



Aaron Fields/THUNDERWORD

## The hunger

Desire for perfection lures people into the nightmare world of eating disorders

By Kaylee Moran  
Staff Reporter

Cassidy Sanders was a typical 17-year-old junior in high school, looking forward to her future and college.

But when she looked in the mirror she didn't like what she saw. She saw a much fatter version of herself and wasn't happy, so she decided to do something about it.

But what she did wasn't good for her health.

Sanders, now 19 years old, was diagnosed with three eating disorders, anorexia, bulimia and body dysmorphic disorder when she was 17.

Unfortunately, Sanders is not alone. In the United States, 20 million women and 10 million men suffer from a clinically significant eating disorder at some time in their lives, according to the National Eating Disorder Association's website.

Anorexia nervosa is characterized by inadequate food intake leading to a weight that is clearly too low. It also involves an intense fear of weight gain, obsession with weight

and persistent behavior to prevent weight gain, according to the National Eating Disorder Awareness website.

"Anorexia nervosa has the highest mortality rate of any psychiatric disease," said Minh-Hai Tran, a local dietitian.

Bulimia nervosa is characterized by frequent episodes of consuming very large amount of food followed by behaviors to prevent weight gain, such as self-induced vomiting, according to the National Eating Disorder Association's website.

Body dysmorphic disorder is a body-image disorder characterized by persistent and intrusive preoccupations with an imagined or slight defect in one's appearance, often causing severe emotional distress and difficulties in daily functioning, according to the Anxiety and Depression Association of America's website.

Even though Sanders was diagnosed with three eating disorders, she didn't know she had a problem.

"I didn't realize I had an is-

See Disorders, page 11

## Man pleads guilty in death of Highline alum

By Rebecca Starkey  
Staff Reporter

The man accused of killing Highline alumnus Brenda Gomez-Zapata in November of 2012 has pleaded guilty.

Yichun Xu, 20, was charged with one count of vehicular homicide under the disregard for safety of others and three counts of reckless endangerment on Tuesday. Xu faces a recommended sentence of 15 months in prison then followed by 18 months of community supervision, the King County Prosecutor's Office announced late Tuesday.

Xu is set to be sentenced on March 7, when the case is ex-

pected to conclude.

Xu, a South Puget Sound Community College international student from China, was driving in a Des Moines residential street in a new Mercedes-Benz when he ran a stop sign and crashed into Gomez-Zapata's car, fatally injuring Gomez-Zapata and severely injuring the three passengers in her car. Gomez-Zapata died from her injuries nine days later.

At the time of the crash, it was estimated Xu was driving at 70 miles per hour however, Dan Donohoe, spokesman for the King County Prosecutor's Office said that there was "further examination and the car



Yichun Xu

was not going as fast as originally estimated."

Xu was arrested on Nov. 10, 2012, but was released after his mother posted his \$2 million bail at a hearing on March 1, 2013.

See Guilty, page 12

## Campus seeks to improve emergency notifications

By Ryan Johnston  
Staff Reporter

Highline's Library was temporarily closed after the mailroom received a suspicious package on Feb. 14.

"There was a package in the mailroom that was addressed to the mailroom," said Dr. Lisa Skari, vice president of Institutional Advancement. "The address label read 'I am sorry.'"

In response, the campus evacuated the Library (Building 25) and the Des Moines Police conducted an investigation.

The contents of the package were cleared and the Library was reopened later that day.

"I think there was a calculator [in the package]," she said.

In this contained situation, Highline responded efficiently.

"Our first goal is safety of human life," Dr. Skari said. "We want people to know that



their safety is paramount. Any time we hear something concerning, we take it very seriously."

Even so, it's not clear how Highline would respond to a campuswide emergency.

Campus officials said that they would warn the campus via email and HCC Text Alerts.

"As far as students go, it's text alerts," Dr. Skari said.

"We know that students don't check their email, [so] we just try to get students to sign up [to text alerts]. We send the information, but it's up to

students to sign up," she said.

However, roughly 8,000 full-time students are enrolled this quarter. About 300 people are currently signed up to HCC text alerts.

"We are limited because [students] have [Highline] emails but students don't read them," said Jim Baylor, director of Campus Safety, Security and Emergency Management. "We have great technology here, in my opinion. If everybody were to sign onto [their emails] and link over their other accounts, it would make it so much easier for us because spontaneously everyone would get the right information."

"The rumor mill is always an issue," Dr. Skari said.

Highline has tried and will continue to try to more prominently advertise text alerts, she said.

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Stephen Lettic reforms Criminal Justice program



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'Rosencrantz, Guildenstern' live again in March play



### Page 7

T-Bird ladies travel to NWAACC tournament





## Harrassment in smoking area

A student reported sexual comments from another Highline student on Feb. 19.

The female student was asked for a cigarette from a male student near Building 25 at around noon in the smoking area. After the female gave him a cigarette, he proceeded to whisper unwanted sexual remarks.

The student submitted an official statement of the encounter to Campus Security.

## Domestic violence incident

Campus Security was dispatched to a possible domestic violence incident on campus last Friday.

A witness reported a male and female arguing near Building 19. The male then grabbed the female's face.

The witness reported seeing both leaving in a car from the East lot before security arrived.

## iPad mini stolen in Building 6

A Highline student reported her mini Ipad stolen in Building 6.

The student reported the theft of her black mini Ipad from the upper level of Building 6 last Thursday between 2-4 p.m.

## Student falls ill in the library

The Library staff called 911 regarding an ill student on Monday.

Campus Security as well as South King Fire & Rescue arrived and made contact with the student, outside the Library at 9:30 a.m.

The student was conscious, responsive and had vomited before they had arrived.

She said it might have been a panic attack and declined transport to the hospital.

## Early bird gets the permit

Permits will be available to purchase during finals week in order to avoid lines.

You can buy your permit at the Security Office in Building 6.

Part-time permits are \$29 and full-time permits are \$46.

**Compiled By  
-Brenda Carrillo**

# Someday, we may live forever, prof says

**By Caitlin Berge**  
Staff Reporter

In just 50 minutes, Dr. Stewart Moughon spoke about forever.

"One day we may live forever," Highline science professor Dr. Stewart Moughon said.

Dr. Moughon presented "Some of Us May Never Die" at last week's Science Seminar.

Immortality has been sought after since the beginning of time. Spanish explorer Juan Ponce de Leon searched tirelessly for the Fountain of Youth while exploring Florida in 1513.

And he wasn't the only one. More recently, Dr. George Grey began researching HeLa cells.

HeLa cells are named after Herietta Lacks, a cervical cancer patient who eventually passed. Lacks cells were harvested and grown in test tubes by Dr. Grey.

Remarkably, they were the only human cells to ever survive, long-term, living in a test tube. HeLa cells are still being used for medical research today,

"over 60 years after they were taken," Dr. Moughon said.

Scientists now research HeLa cells in hopes of finding a way to make every human's cells as regenerative as Henrietta Lack's, hoping to find the key to immortality.

Several species have already mastered immortality. Bacteria can be killed, but will never die of old age.

The immortal jellyfish can turn back time and return to an embryonic state, and re-mature into an adult jellyfish any time it wants, allowing them to live forever.

Lobsters show no decline in function as they age, Dr. Moughon said. There is no known lifespan for lobsters - maybe they live forever too.

Many things have to align to make an organism immortal. The living conditions, genetic makeup, and many other physical factors must be perfect for immortality to occur, he said.

There is a correlation between lifespan and body size, Dr. Moughon said. "Larger creatures generally live longer."

But there are some exceptions to this rule. Dr. Moughon said in some cases two animals of similar size have very different life expectancies; no one knows why.

Squirrels can live to be 20 years old, but a rat will usually live to be 3 years old. They are of similar sizes, and both in the rodent family but one lives much longer than the other.

A more extreme example would be an Amazon parrot. This species of parrot lives to be 90 years old on average, while the blue jay will only live for 10 years.

Both species are the same size and lead similar lifestyles. Scientists are still searching for an answer.

One way scientist are trying to increase lifespan is through calorie restriction, Dr. Moughon said.

The experiment was first done on rats.

"By reducing their calorie intake by 30-40 percent, the rats did live longer but also experienced delays in growth," Dr. Moughon said.

Calorie reduction was also tested on a chimpanzee. The chimp was healthier while eating reduced calories, but ended up dying young. Making the testing inconclusive.

Currently, the experiment is being done on pigs, fish, and dogs to see if they can come to a conclusion.

"Eating healthy, exercise, and a healthy mind will help you live longer. Maybe someday, even forever," Dr. Moughon said.

This week's seminar will feature Highline computer sciences professor Tina Ostrander; presenting "Don't Make Me Think: How usability affects our lives."

The Science Seminar will be in Building 3, room 102 at 2:20 p.m. on Feb. 28.



