. CONNECTION. COMMUNITY

VALLEY | CITIES

Now Hiring for Inpatient Staff in Seattle/Kent

Registered Nurses, Licensed Practical Nurses, and Certified Nursing Assistants

- 12-Hour Shifts with Differential Pay
- Competitive PTO Allowance
- Ongoing Education & Training
- Annual Individualized Training Funds
- Inpatient Locations in Kent and Seattle

NEW GRADUATES WELCOME

For additional positions, please visit valleycities.org/current-openings

YELL summit seeks to empower

the next generation of leaders

By Chloe Ovendale Staff Reporter

Young women of color came together last month to embrace their power and uniqueness and to learn how to navigate the societal norms that can inhibit their success in all sectors of life.

Highline's Student Union was buzzing with laughter and voices as more than 400 young women gathered on May 18 for the sixth annual Young Educated Ladies Leading summit.

The summit, hosted by Highline's Outreach Services, aimed at empowering and motivating young women of color to excel in academics and to accept nothing less than excellence from themselves.

They were welcomed with a complimentary breakfast and an opening poem titled "I am Black," performed by Aliyah Cook, a 17-year-old student from Colorado.

In her poem, Cook spoke about being a Black woman and overcoming the stereotypes she faces, as well as struggles with institutional racism. The crowd reacted with cheers and snaps in response to the meaningful verses.

The all-day summit also opened with a keynote address byTerisa Siagatonu, 25, an award-winning poet, mental health educator, as well as the recipient of President Barrack Obama's Champion for Change Award winner in 2012.

Originally from the San Francisco Bay area, Siagatonu grew up as a queer woman in a Samoan household and struggled finding her place. It wasn't until she went to college that she was able to really embrace her own power and blossom.

"Student activism on campus helped shaped my identity and really politicized and radicalized me," she said.

Writing her first poem at 18, Siagatonu realized the importance of mental health and of being able to express yourself and speak your truth.

"Our overall health gets better when you can tell your story. The more we are able to express ourselves the less stress we carry," she said.

People must also address the conditions that make racism,

silence, and oppression possible. Without confronting these problems at their core, they will never be fully resolved, Siagatonu said.

The microphone was then opened up to the young women in the audience to share poems and songs they had crafted to express themselves. "No one is free until we are," was a prominent theme repeated in the numerous poems being shared.

From there, the young women were assigned to various workshops to discuss topics such as self-love, navigating cultural spaces, time management, and personal growth development.

Elycia Cook is the chief executive officer of Friends First, a non-profit focused on providing mentors to students of all ages. In her Twisted, Unraveled, Refined workshop, Cook's main goal was to change how girls see themselves and how girls can sometimes tear each other down.

"Women are like diamonds, we are formed under enormous amounts of pressure," she said.

Cook focused on quickly forming a sense of community between the girls and a safe place where they could be open and share their feelings.

Not just in the workshops but throughout the entire summit, the notion of taking the lessons learned and being able to spread the knowledge they learned was heavily emphasized, as well as the 'Vegas Rule.'

The Vegas Rule implies that whatever was said at the summit was to stay at the summit. This was to help form a safe space, in which these girls can be vulnerable and feel comfortable sharing their experiences.

By empowering the young women to not let their pasts define them and to be self-aware and future focused, they can become who they needed most as a child. That's a lesson they carry forward, Cook said.

After completing the workshops, lunch was served and a certain sense of closeness and camaraderie could be felt in the air as girls began to open up and share with each other.

At the end of the day, the attendees had the opportunity to network and get to know one another in a leadership activity with Veronica Very.

The activity, called the WOW Emergency Life Kit Exercise, provided everyone with a small tin box and inside the box, there were different items that represent different parts of each person's needs. But this being a teaching session, each box was incomplete until participants connected with the other young ladies to work together to help fill up each other's boxes.

The activity aimed at sending the message that women should value their relationships with other women and lift each other up rather than tear each other down.

As the summit wrapped up, the young women were exchanging contact information and had made many new friends.

Not only did these women leave with do it yourself activities, they also left with a new network of friends and a community that was there to support them. The newfound confidence was instilled in many of the participants and valuable life lessons were learned about how they can truly move overcome the barriers they face as young women of color.

Dive in

continued from page 1

welcome all the attention that the new dive site is expected to bring from out of town, he said.

"We really want to encourage some of the what we call 'ecotourism'," Mahoney said. "People will come here, they'll explore our dive spots, but they'll stay in our hotels and eat at our restaurants, and it doesn't harm the environment."

The Washington Scuba Alliance and the city are still working together for the final pieces on some permitting and then it goes to the Department of Natural Resources for final approval.

Councilman Mahoney said the reef should be done by January or February of 2020, if not sooner.

What's going to make this reef such a sought-out dive site are some of the unique features that have been incorporated into the design.

A GPS map has been made of the site, and the placement of all the rock structures have already been pinned out.