## News Briefs

### Dream Act signed by Gov. Inslee

A bill to provide financial aid to some undocumented students has passed the legislature and has been signed by the governor.

The Real Hope act was the Republican version of the Dream Act. It added \$5 million to the budget in order to fund not only eligible citizens but Washington's population of undocumented students brought here in childhood.

SB 6523 passed with a bipartisan support in both the Senate and Washington state House of Representatives.

Undocumented students who have applied for and are approved for DACA can now apply for state financial aid.

### What's in your water?

Learn about what affects the water in local water sources that you're drinking and how it effects you at "Our Bodies, Our Sound: Human Estuaries."

This workshop will explore the pharmaceuticals and personal care products that threaten waterways, wild life, and humans alike.

Founder and director of the Urban Wilderness Project, Jourdan Imani Keith, will be presenting this workshop at the MaST Center on Saturday, March 1 from noon to 12:45 p.m.

The MaST center is located

at 28203 Redondo Beach Dr. S in Des Moines.

### Farewell to Chayuda Overby

Highline will be sending off Chayuda Overby with a warm good bye.

Overby has wroked around many programs and departments during her seven years at Highline.

Overby will be leaving to Green River Community College as their basic skills transitionbasic skills transition specialist.

Overby's farewell party will be on Wednesday, March 5 in the Inter-Cultural Center, Building 8, room 204 from noon to 2 p.m.

## This Space 4 Rent

The Thunderword is offering a spring advertising special for members of the campus community.

No, it's not yet spring, but now is the time to plant the seeds that will blossom into flowers next quarter. Advertise your spring quarter classes and programs with a 20 percent discount through February.

The 3 column by 5 inch ad would normally cost \$75, but will cost you only \$60. Deadline for ads are Tuesday by 5 p.m. for that week's paper. But money talks, so place your ad now!

Contact: [Thunderword@highline.edu](mailto:Thunderword@highline.edu) or advertising manager Erica Moran at 206-592-3292

### Spring 2014 REGISTER NOW

## Language, Culture and Power: The Politics of Language in a Multicultural Society

DSG 158 - #1082 / Mon-Thurs / 12:10-1:13pm

### Course Themes

- ◆ Colonization and Decolonization of Indigenous Languages
- ◆ The Politics of, and Resistances to, English-Only Ideologies
- ◆ The History, Controversies and Expressions of African American English/Ebonics.

### Fulfills D/G & Humanities Requirement

This course will focus on the possibilities, challenges and controversies of language within and across multicultural America. Activities will include course readings, films, lively class discussion, short written assignments, and individual or group presentations.

For More Info, email Mira Shimabukuro at: [shimabukuro@highline.edu](mailto:shimabukuro@highline.edu)



# Criminal Justice program changing

New teaching methods to increase motivation, participation and communication

**By Brenda Carrillo**  
Staff Reporter

Highline's Criminal Justice program has transitioned to a new method of learning, program coordinator Stephen Lettic said.

Lettic has been the head of the Criminal Justice program at Highline for about two years.

He has an extensive background in the field. Lettic has worked 24 years for the city of Des Moines, including as a police officer.

He is also the current assistant director at the Washington State Criminal Justice Training Commission in Burien.

He began his education at Highline and received his associated of arts as well as his associated of applied science degree in criminal justice.

He received his bachelor's degree in law and justice and his master's at Central Washington University.

He is also currently working on his doctorate.

"I would describe my teaching method as supportive, interactive, and Socratic... I try to create a stress free and supportive learning environment that allows for the exchange of ideas and experiences," Lettic said.

He also said that using technology and Socratic questioning helps to improve participation and motivate opportunities to communicate and help students with the challenges in the field.

Lettic said he wants to develop the criminal justice program to teach more practical skills for new cadets, such as communications and intelligence-led concentration.



Stephen Lettic

He said that some challenges students face while in the program have to do with writing and communication skills with one another.

He said this is something he wants to work on because this is a fundamental skill in the field.

The Criminal Justice program offers an associated of applied science that can help students land jobs as a correctional officer or work in a private security, Lettic said.

"A lot of students have been interested in the criminal justice program at the University of Washington-Tacoma and also the program here at Highline at CWU," Lettic said.

Most come and want to become a police officer, which is possible with an associated of applied science degree, but having the option to continue could score a person more opportunities down the road if they decide to transfer, Lettic said.

"I have seen a handful of previously enrolled students at the academy," Lettic said.

Another change Lettic has added is the chance to get a certificate in introduction to homeland security.

This includes information about terrorism, border security, and security management.

Students whose work schedules may conflict with regular morning classes have the option to enroll in the evening classes and/or on-line classes, Lettic said.

He said he also brought new faculty who can bring new ideas and focuses to the table. Highline has a group of professors who know the field firsthand.

A sergeant from King County Sheriff's Department, a retired Seattle Police Department deputy, a Snohomish County deputy and a defense attorney are now involved within the program.

He said joining the criminal justice field appealed to him because he felt there would also be a variety of things to learn during his entire career.

The idea of working for the community and helping others has grabbed his attention. He encourages community service and stresses the importance of getting involved and giving back to the community, Lettic said.

"It has left me thinking, maybe hoping, I left the world a bit better than I found it, the same reason I teach and advise at HCC," he said.

## Building's water lines under repair



Sam Hong/THUNDERWORD

Building 15 required some repairs after finding a root intrusion in the building's storm water lines, which was helping create large water ponds. Facilities will be moving on to fix a crushed pipe between Buildings 14 and 15 after the water lines are repaired.

## Jobs, checkups and health information at health fair

**By Marcy Daniels**  
Staff Reporter

Anyone who is interested in keeping a healthy body or is looking into a career in health care should attend the annual health fair next Wednesday.

The fair will include job positions in the health care field, hands-on interactions with people in health care, checkups, and additional information to take home.

Health care employers will be there to provide information and recruit employees for many different

positions, including part-time, full-time, on-call and temporary positions.

There will be hands-on interactive booths that are mostly put on by students that will do various tests and checkups, such as respiratory care, heart rate, eye tests, blood pressure, body fat, fitness tests, and flexibility.

There will also be sign-ups for health care, said Tracy Brigham, a lead organizer for the event and a physical education teacher at Highline.

Anyone who is interested in having a healthy body or

interested in pursuing a career in the health care industry is welcome, Brigham said.

People interested in pursuing a health care career should bring copies of their resume and be prepared to be interviewed by recruiters about their education, experience, and career goals.

More than 18 health care organizations will be at the fair, ranging from Alpha Supported Living Services to Wesly Homes.

The fair will be in the main cafeteria of Building 8 on March 5 from 9 a.m. to 12:30 p.m.



# High schools can't seem to let go of students

If high schools are willing to let their students attend college then they should allow them to be college students.

Washington high school students must not only endure social and academic hardships for four years, but are also required to present a senior project. Just when these students think that they can graduate scot-free in only a few months, their counselors remind them of that minor detail.

Students enrolled in the Running Start program are also required to put together a project, despite the fact that many of them are pursuing associate of arts degrees.

On top of having to juggle school and, in many cases, work, these students must also spit out a creative yet informative project to show their career intentions.

But if students are enrolled in college and are succeeding, they should not be required to put together a senior project.

The whole idea of Running Start is to allow students to enroll in college courses, therefore making them college students.

On top of it all there is a grade requirement for students to not only stay in the program and have their high school fund their tuition, but to actually get in.

If the students enrolled in the program are already above a 2.0 GPA and they are consistently within this range, then why should they have to present a senior project?

Senior projects give students the opportunity to explore within their career through community service and working closely with a mentor.

However, many of the senior projects seem to be of questionable value and receive little scrutiny.

Being a college student allows students to meet new people every day who have years of experience and lessons learned.

They are able to work closely with Highline's counselors if they need guidance, and on top of it all they get to stick their toes in the college pond earlier.

College is a completely different beat. High school is filled with many students who don't take their work seriously and staff who don't take their jobs seriously either.

Granted this is not always the case, there are many diamonds in that four-year rough; some of the most influential instructors can be found in a high school classroom.

But college is the closest students can get to the real world without having to actually open their doors and step through.

If high school administrators want their students to gain experience and go out into the community so they can interact with people from all ends of the earth, then they need to realize that this can easily be done at Highline.

The mantra is that we are the most diverse college in all of Washington, therefore students will always be able to meet and learn from different people every day that they attend here.

Instead of encouraging the future leaders of the world to buckle down and put together a project that will only guarantee a walk across the catwalk toward their diploma, we should be encouraging them to explore within their school.

A project that could easily be put together the night before and is judged half-heartedly by overworked teachers isn't serving any real purpose.

Many students enrolled in the Running Start program at Highline are full-time; they don't attend their high school at all, cutting all ties to take a giant leap toward their academic future, they took a risk.

Even the part-time Running Start students hardly attend their high schools; they spend their time here learning.

If these students are willing to commit to a program that is unlike anything that could ever be offered at a high school and they prove this everyday with their participation and hard work that leads to outstanding grades, then a senior project is out of the question.

# Your heart vs. your wallet: Choose what makes you happy

I think one of the saddest things I have witnessed in my short 18 years on Earth is the death of dreams.

I have a friend who is at the same stage of life as me, a lost college student trying to choose a college, a career path and a life all in one go.

He once told me his dream career and talked of nothing else, but eventually he stopped talking about it.

He stopped looking at colleges relevant to his proposed field; he even stopped taking classes relating to it.

In a passing conversation with his parents, it was revealed that he was now looking at colleges to pursue a completely different career path because it was "more practical" and because you could "support a family on it."

I'm not going to pretend as if I know everything that prompted this change in fields or that I know the motivations behind it, but I can't help but wonder if he would be happier 50 years down the road pursuing his dream career rather than a "practical" one.

Of course, this is coming from someone who wants to study cinema and media production with a career in the film



Commentary

## Rebecca Starkey

industry.

"Practical" is not a word that comes to mind in regard to my dreams.

I am often told that I should prepare myself to be the "starving artist" stereotype and that there are no jobs or money in my field.

I'm not really sure I care though, because I know that personally I am much happier with a camera in my hands than a fat paycheck in my bank account.

I know that my personal happiness is generated by creation more than money.

People measure success in different ways.

Some may be more motivated by that fat paycheck than pursuing creativity or something else, and that's OK.

In the end, pursuing what makes you happy, whether it is in the form of paycheck or a creative field or whatever, is what really matters.

Sure, I would love to make it big in the film industry, and be paid millions to do what I love, but who wouldn't?

Perhaps this mentality of chasing happiness only comes from my youth-centered mindset.

Maybe after living only on ramen noodles for several years, unable to find work with a cinema degree, my mindset will change.

But maybe not.

The point is, find what motivates you, and pursue it.

Pursue it no matter what others tell you, because at 3 a.m. midway through an all-nighter for that life or death final exam, it's really going to come down to what motivates you, not what others think or want for you.

— Rebecca Starkey is the dream-chasing, film-crazed editor-in-chief for the Thunderword.



## Letter to the Editor

### How you look is not who you are

**Dear Editor:**

I need to spread awareness for my senior project. So I thought the best way would be through the newspaper. I'm still in high school so I am currently in Running Start. I attend Academy of Citizenship and Empowerment or ACE high school.

My senior project is on negative body image. I want people to know that this isn't a topic that should be taken lightly. I need them to know that nega-

tive body image is an injustice in today's society.

Many people do get hurt from this and it can be fatal in extreme cases. Negative body image is basically a distorted perception that people see is unfit on their body. So they begin to feel ashamed, uncomfortable, or even embarrassed by their own body.

I mean come on. I believe that everyone is perfect in their own way.

No one should ever believe that they need a "tummy tuck" or a "nose job." These are just really high standards set by the media. People see these standards as hard to reach so they try to get that "perfect" body as fast as they can.

People develop eating disorders, drug abuse and even attempt over exercising. These extreme be-

haviors lead not to a perfect body, but to a perfect costume.

Now, this subject isn't known very well. I just wanted to inform our community that this injustice is real and it is growing tremendously.

I'm not trying to pressure people to begin workshops that help with negative body image right after they're done reading this, but I want to spread the word. I want people to know about this. I want to people to tell their families about it, tell their friends about this, or heck, tell a stranger if you have to.

All I want from people is to have this implanted in their heads and by the end of the day if only one person is affected by this then that to me is success.

— Tanu Lafaele, Highline student

# the Staff “

Would you dare say a platypus in a tuxedo would approve it?

” E-Mail: [tword@highline.edu](mailto:tword@highline.edu)

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Managing Editor  
News Editor  
Arts Editor  
Sports Editor  
Opinion Editor  
Graphics Editors  
Living Editor

Rebecca Starkey  
Ryan Johnston  
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Photo Editor  
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Photos by Emma FitzPartrick/THUNDERWORD

## Highline gets jazzy

Highline professor Dr. Ben Thomas performed last week on the vibraphone, alongside musicians Stuart MacDonald, who plays the tenor sax; John Silverman on the bass; Chris Stover on the trombone; and Chris Icasiano on the drums. These five local musicians make up More Zero, a jazz band that performs all original compositions by Stover. Last Thursday at noon More Zero filled Building 7 with a free jazz experience.



• Renton Civic Theatre will be presenting "Boeing, Boeing" directed by Curt Hetherington.

*Boeing, Boeing* runs through March 1, with shows Thursdays at 7:30 p.m.; Friday and Saturday at 8 p.m.

Tickets are \$22 for adults and \$17 for students and seniors. For tickets, call the box office at 425-226- 5529.

Renton Civic Theatre is located on 507 S. 3rd St.

• Burien Actor's Theatre presents *Noises Off* a comedy by Michael Frayn.

General admission tickets are \$20, student and senior tickets are \$17.

To purchase tickets visit [click4tix.com/showdates.php?domain=BAT&s\\_id=429276](http://click4tix.com/showdates.php?domain=BAT&s_id=429276)

The show runs until March 23, Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m.

For more information visit [burienlittletheatre.org](http://burienlittletheatre.org).

# Jazz music to fill the Landmark

By Amy Sato  
Staff Reporter

The sixth annual Highline Classic Jazz Festival swings into the historic Landmark on the Sound Event Center.

The event will be Saturday March 8 from 2:30-10 p.m. at 23660 Marine View Drive S.

The festival will include a multitude of different jazz styles including New Orleans, Chicago-style hot jazz (aka Dixieland), Gypsy jazz, ragtime, jump, blues, big band jazz from the '20s, '30s, and '40s, swing standards, ballads, straight ahead classic, cool latin jazz, western swing and more.

"New this year will be a standalone coffee bar, serving throughout the festival, and as a special additional attraction, a free one-hour swing and Latin dance clinic, starting at 3 p.m. in the beautiful auditorium," said Lance Haslund Jazz Festival event coordinator.

The Highline Jazz Festival's performers for this year will include vibraphone performer Susan Pascal, playing her Soul Sauce tribute to '60s Latin jazz legend Cal Tjader; the quintet Ambience from Seattle, which specializes in the golden era of American jazz; and Canadian-born jazz vocalist and pianist Jennifer Scott.



Local musician Susan Pascal will be performing on the vibraphone at the Highline Classic Jazz Festival on March 8.

Ambience is fronted by vocalist Leah Natale, recently named the 2013 Seattle/Kobe Female Jazz Vocalist of the year.

"I have loved jazz standards since I was in high school. But it wasn't until college when I studied with Richard Davis, the bass player for Sarah Vaughn, that I really started to understand the beauty and complexity of jazz," Natale said.

"We are looking forward to sharing our tunes and hearing the other bands. It's great line-

up this year," Natale said.

Local performer Pascal, who plays the vibraphone, will be playing at the festival with a Latin flavor with Afro-Cuban arrangements.

"The group that will be performing this weekend is a five-piece band with piano, bass, percussion, and drums," Pascal said.

Pascal has taken her music through four tours of Singapore and has done workshops all over the United States.

Pascal was featured in the motion picture sound tracks of *The Wedding Planner*, *Office Space*, and *Mirror, Mirror*, and she has performed at the Earshot Jazz Festival and Bummer-shoot.

"The Landmark is a unique place to perform, because there are going to be a lot of people walking around in this gigantic place with all of its vintage furnishings," Pascal said.

Jennifer Scott, a pianist and singer originally from Vancouver, B.C., has specialized in jazz, world music, and blues.

Along with being a performer, she writes and arranges traditional, jazz, and pop music.

"I've always enjoyed being creative on the spot, so jazz has always been a great for that," Scott said. "I've been playing since I was five-years-old."

Some things that listeners should be expecting to hear from Scott's band are classic jazz with a Latin and Brazilian flare.

Scott said she will be "drawing from the American Standard songbook with the addition of Brazilian and some surprises from other sources like R&B, blues and even a little pop."

"I sang there (The Landmark) last year with vocal group, The Rhythm Bugs, and

the year before with my more traditional jazz trio. I'm looking forward to presenting this more playful and intimate duo with my husband, bassist Rene Worst," Scott said.

The event will include continuous jazz performances in three rooms with two dance floors, two wine bars, and a five-course meal (meal at additional fee).

Advance tickets are available at the Burien Arts Gallery, 826 S.W. 152nd St., or online at [www.brownpapertickets.com](http://www.brownpapertickets.com).

Tickets are available at the door as well.