Phase One will include the removal of any trash/litter that is already down there, and while that's going on, a barge and crane will be using the GPS map to drop the rock structures exactly where they've planned.

All of the structures have been specifically designed to help divers from getting lost.

Each reef formation will point either towards the beach, or towards more reef. This will help divers stay within the range of the dive park.

During Phase Two they will install high definition underwater cameras, art pieces and an underwater veteran's memorial.

"There's a lot of us involved that are ex-military so we want to build the veterans memorial to honor the different services. It'll have the bronze shields of all the different services," Williams said.

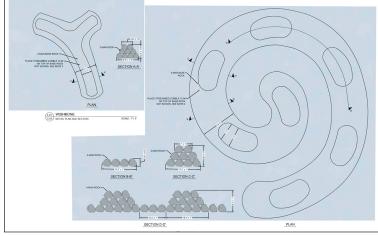
One of the art pieces, a statue designed by Simon Moore, is a 17-foot-tall structure of a horse's body with a whale tale and a mermaid riding it, Williams said.

At the grand opening of the dive park the city will have a fundraising event at Redondo to spread awareness of the park and to help raise money for the art/underwater cameras.

The underwater cameras will be strategically installed around the dive park in order to connect people above to the world below.

The goal is that the cameras will stream live 24 hours a day online to give anyone the opportunity to experience the dive park for themselves.

"[We want to get to a place where] somebody could just



Contractors rendering

Blue print of the planned reef structure.

pull it up on the internet and see what's going on," Councilman Mahoney said.

These cameras will also become a great resource for students, especially those studying oceanography and marine biology down at Highline's MaST Center.

"The more real we can make it [for students], the more relevant it becomes," said Marine Biology professor and MaST Center Manager, Rus Higley.

The biggest focus of the artificial reef project has been on environmental enhancement. In order to do that they must create structures that are attractive to marine life.

"Animals have different expectations. Some like rocky bottoms, some like sandy bottoms, some need crevasses, some like holes, and that's 3D complexity," Higley said.

With 3D complexity brings biological diversity, he said. And that was a big part of the conversation, instead of just a pile of rocks, how can they attract the marine life that they want to attract.

That's where the partnership with the MaST Center comes in. It will provide an educational component to the feature.

"[To put it simply] if you have big rocks, you have big cracks which big fish like. If you have small rocks, you have small cracks which small fish like," Higley said.

The MaST Center will focus on attracting smaller and more juvenile fish because that's what the majority of the dive audience wants. They have already taken a year of baseline data and some predictions have been made about the life that will begin to accumulate.

And expect that the reef will become home to a variety of fish, crabs and sea anemone as well as giant octopuses.

Much of the marine life that is expected to accumulate can already be found in the MaST Center's aquarium where there are more than 300 species of marine life that have been collected from around the Puget Sound.

"The animals will definitely come in, we've proven that before with reef building," Williams said.

Nearby Saltwater State Park had a similar reef installed in the '90s that has since been turned into a Marine Reserve.

Project developers also hope the interest in the new reef will spark a greater awareness of the stress on the Puget Sound marine environment.

Since the early '50s, much of the Puget Sound has be devastated and fished out by industry, Mahoney said.

Williams, who has been diving for almost 50 years, has seen first-hand how the oceans have taken a toll.

"The environment is taking a hit, and I've watched it for years. I've seen some radical changes to the environment and it's disappointing," Williams said.

Efforts being made to restore the Puget Sound will not go unnoticed and will be appreciate for years to come, he said.

Parkrun celebrates a year in Des Moines

By Kaela Nokes

Staff Reporter

What originated in England as an opportunity for traveling runners to get in their daily dose of endorphins, Parkrun USA is thriving in Des Moines and will be celebrating its first anniver-

Organizers plan to open the 52nd event by acknowledging those who have helped make the runs possible.

This 5k run happens every Saturday at 9 a.m. for anyone who wants to show up and it is completely free. It takes place at the Des Moines Creek Trail

north end of the Marina.

Everyone is welcome to join a community of people who are interested in having a little fun, completing a challenge, and enjoying a little fresh air.

While this run originated Harper said. in England, the Des Moines run was one of the first in Washington State. The Des Moines Legacy Foundation provided the \$5,000 startup fee. The Parkrun gets people from all over the place, "people from England, Australia, and South Africa," said Earl Harper, a volunteer.

There have only been 51

in the city's Beach Park at the Des Moines Creek Trail runs so far, but the number of runners has been growing since it has started.

> "The run started with 20 people and the most we have had is 60. Our average for each run is about 35 people,"

> The volunteers encourage everyone to give it a try. You don't have to be a runner in order to participate in this event, everyone is welcome even furry friends. It's you against the clock, nobody else. Some people just come to walk, and others come to beat their previous time from the week before, Harper said.