Tickets are \$40, \$35 for seniors and free to those 18 and under.

This could be the last time the Landmark will be hosting the jazz festival.

The Landmark Event Center has announced that they will be closing their doors in September.

"Burien Arts Association is so grateful for the opportunity to present the Highline Classic Jazz Festival at Landmark this year and for the past two years," Haslund said.

"It is, without question, the ideal place to present jazz from the first half of the 20th Century. The venue complements the music, and vice versa," she said.



## Drama uncorks Stoppard in winter play

By Josué Chavez  
Staff Reporter

Rosencrantz and Guildenstern may not make it in the end, but they will live for a few hours in a play in March.

Playwright Tom Stoppard takes two minor characters from the play *Hamlet* and spins them off into their own story in *Rosencrantz and Guildenstern Are Dead*. It sort of navigates the events of *Hamlet*, said drama instructor Rick Lorig.

Whereas *Hamlet* ends with the announcement of the two characters' death, this play begins with them.

The characters ponder their existence, asking themselves, "How did we get here?" and "Where did we come from?" They embark on a journey to answer those questions, Lorig said.

The class selected this play because it fit the cast size and it gave them a unique opportunity in that the two main characters, Rosencrantz and Guildenstern, although written as male characters, could be played by female actors, Lorig said.

"When Shakespeare was writing, all of the women's roles were played by men and now we have women playing the men's roles," Lorig said.

Highline actors Tiana Ross and Scarlett Larson will be playing the characters Rosencrantz and Guildenstern.



Emma FitzPatrick/THUNDERWORD

Actors Laurel Ashley-Christian, left, Josh Poe, Simone Elbrecht, Stephanie Mock, Amy Chau, Briana Serjeant, and Adam Litterer practice for the upcoming drama production of *Rosencrantz and Guildenstern Are Dead* that opens March 6.

They are not changing any of the pronouns; the characters are still going to be played as men.

Lorig recommends people should attend the play because of the excitement and uncertainty of what you are going to see on any given night.

"I think we have a really good cast and we have been working really hard and I am sure we are going to put on a really great show," Lorig said.

"I am hoping they will find it funny and thoughtful. The characters are clownish and they get in over their heads so

there is quite a bit of opportunity for the audience to empathize with the characters in their situation," Lorig said.

The characters sort of don't have control of what's going on around them but they do their best at what they are doing, Lorig said.

The wardrobe worn by the actors is going to be Elizabethan clothing. Imagine the traditional Shakespeare attire; that is the type of garments that they will be wearing, Lorig said.

The actors will not impersonate any accents but they will

have different changes of tones and pitch to differentiate the characters, Lorig said.

Lorig thinks his actors have improved substantially.

He has actors who are at different levels of development. Some are brand new to acting and others have been acting for a long time, but all of what they are doing is different from other types of performances they have done, so everybody starts out at the same place, Lorig said.

The actors have made many discoveries about their characters and they are really devel-

oping them into unique well-defined characters, Lorig said.

"There are a lot of subtle jokes and a lot of classical references to Shakespeare and other classical literature hidden within the text, so part of the challenge has been to discover those things and make sense of those things and make sense of it for the audience," Lorig said.

The play will be performed March 6-8 and March 14-15, 7 p.m. in Building 4, room 122.

Tickets are priced \$8 for the general audience and \$7 for students.

## Local alternative band has laser focus on success

By Caitlin Berge  
Staff Reporter

Even before they attend Highline next fall, a couple of local musicians may have passed a final that could graduate them to the big time.

Local band Laser Fox is competing in the 13th Annual EMP Museum's Sound Off competition for a chance to perform at Bumbershoot this Labor Day weekend.

The EMP's panel of judges selected 120 bands to audition for a spot in the competition.

Only 12 moved on the semifinals, with Laser Fox winning the first night of the semifinals, and the right to move on to the March 1 finals.

Laser Fox is a group of high schoolers from Des Moines' Mount Rainier High School. The band features Nik Moeller on vocals, Gregory Maltsberger on synth, Gianni Aiello on bass guitar, and Collin Fenster on the drums.

Maltsberger is planning on enrolling at Highline, after he graduates from Mount Rainier in spring.



EMP Sound Off photo

Laser Fox band members Gianni Aiello, Nik Moeller, Gregory Maltsberger, and Collin Fenster will perform in the EMP Sound Off competition on March 1. They hail from Mount Rainier High School.

"We started out with a crazy vision, and ended up adding some friends, and now we have Laser Fox," Moeller said.

"We originally planned on being a surfer rock band, but then added the synthesizers and

Laser Fox was born," Moeller said.

"We're just guys passionate about synth music. We love playing and interacting with the crowd," Maltsberger said.

Moeller describes their music as "synth-pop- an '80s sound,

with modern indie influence." A synthesizer is an electronic music board, equipped with a keyboard creating a wide variety of sounds.

Laser Fox was formed in July of 2013, and though they have

not been together long they have made a positive impression on their audience.

"We want our crowd up and dancing, and even if they don't like to dance we bring them out of their comfort zone," Maltsberger said. "We target young adults, like us."

"We have fun making our music, we want people to have fun listening to it," Maltsberger said.

In the finals, Laser Fox will play alongside Thee Samedi of Bellevue, and Otieno Terry of Seattle. Judges selected Fauna Shade of Everett as the wild card winner, they will perform with the semi-finalist winners on finals night.

"Sound Off participants make off with a slew of awesome prizes such as recording time, gear, radio airplay, festival performances, and media attention," an EMP Sound Off Rep said.

The finals are scheduled for Saturday, March 1. The EMP museum is located on 325 5th Ave. N., in downtown Seattle.

Doors open at 7 p.m. and the show will start at 8 p.m. Tickets are \$12 for the public, and \$8 for students with student ID.



38 35  
74 514  
2-14  
Scoreboard

MEN'S BASKETBALL  
West Division

Team	League W-L	Season W-L
Clark	14-0	22-1
Pierce	11-3	18-6
Highline	10-4	19-6
Green River	7-7	9-14
Lower Columbia	6-8	9-14
Grays Harbor	5-9	8-15
Centralia	5-9	5-17
Tacoma	4-11	9-16
So. Puget Sound	2-13	2-21

North Division

Whatcom	11-3	18-6
Skagit Valley	11-3	18-9
Bellevue	11-3	17-10
Edmonds	9-5	17-10
Peninsula	6-8	12-11
Everett	4-10	13-15
Shoreline	2-12	6-20
Olympic	2-12	2-22

East Division

Treasure Valley	11-3	18-8
Big Bend	10-4	21-7
Columbia Basin	9-5	16-10
Spokane	7-7	17-11
Yakima Valley	6-8	15-13
Wenatchee Valley	6-8	12-15
Walla Walla	5-9	12-16
Blue Mountain	2-12	6-20

South Division

Portland	10-4	19-9
Clackamas	10-4	16-11
SW Oregon	10-4	21-7
Chemeketa	9-5	14-13
Mt. Hood	9-5	20-8
Lane	5-9	12-16
Umpqua	2-12	6-20
Linn-Benton	1-13	5-19

WOMEN'S BASKETBALL  
West Division

Team	League W-L	Season W-L
Clark	15-1	23-3
Lower Columbia	14-2	21-6
Highline	10-6	19-9
Centralia	10-6	14-12
Pierce	9-7	12-14
Tacoma	7-9	13-13
So. Puget Sound	5-11	7-19
Greys Harbor	1-15	3-22
Green River	1-15	3-22

North Division

Bellevue	13-1	20-7
Whatcom	12-2	16-8
Skagit Valley	10-4	19-8
Peninsula	8-6	11-13
Everett	5-9	8-19
Olympic	3-11	6-18
Shoreline	3-11	5-18
Edmonds	2-12	3-21

East Division

Columbia Basin	13-1	23-4
Walla Walla	12-2	18-7
Blue Mountain	8-6	19-8
Spokane	7-7	15-12
Big Bend	6-8	16-12
Wenatchee Valley	6-8	14-15
Yakima Valley	4-10	8-19
Treasure Valley	0-14	2-25

South Division

Umpqua	10-2	21-6
Lane	9-3	22-6
Chemeketa	8-4	17-10
Clackamas	8-4	19-6
Portland	5-7	9-15
SW Oregon	2-10	13-15

T-Birds fly into tourney

Jimmy Keum  
Staff Reporter

The Highline women's basketball team will play defending champion Lane in the first round of the NWAACC Women's Basketball Championship Tournament in Kennewick.

The Lady T-Birds finished third place in league with a 10-6 record (19-9 season) and will face Lane (22-6 season; 9-3 league) this Saturday, March 1 at 4 p.m.

"A Lane match-up is what the girls wanted," said Highline Head Coach Amber Mosley.