"Some take about an hour and others take about 20 minutes, our record time is 17 minutes for the 5k," Harper said.

Along with the rest of the volunteers who help put on this event, a Des Moines City Council member, Traci Buxton, comes out to help every week.

In order to participate in the run, you must go online towww.parkrun.us/register/ form/ and register for the US Parkrun. Once you have registered for the run make sure that you print out the bar code and bring it with you to the run, you only have to register once, and you can go to the run every Saturday after that.

King Crossword – **Answers**

Weekly SUDOKU —

1 8

3

7 4

6 1

3 9

8 2

2

8

9

3 9

7

6 5

6

Answer

2

9 5

6 7 4

4 9 3 2 5

4

7

1

8 5 4 6

8 9

4

3

Solution time: 21 mins.

Т	Н	0	U		Н	Α	D		F	Α	М	E
W	Τ	G	S		В	Ι	Ν		U	S	Ε	R
0	K	L	Α	Н	0	М	Α		Ν	Е	0	N
S	Ε	Ε		Ε	М	S		G	Ν	Α	W	S
			0	R	В		W	Α	Υ			
С	0	R	Ν	S		В	Α	G	G	Α	G	Ε
0	В	Τ	Т		Р	U	G		Η	٧	Е	S
L	-	G	Н	Т	Ε	R		Т	R	Α	М	Р
			Е	Α	R		Р	Α	L			
Н	Τ	Р	Т	0		Т	Α	R		Α	М	Р
0	S	L	0		С	Α	R	0	U	S	Е	L
G	L	0	W		Α	U	K		Μ	Ι	S	0
S	Ε	W	N		Р	Т	Α		Α	S	Н	Υ

Go Figure!

answers

7	÷	1	+	6	13
+		×		÷	
9	÷	3	+	6	9
÷		+		+	
2	×	5	+	4	14
8		8		5	

Alumnus

continued from page 1

prepared to take on a four-year university right away. Instead, she went to Highline seeking guidance from her professors and fellow classmates from 1989-1991, hoping to eventually make it to a four-year school.

"I was not prepared for a

four-year university and Highline helped me choose and flourish on my path," Sheffey-Bogan said.

Highline had a tremendous impact on her and her career, she said.

"I knew I wanted to be a teacher, but I didn't know the avenue, so Highline was a big stepping stone for me," Sheffey-Bogan said.

After she moved on from Highline to become what she dreamed of, she used the skills she gained at larger col-

Sheffey-Bogan transferred to Western Washington University to earn a bachelor's degree, then was off to Heritage University for her master's in teaching.

She then went to University of Washington to get a master's in Educational Leadership.

And now, she is coming back to Highline as Alumnus of the Year.

"I feel humbled; I don't feel like I have done anything amazing. I have amazing people around me and I am doing what I love so it's not out of the ordinary," Sheffey-Boagn said.

continued from page 1

dent success, great understanding and development of learning communities" to Highline.

Before coming to Highline, Dr. Lardner served as the vice president of instruction at Grays Harbor College. Dr. Lardner has a bachelor's degree from Augustana College and received her masters and doctorate in English language and literature at the University of Michigan.

Dr. Lardner said that working at Highline was an easy decision.

"Highline stands out in the WA system for its commitment to equity and student success," she said. "Highline has always been the college in WA most willing to try new strategies aimed at increasing student success"

Dr. Lardner said that she feels fortunate to be named as the new vice president.

"It's an honor to be invited to join the team," she said.

Dr. Lardner cited Highline's culture of collaboration, a "history of working to implement evidence-based practices that serve students," and how she is "impressed with the role students at Highline play in shaping their educations" as reasons that she was interested in the job.

Dr. Lardner said that academic affairs currently collaborates extremely well, which is enticing.

"Academic affairs is a big team, and everyone is play-

ing on the same side, which is the side of students," she said. "That's a tremendous asset in any organization and in Highline, the sense of being on the same team is really strong."

Even still, Dr. Lardner said that there are areas that Highline can improve.

"Colleges can always improve the quality of the learning opportunities offered to students, and they can improve the support that's offered to the faculty and staff who are creating those opportunities for students," she said.

Dr. Lardner said that she is confident that over time "the Highline community will help me learn what needs to be improved, and why, and how to go about it."

Her appointment is for one year, and Dr. Mosby said that the search for a permanent replacement will begin in spring of next year after Highline hires a permanent vice president of student services in the

Dr. Mosby said that having two interim vice presidents on campus will not be an issue.

"With the talented interim VPs we have at Highline, it won't be a problem," he said. "Colleges often have an interim or two at the same time."

Dr. Lardner said that while right now her focus is on the interim position, she isn't ruling out applying for the job when it opens.

"By next spring, when the permanent position is posted, the Highline community will know me better. I hope by then, based on my work this year, my

application for the permanent position will be welcomed," she



Learn more today at highline.edu/bas

or call (206) 592-3662.