This will be the fourth time this season that the Lady T-birds have be matched up with Lane leading the season series 2-1.

"There's no surprises playing them," said 5'3" freshman guard Shiccia Harris-Grant.

Each meeting between the two teams have come in pre-league tournament games and all have been tightly contested.

"We don't like them and they don't like us," said 5'5" freshman guard Kayla Ivy.

In the season series, Highline has averaged 74.6 points while Lane averaged 77 points.

Highline will have to deal with a fast-paced offense in Lane that leads the NWAACC in scoring at 85.5 points per game.

"Transition defense is a big key," Coach Mosley said.

The Lady T-Birds will also have to deal with 5'9" standout guard Shelby Snook, who is third in the NWAACC in scoring (19.4) and sixth in assists (5.1).

"She is uncanny at getting to the basket and finishing layups," Mosley said.

In the two victories against Highline, Snook has averaged 33 points and 7 assists.



Sam Hong/THUNDERWORD

Freshman Jada Piper looks for open teammates on Saturday's game against Clark.

"We have to keep her out the key and make her shoot," Ivy said.

Snook is only shooting 28 percent from three-point range.

"If we stop Shelby, we have a great chance of winning," said 5'10" freshman guard Jada Piper.

Fortunately for Highline, Piper will be back in the lineup after missing nine games due to a mid-season broken left pinky.

"My pinky is feeling better and I'm ready to play," Piper said.

Piper is Highline's second leading scorer at 13.5 points per game and will be important to the team's pursuit of a championship.

"Jada back in the lineup is key. She is a true scorer and it takes pressure off the rest of the lineup," Head Coach Mosley said.

Highline will be at full strength while Lane will have to deal with an injury to a key

player.

5'1" sophomore guard Tori Mahaffie will not play due to a torn ACL injury.

Mahaffie was Lane's fourth leading scorer at 10.1 points per game and second leading rebounder at 6.6 rebounds per game.

The Lady T-Birds are looking to bounce back after closing out league play with an 80-54 loss against Clark.

Clark scored 30 points off 25 Highline turnovers.

The Lady T-Birds were able to clinch their playoff berth with an 82-62 victory at Green River.

Victoria Elleby led Highline in scoring with 22 points.

The Lady T-Birds will leave this Friday, Feb. 28 and travel to Kennewick for the tournament.

"This team is a tourney team. They thrive off play or go home," Head Coach Mosley said.

With a fully healthy roster, the Lady T-Birds are not content with just getting to the tournament.

"We have the capability to win a championship this year if they do it together," Mosley said.

Players echoed the confidence of their head coach.

"With our whole team healthy, we feel like we can win it all," Ivy said.

With a win, Highline will take on the winner of the Bellevue-Spokane contest.

Two Lady T-Birds were selected for different awards by the NWAACC.

Sophomore Victoria Elleby was named as part of the NWAACC West Division all-star first team. Sophomore Lanae Adams who was named for the NWAACC West Division all-star second team and the all-defensive team.

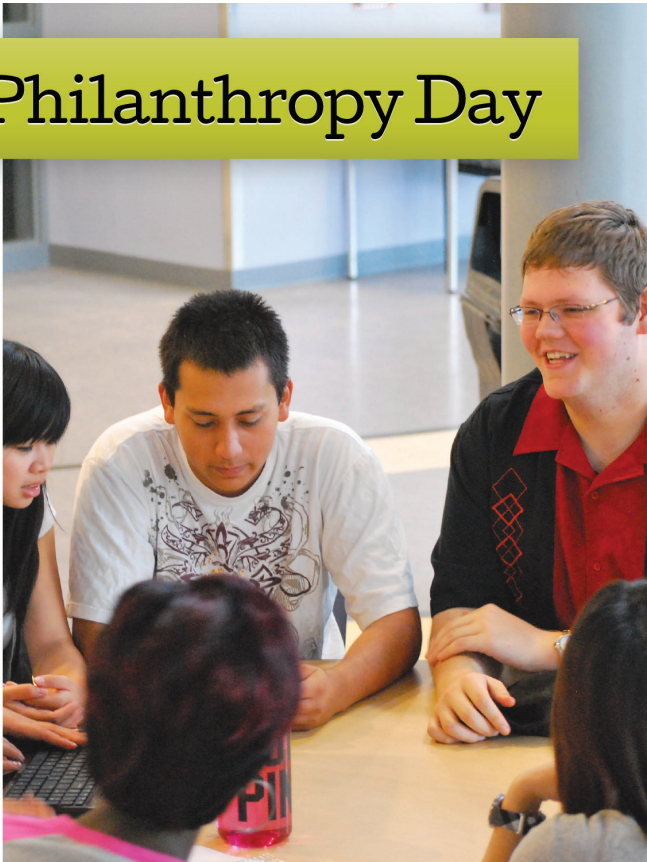
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- **Women's Programs along with Men's & Women's Basketball** raised funds for the Susan G. Komen Foundation and for the HCC Foundation & Emergency Funding.
- **HCC Change for Change Club** raised funds for the Des Moines Foodbank Weekend Backpack Program.
- **International Student Programs** interns raised money for the Washington Community Alliance for Self-Help.

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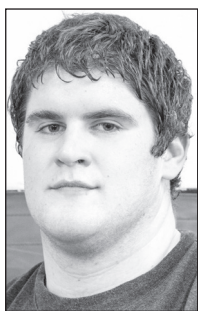
## Michael Henry is determined to bring home a wrestling title

By Ryan Macri  
Staff Reporter

Michael Henry does not want to be No. 2 again.

On Feb. 15, Henry fell short of becoming regional champion when he lost on a questionable call in the final round at the NJCAA Western District Championships.

This weekend in Spokane, he will have an opportunity to avenge his loss at the NJCAA National Championships.



Henry started wrestling when he was 7 years old.

"My brother and I wanted to start wrestling because I had a friend that was a wrestler and he convinced us to go," he said.

"I enjoy getting a tough workout, being able to stay in shape, and getting some stress out all at the same time," said Henry.

He attended Graham-Kapowsin High School. The best he placed was fifth in state during his high school career.

Henry currently lives near his high school, so he has about an hour and a half commute to Highline every day.

When he is outside of school he spends most of his time studying and spending time with his girlfriend.

This is Henry's second year at Highline. He missed qualifying for nationals by one place last season and has been battling a knee injury this season but is 100 percent for nationals.

"I think I have done all right this season considering my knee injury," Henry said. "It took me out of a lot of practices, but I am ready for nationals."

Henry hopes to use his experience at the regional tournament to help prepare him for the national tournament.

"[Regionals] showed me that I am going to have to fight to win every match, and that I need to push myself harder for nationals," he said.

Henry has a good shot at winning nationals, said Brad Luvaas, assistant coach of the T-Birds.

"He's gotten meaner," Luvaas said. "Henry puts people through hell, and most guys don't want to do it and just roll over and give up."

"My goal is to become a national champion," Henry said. "I definitely do not like to lose. So that's kind of pushing me to work harder and aim for not losing at all at nationals."

# T-Bird wrestlers to grapple for national individual titles

By Ryan Macri  
Staff Reporter

The Highline men's wrestling team will have five wrestlers compete in the NJCAA National Championships in Spokane this weekend.

The tournament will take place today through March 1.

The wrestlers competing for the T-Birds are Andres Tereza at 125 pounds, Josh Romero at 149 pounds, Elias Mason at 174 pounds, and Tyler Cormier at 197 pounds, heavyweight Michael Henry.

Michael Henry recently placed second at the NJCAA Western District Championships, and the other four wrestlers all placed fourth in their respective weight classes.

"All five of our guys have a shot at making the finals the way the brackets are set up. They just have to wrestle well," said Brad Luvaas, assistant coach of the T-Birds.

"Our team has some guys that didn't qualify for nationals that probably could have been an All-American," he said.

"Our regional championships are like a mini national tournament. About 35 of the 50 guys [from Region 18] are going to be an All-American," Luvaas said.

An All-American is when a wrestler finishes in the top eight in his respective weight class.

"I wouldn't be surprised if Region 18 has a finalist in every weight class," he said.

"I think us or Northeastern Oklahoma A&M College are the favorite," said Josh Rhoden,



Sam Hong/THUNDERWORD

Kendall Momon watches as Assistant Coach Brad Luvaas shows Andres Tereza a technique for the upcoming tournament.

Clackamas' head coach, Highline's rival from Region 18.

Clackamas is ranked No. 1 in the country and Northeastern Oklahoma is ranked No. 2.

"Guys will have to wrestle to the best of their ability, and take it one match at a time," he said.

There will be about 50 teams at the national tournament. Each team will be bringing a different amount of wrestlers who qualified.

The national tournament will be much larger than the regional tournaments. The regional tournaments consisted of about six to eight teams.

Nonetheless, "I don't anticipate [nationals] to be too overwhelming," said Rhoden.

"All these kids have wrestled in tournaments much larger

[in terms of numbers] than this one," said Luvaas.

"The only thing that could be a surprise is a little bit of nerves and excitement," Rhoden said.

"Once that whistle blows, hopefully everything fades and they go to work," he said.

"I don't think there will be a surprise," said Joe Renfro, head coach of Northeastern Oklahoma. "It's just who shows up and performs."

This is the first year Renfro has coached Northeastern Oklahoma, and this is the first year Northeastern Oklahoma has had a wrestling team since 1993.

Renfro coached at Labette Community College, in southeast Kansas, before he became Northeastern Oklahoma's head coach.

At Labette, Renfro's wrestlers won the NJCAA National Championships in 2012, and shared the national championship title with North Idaho College in 2013.

Renfro will be going for his third consecutive national championship this weekend.

There will be a few wrestlers who will compete in the national tournament for the first time.

For Highline, Andres Tereza at 125 pounds, Elias Mason at 174 pounds, and Tyler Cormier at 197 pounds are all freshmen who will compete for the first time in the national tournament.

"Guys that haven't been [to nationals] before are in the land of not knowing, and don't know what's coming next," said Renfro.

"You never know what's around the corner and you have to just roll with the punches," he said.

The T-Birds hope to have a national champion, particularly at the heavyweight division.

Henry recently missed becoming the regional champion a couple weekends ago because of a controversial call by the referees, said Luvaas.

"Well, what happened was I shot on the guy close to the out of bounds and took him down and my feet were still inbounds, which should have been two points but the referees said that since he touched the hardwood that the points didn't count. Which really pissed me off because I wanted to win," said Henry.

Henry has another chance to show he's the best this weekend in Spokane.

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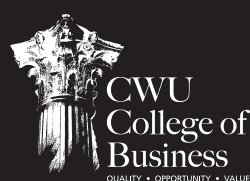
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# T-Birds drop final game, but still tourney bound

By Mariah Campbell  
Staff Reporter

Highline ended its 2013-2014 regular season with a loss to Clark, 54-57, after beating Green River 90-79 last Wednesday.

The T-Birds held the lead against Clark, the West Division champions, for much of the game.

Clark started closing the 9-point gap in the second half. Eight minutes into the second half there was only a 3-point gap between the two teams, with Highline still in the lead.

Clark tied the game on some timely free throws, and then took the lead with a 3-pointer from leading scorer Collin

Spickerman, who finished with 11 points.

After that shot Clark never let go of the lead.

Harold Lee led Highline with 14 points. Ben Tucakovic had 13 rebounds and 6 points.

The game was decided in part at the free throw line, where Highline made 5 out of 11 free throws and Clark made 12 out of 19.

Turnovers were also a huge part in the outcome of the game. Highline had 25 total turnovers and Clark only had 13.

Sophomore forwards Joseph Stroud and Ryan Swanstrom played their last games at Highline.

Stroud ended his last regu-

lar season game playing for Highline with 4 points, 3 blocks and 6 rebounds. He was selected as the defensive player of the year and he also made second team for the West Division. Swanstrom went scoreless in nine minutes of play. He had 3 rebounds.

Last Wednesday the T-Birds had a great win against Green River.

Freshman guard Doug McDaniel had one of his best games of the season and led Highline with 35 points, 8 rebounds, and 4 steals. McDaniel also made first team in the West Division and was selected to be the freshman of the year.

Ben Tucakovic, freshman

forward had 15 points and 9 total rebounds.

The win avenged an earlier home loss to the Gators.

Green River will not be making an appearance in the playoffs this year.

Freshman forward Isom Brown ended his season by making the all-defensive team in the West Division.

Highline ended the regular season third in the West Division with a record of 11-5 and an overall record of 20-7.

The T-Birds will be playing Clackamas in their first playoff game this Saturday at noon in Kennewick. The winner of this game will go on to play the winner of the Whatcom-Spokane game.

“There are big steps we need to take as a team to win these games,” said freshman guard Madison McCaffrey.

Clackamas went 10-4 this season with a 16-11 overall record and they share the title of South Division Champions with Portland and South West Oregon.

“I always tell the guys that to have a chance to compete at the highest level, which we have the potential to do, we have to stay together, deal with adversity the right way, and enjoy the journey,” said Head Coach Che Dawson.

The T-Birds head into playoffs ready to fight and take home the win, Harold Lee said.

## Small stature belies big heart

### Madison McCaffrey adjusts game to excel on court

By Mariah Campbell  
Staff Reporter

**M**adison McCaffrey was willing to travel away from home to follow his basketball career.

“For my future, Highline was a better choice for me academically and on the court,” said Madison McCaffrey.

McCaffrey is a freshman starter on Highline’s men’s basketball team this year.

For his first season playing at Highline, he had an average 37 percent field goals made, 35 percent of 3-pointers made, and an average of about 11 points per game.

McCaffrey is from Hillsboro, Oregon, 30 minutes outside of Portland. He played for Century High School all four years of his high school career.

“[I] Can’t wait for college! It’ll be nice to get out of Oregon for a while,” McCaffrey said on Twitter.

McCaffrey had a few options to play basketball in Ore. but he didn’t feel that they were the right schools for him.

Highline Head Coach Che Dawson contacted his high school early in McCaffrey’s senior year.

“We were looking for a really good shooter who had been fundamentally well coached and who had some toughness. We also wanted a high character young man,” Dawson said.

“Dawson seemed like he cared about me more off the court than other coaches,” McCaffrey said.

McCaffrey also said he was attracted to Highline because of its successful basketball program.

Dawson said that he thinks of his guys as people and students before they are players.

“They will be people and students much longer than they are players in this lifetime,” he said.

Standing at only 5’9”, McCaffrey had a few struggles when he first started playing at the high school level.

“Earlier in my high school career I



Sam Hong/THUNDERWORD

Madison McCaffrey snags a rebound in a recent game against Clark.

didn’t get as much playing time,” McCaffrey said. “I wasn’t as tall or athletic.”

Highline teammate Harold Lee, who at 5’10” is another freshman starter for the T-Birds, said that when you’re on the shorter side of the sport, you have to prove yourself a lot more than everyone else on that court.

Now McCaffrey sees his height as an advantage.

“You have to look at the game a different way than others and I use my [lack of] height as an advantage,” McCaffrey said.

“Appearances are deceiving, but a lot

of coaches buy into that. He is skilled and has a big heart. That will maximize his potential,” said Dawson.

After a rough start to his high school basketball career, McCaffrey was all-American sophomore through senior years. Also he was a part of the strongest starting unit in Oregon. His high school was ranked No. 1 the largest enrollment league for high schools in Oregon.

McCaffrey’s love of sports is a family affair. His brother, Cameron, has played basketball all his life and plays in Europe.

McCaffrey said his parents have both been supportive of his basketball career.

“Both my mom and my dad were in sports and they both knew the lifestyle that sports people have to maintain. They were hard on me with my school work and keeping me out of trouble,” McCaffrey said.

His mother, Lynn also played sports at the college level. She was a standout gymnast at University of Minnesota and inducted into its hall of fame in 2008.

His father, Patrick, was a wrestler at the University of Arizona.

McCaffrey plans on obtaining an associate in business degree here at Highline.

“I will transfer to a four-year and then graduate from that four-year and then possibly play somewhere else after that. If not a four-year is where I’m going,” McCaffrey said.

McCaffrey says he just wants to be able to play basketball and get his schooling paid for by doing what he loves. He doesn’t have a specific school in mind for his bachelor’s degree.

Basketball has been a big motivator to do well in school for McCaffrey. He says that if you want to play you have to be doing well in all your classes.

“With basketball you could say it’s a mirror with academics. What you put in is what you get out. It teaches you the work ethic you need for academics,” McCaffrey said.

McCaffrey said he is very happy with his decision to come to Highline but living away from home for the first time has its advantages and disadvantages.

McCaffrey lives with a few of his teammates in a condo near campus. He said living with his teammates is fun, sometimes.

“We only have one shower,” McCaffrey said with a laugh. They get home from games ready to shower all at the same time.

“We don’t have that much hot water,” he said.

In his spare time McCaffrey enjoys spending time with his teammates and playing NBA video games.

Since basketball season overlaps with the holidays he wasn’t able to visit home very long. He was able to go home for Thanksgiving for two days and three days for Christmas.

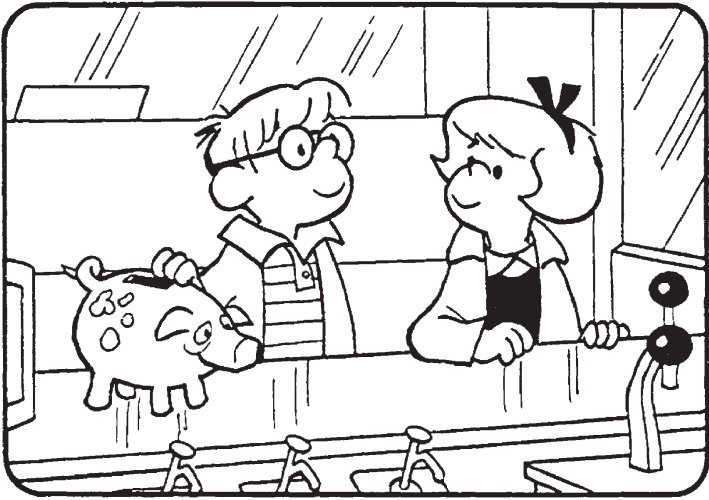
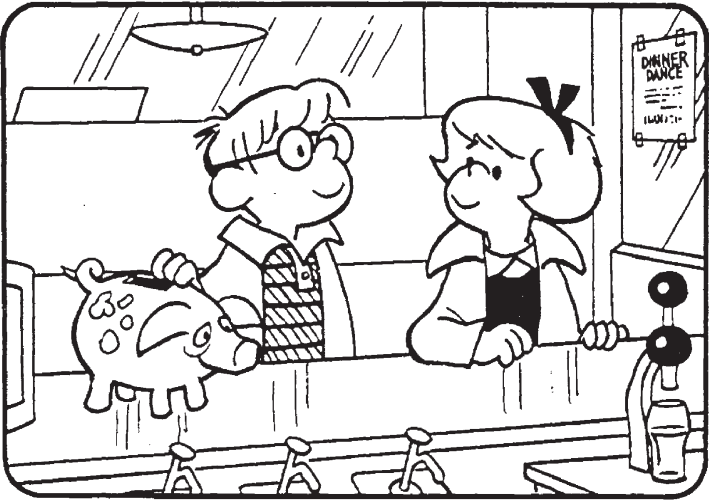
“We have tournaments during winter break so I don’t have a lot of time to go back home,” McCaffrey said.

He plans on returning next fall.



**HOCUS-FOCUS**

BY  
HENRY BOLTINOFF



CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How quickly can you find them? Check answers with those below.

Differences: 1. Light is missing. 2. Pig's ears are smaller. 3. Shift is different. 4. Collar is different. 5. Poster is missing. 6. Glass is missing.

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**Weekly SUDOKU**

by Linda Thistle

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

**DIFFICULTY THIS WEEK: ★**

★ Moderate    ★★ Challenging  
★★★ HOO BOY!

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1. GEOGRAPHY: Where is the Blarney Stone located?
2. TELEVISION: Who was executive producer of the *Ani*maniacs television cartoon show?
3. MOVIES: What Jon Voight/Dustin Hoffman film won the Academy Awards Best Picture in 1970?

4. MUSIC: Which Pink Floyd song featured the lyrics, "All in all you're just another brick in the wall"?
5. GAMES: How many dominoes are in a standard set?
6. POLITICS: In what year did a Republican run for president on the slogan, "A chicken in every pot and a car in every garage."
7. FAMOUS QUOTES: What ancient philosopher said, "The roots of education are bitter, but the fruit is sweet."

**King Crossword**

**ACROSS**

- 1 Stately dance
- 6 Spice blend in Indian cuisine
- 12 Nut in a toxic shell
- 13 "I, Robot" author
- 14 Acid neutralizer
- 15 Abrade
- 16 Disorder
- 17 Reverberate
- 19 In medias —
- 20 Early pulpit
- 22 Skater Babilonia
- 24 Carnival city
- 27 Exceptional
- 29 Make a splash
- 32 He sang "Alison" and "Veronica"
- 35 Took off
- 36 Recognize
- 37 Peculiar
- 38 Theater ticket datum
- 40 Teensy bit
- 42 Feedbag tidbit
- 44 Vaulted recess
- 46 Ellipse
- 50 Lowly worker
- 52 With optimism
- 54 More goose-

	1	2	3	4	5		6	7	8	9	10	11
12							13					
14							15					
16					17	18				19		
				20	21			22	23			
24	25	26		27			28		29		30	31
32			33				34					
35					36					37		
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42	43			44	45				46	47	48	49
50			51				52	53				
54							55					
56							57					

- |                           |                           |                           |
|---------------------------|---------------------------|---------------------------|
| bump-inducing             | address                   | compartment               |
| 9 Texas city              | 9 Texas city              | 33 Altar affirmative      |
| 10 Easy bounding gait     | 10 Easy bounding gait     | 34 Seesaw quorum          |
| 11 Birds, to Brutus       | 11 Birds, to Brutus       | 39 Pay                    |
| 12 Video maker, for short | 12 Video maker, for short | 41 Unlike rolling stones? |
| 18 Long, blunt cigars     | 18 Long, blunt cigars     | 42 Poets' tributes        |
| 21 "— Doubtfire"          | 21 "— Doubtfire"          | 43 Neighbor-hood          |
| 23 Mimic                  | 23 Mimic                  | 45 Saucy                  |
| 24 Gridiron arbiter       | 24 Gridiron arbiter       | 47 String instrument      |
| 25 Under the weather      | 25 Under the weather      | 48 Partner                |
| 26 Flip                   | 26 Flip                   | 49 Caustic solution       |
| 28 Not widely known       | 28 Not widely known       | 51 "Trivial Pursuit" need |
| 30 Antiquated             | 30 Antiquated             | 53 John's Yoko            |
| 31 Spacecraft             | 31 Spacecraft             |                           |

**DOWN**

- 1 Corduroy ridge
- 2 Requests
- 3 Tibet's capital
- 4 — Aviv
- 5 Dry, crisp bread
- 6 Pulverize
- 7 Foppish neckwear
- 8 Knightly

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**Even Exchange** by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- |                  |                 |                                 |                 |
|------------------|-----------------|---------------------------------|-----------------|
| 1. Fidget        | W _ _ _ _ _     | Snickers                        | G _ _ _ _ _     |
| 2. Took an oath  | _ _ _ _ _ E     | Zorro's weapon                  | _ _ _ _ _ D     |
| 3. Pale color    | _ _ _ _ _ L     | Applied glue                    | _ _ _ _ _ D     |
| 4. Trench        | _ I _ _ _ _     | From the Netherlands            | _ U _ _ _ _     |
| 5. Profession    | _ _ _ _ _ E _ _ | 39 <sup>th</sup> U.S. president | _ _ _ _ _ T _ _ |
| 6. Shaving foam  | _ _ _ _ _ H _ _ | Second of two                   | _ _ _ _ _ T _ _ |
| 7. Military rank | _ _ _ J _ _ _   | Estate house                    | _ _ _ N _ _     |
| 8. Texas capital | _ _ _ _ _ I _   | "Mansfield Park" writer         | _ _ _ _ _ E _   |
| 9. Gladden       | _ _ _ A _ _ _   | Privileged                      | _ _ _ I _ _     |
| 10. Noble title  | _ _ _ R _ _ _   | Part of a BLT                   | _ _ _ C _ _     |

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- |  |   |
|--|---|
| 8. MYTHOLOGY: According to some popular accounts, what was the last name of the legendary King Arthur? | 6. 1928, Herbert Hoover                   |
| 9. COMPUTERS: What does the acronym JPEG stand for?  | 7. Aristotle                              |
| 10. LITERATURE: In which novel does the character of   | 8. Pendragon                              |
|  | 9. Joint Photographic Experts Group       |
|  | 10. A Tale of Two Cities, Charles Dickens |
- Answers**
1. Blarney Castle, Cork, Ireland
  2. Steven Spielberg
  3. Mid
  4. Another Brick in the Wall -- Part 2
  5. 28 pieces

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# No body is perfect, so be sensitive

By Kaylee Moran  
Staff Reporter

If someone you know may be suffering from an eating disorder, it's best to be sensitive to their situation.

"Express your specific concerns in a loving, nonjudgmental way. Speak to them privately. Let them know you're worried about them, and encourage them to seek help," said Minh-Hai Tran, a local dietitian.

"Avoid simplistic comments such as, 'you just need to eat more' and let them know you want to see them healthy and happy," Tran said.

Eating disorders are serious, complex and devastating conditions that can affect your physical and emotional health, relationships and can be life threatening.

There are many different types of eating disorders

"There's anorexia nervosa, bulimia nervosa, binge eating disorder, and an eating disorder not otherwise specified," Tran said.

Some eating disorders that do not fall under these categories are eating disorders that cause significant distress or impairment, but does not meet the criteria for another feeding or eating disorder, Tran said.

## Women's Programs targets eating disorders

Highline's Women's Programs will hosting a table in observance of National Eating Disorder Awareness Week.

"Everybody Knows Somebody" is the theme for this year's "Embrace Your Genes" project at the health fair.

It will be in Building 8, lower level on March 5 from 10 a.m. to 1 p.m and it will provide information about eating disorders, how to recognize them and how to gain support from community partners.

Highline counselors will be on site for any students or staff needing more information or to get referred to outside community agencies.

"Some people mistakenly believe that because their disordered eating doesn't fall into an 'official' category such as anorexia nervosa and bulimia nervosa, instead falling under [eating disorders not otherwise

specified], that their eating disorder is not as serious. This isn't necessarily true," Tran said.

Eating disorders are very common and may affect many people even if they are unaware of it.

"I think more Americans than

not struggle with disordered eating on some level," Tran said.

"If worrying about food or weight occupies more time and energy than you'd like, I strongly encourage you to see a dietitian or therapist specializing in eating disorders [even if you don't struggle with a full blown eating disorder]," she said.

You will eventually need a team of a physician, therapist and dietitian, but it's best to start with one professional you trust, said Tran.

"You deserve to be happy and truly thrive in life, not be held back by food and body worries," Tran said.

## Disorders

continued from page 1

sue. I thought I was doing my body a great thing. It took five months until the doctor noticed what was going on and sent me to get urgent care," Sanders said.

"I had gone in for a check up on my stomach pain months before and my doctor opened up my mouth to check my throat, and when he did, he noticed stab wounds in the back of my throat and also that my weight had gone from 157 to 131 in a few months," Sanders said.

"I started out by starving myself, but I started to get hungry of course. So then I decided that I might as well just eat and then go purge right after," she said.

Even after her diagnosis, Sanders' illness went on for another four to five months until she was able to take control of her life.

"But to this day I still suffer from [body dysmorphic disorder]," Sanders said.

When she was going through this, she felt much different about herself than everyone else did.

"Looking in a mirror, I felt

the happiest I had ever felt with myself [when I was losing the weight]," Sanders said.

"What I saw in the mirror, then and even in today's time, I see myself as needing to become skinnier and always needing and wanting to be 120 pounds and a size three," she said.

Sanders said many factors contributed to her eating disorder.

"My father was always comparing me to my sister who was really tiny, calling me fat, telling me if I ate anything bad I'd become like my other sister and mother," she said.

"I saw all the tiny girls being known as beautiful and I wasn't happy."

Sanders' symptoms aren't unique.

"There are several risk factors for eating disorders, including genetics, low self-esteem, dieting, sexual trauma, depression, anxiety, among other factors," said Tran, a dietitian.

"People with certain temperaments may be at higher risk for developing eating disorders, such as those prone to perfectionism, anxiety, and obsessive thinking," she said.

Sanders, like all sufferers of eating disorders, saw her health

deteriorate.

"My teeth and nails were turning yellow and my hair was falling out easier," she said.

"My breathing became a lot shorter and my heart was starting to have slower beats and was causing me pain."

In anorexia nervosa's cycle of self-starvation, the body is denied the essential nutrients it needs to function normally.

Serious medical consequences include abnormally slow heart rate and low blood pressure which can lead to heart failure; reduction of bone density; muscle loss and weakness; severe dehydration that can result in kidney failure; fainting; fatigue and hair loss, according to the National Eating Disorders Association's website.

Bulimia also has serious health consequences.

The binge and purge cycles of bulimia can affect the entire digestive system and lead to electrolyte and chemical imbalances in the body. This can lead to irregular heartbeats, heart failure and death.

The frequent vomiting may cause gastric or esophagus rupture, tooth decay and staining,

constipation, peptic ulcers and pancreatitis, according to the National Eating Disorders Association's website.

Sanders was unaware of the fact that she needed help and was forced to go through treatment.

"I didn't seek help. I was forced and I had to go through dietitians and nutritionists, and also to talk to a psychologist once a week," she said.

Although it wasn't what she wanted, treatment helped more than she expected.

"It helped a lot. Everything the dietitian did helped. He put me on to a diet that would help me eat without hurting my stomach due to how small it had gotten," Sanders said.

"The psychologist helped in the aspect of talking about how I felt, but it didn't help me get over it," she said.

Recovery from an eating disorder is not a piece of cake.

"It's not an easy process and requires a team effort involving a therapist and dietitian specializing in eating disorders, along with a physician and sometimes a psychiatrist," said Tran.

There are different levels of care depending on the person

and severity of the situation.

Some people may need inpatient or residential treatment, partial hospitalization or intensive outpatient treatment, while many others can do well in outpatient treatment, Tran said.

To end the anorexia and bulimia, Sanders said that her family and friends had much more of an impact than any treatment.

"My nephew cried when I was putting him into bed once and asked me if I'd be around when he's all grown up. That was the eye opener for me," she said.

Sanders has found ways to live without her eating disorders weighing her down.

"I deal with it now little by little. I have days where I sit by the toilet after eating and wonder if I should go back," she said.

"I also deal with the mental aspect which is really hard to overcome," she said.

Looking back on the experience now, Sanders said it made an impact in her life.

"I feel like I was dumb," she said. "But I took an experience out of it. It helped me decide what I wanted to do with my career which is to become a medical dietitian and help others."

Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 24 mins.

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

Even Exchange

answers

1. Wiggle, Giggle

2. Swore, Sword

3. Pastel, Pasted

4. Ditch, Dutch

5. Career, Carter

6. Lather, Latter

7. Major, Manor

8. Austin, Austen

9. Elate, Elite

10. Baron, Bacon

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# Safety

continued from page 1

“We try to do promotions on [Highline’s] home webpage,” Dr. Skari said. “The strategy is to try different things [to advertise]. As far as a written plan goes, we don’t have one yet.”

The rumor mill was an apparent problem in the aftermath of a dispute between a campus employee and a student.

On Feb. 7, a student complained about a college employee on social media after they got into a verbal dispute the day before.

In response, instructors were notified that they could cancel their classes if they felt unsafe, and students were eventually told, “The student wrote some social media posts that could be construed as concerning,” via email.



Dr. Lisa Skari

This confused students who discovered that their classes were cancelled.

Since that incident, the campus has learned to communicate sooner and to be more forward, Dr. Skari said.

“[We learned] to communicate when we can and as soon as we can,” Dr. Skari said.

Should a situation come up

## How to sign up for text alerts

Signing up for HCC Text Alerts can help you learn about emergencies on campus.

HCC Text Alerts is a free, subscription-based mass communication system that will keep campus members up-to-date on emergencies, campus closures and more, assuming that they’re signed up.

In order to sign up, students should first go to [hcc textualerts.highline.edu](http://hcc textualerts.highline.edu).

Then, click on the “Sign Up Now” link. Students will then be asked to enter their MyHCC username and password. This is the same information used to log into Angel, Canvas, and students’ emails.

Students will be asked if they want to subscribe for text alerts, their cell phone number, and their cell phone carrier.

After a confirmation screen, a test text will be sent to students’ cell phones to verify that they have been signed up.

where the campus might be closed, campus staff will come together and make a judgment call.

Incident command, a group of campus staff, will come together and decide if an incident is severe enough to close the

campus. “The more complex the issue, the more people in incident command,” Dr. Skari said.

For example, two or three people would come together to incident command to decide if the campus needs to be closed for snow, she said.

Although Building 25 was temporarily closed, the rest of the campus was left open.

Dr. Skari said that because this incident was contained to Building 25, the campus wasn’t closed.

“Partial closures [are] based on what’s happening in that building,” Dr. Skari said. “If we have to keep the campus [as a whole] safe, we’ll close the campus.”

“We also have a system in case we need to go into evacuation or lockdown,” Baylor said. “We would do the email and text message alert system immediately.”



Brenda Gomez-Zapata, a then-recent Highline graduate was killed when Yichun Xu ran a stop sign and struck her vehicle.

# Guilty

continued from page 1

Donohoe said last March that the bail was set so high because of the possibility of Xu fleeing the country, despite Xu surrendering his passport.

Xu turned himself in on Feb. 10 in preparation for Tuesday’s plea hearing.

Xu had only been in the country for two months at the time of the crash, and did not have an international driver’s license and had not driven in the United States prior to the crash.

Gomez-Zapata graduated from Highline in June of 2012 with her associate of arts degree and wanted to be an elementary school teacher. Those who knew Gomez-Zapata said she was a highly motivated student with a contagious smile.

At the time of the crash Gomez-Zapata was driving

four of her family members to a quinceanera (a birthday celebration for girls turning 15 years old.) Gomez-Zapata’s brother Juan Gomez who was a passenger in the crash, sustained a traumatic brain injury, while other passengers Itsi Gomez, Elizabeth Zapata, and Ignacio Zapata sustained minor head injuries and bone fractures.



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