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The Thunderword

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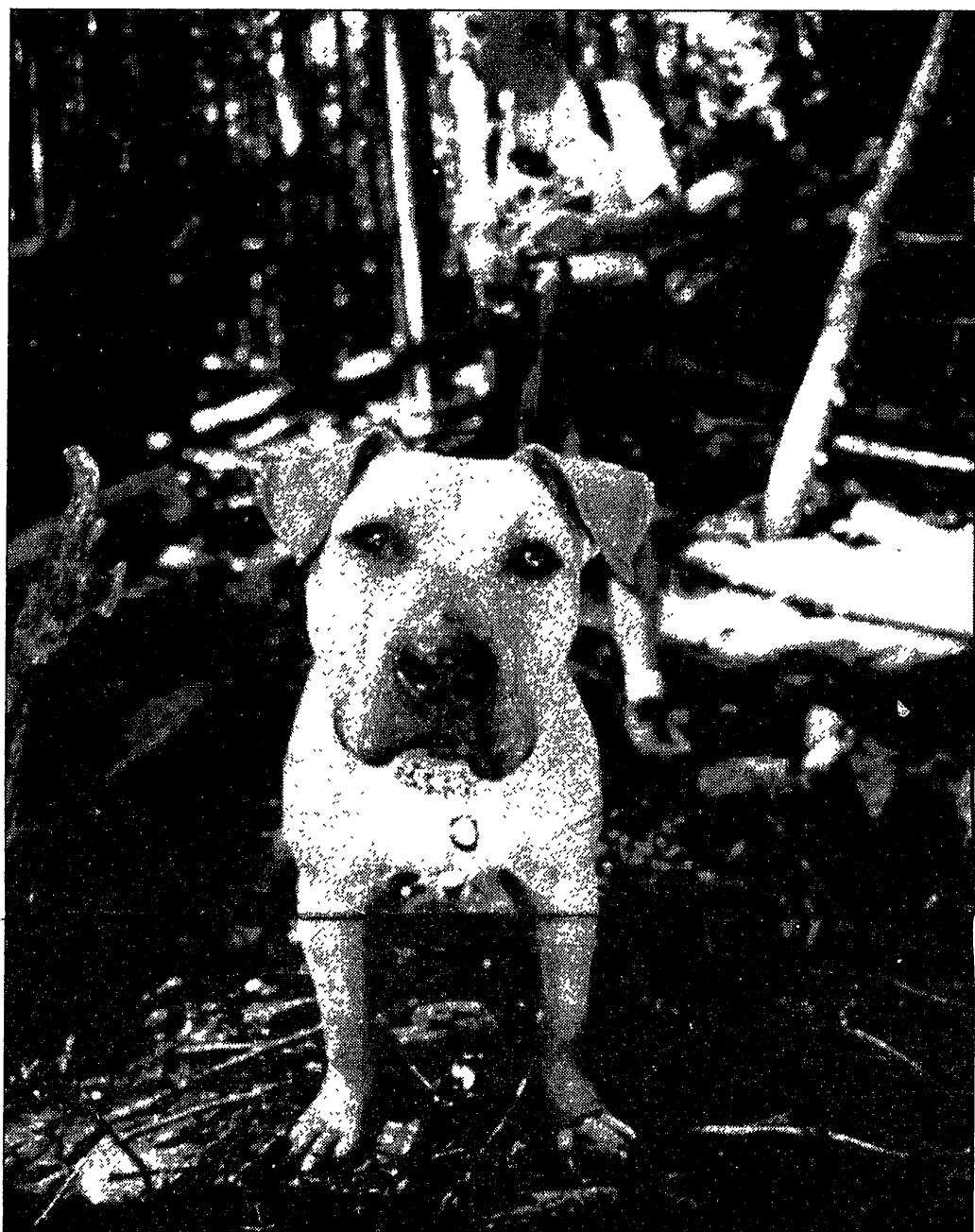


Photo by Joe Walker

Oscar and his owner Brian Bothomley enjoy the trails on Mount Si. Turn to page 6 to read about Mount Si and other hiking destinations.

Foundation raises money

BY SARA VAN WEY
Staff Reporter

The Highline Foundation has raised the largest amount of money in the college's history.

The Foundation raised \$385,020 for 2001-2002.

Every year the Foundation aims to raise between \$280,000 and \$300,000, an average they decide after seeing previous year's donations. This year they greatly surpassed last year's amount by raising \$100,000 more.

The Foundation first began in 1972. It was not very active, and by the mid-'80s lay dormant. In 1991 it was started once again and since has raised over \$1.9 million.

Mark McKay is the current director of the program. He has been the director for three years, and is a graduate of Highline himself.

There are also 16 board members who are volunteers from the community who work with the Foundation.

The Foundation raises money first through an annual campaign. Every year in fall, they send out 12,000 letters to businesses and individuals. About 3,000 of the letters they send out are to previous donors.

"We receive a lot of surprise money," said McKay.

About 80 percent of the money donated is from individuals, and the other 20 percent is from businesses. The foundation receives scholarship money mainly from service clubs, such as the Rotary Club and the Lions Club.

The reason for such success this year, McKay said, was due to the celebration of Highline's 40th Anniversary. The Foundation held an auction and dinner at Emerald Downs in the winners' circle that brought in close to \$49,000.

Every year the Foundation holds a black tie event with an auction and dinner that helps with donations.

The money raised mostly goes to assist students. Student assistance is a combination of scholarships and emergency assistance, which is for students who need a little extra help in funding.

Students may need money to buy books, buy a bus ticket, or get a new battery for their car, and the Foundation can help.

The Foundation also puts money aside in the New Century Scholarship Endowment. The endowment is money that is put aside specifically for scholarships. Right now there is \$32,000 in the endowment.

"We hope to have \$1 million in the next 10 years," said McKay.

Workers get more funding to be retrained

BY SARA VAN WEY
Staff Reporter

Highline will get \$1.5 million from the state to help in aiding laid off workers.

About 400 students were enrolled in the Workforce Training program in spring 2002, double the number enrolled in winter 2001. College officials say en-

rollment in Summer Quarter may reach 500.

The rising enrollment in the program parallels the rise in the state's unemployment rate. In September 2001, unemployment was at about 5.3 percent in Seattle, rising to 6.6 percent by March 2002.

The Workforce Training program helps to train men and

women who have been laid off for new jobs.

Students in the program come from all walks of life and from various job backgrounds. Most of the time, they are training for new careers, and had been working at their previous jobs anywhere between five to 25 years.

More than 40 percent of stu-

dents in spring were 40 years of age and older, 33 percent were between 30 and 39 years old, 25 percent were between 20 and 29, and less than 1 percent were under the age of 20.

The students were also enrolled in a broad range of programs. Some 17 percent were in business-related programs; Computer-related programs

were 17 percent; health-related programs were 14 percent; Administration of Justice/Paralegal was 10 percent; Human Services was 6 percent; Production Illustration/Printing was 5 percent; Education-related programs were 2 percent.

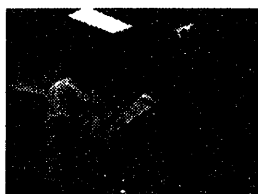
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Malcom McLemore makes
dust on the track.

-- See page 7



Printing Program fills
pressing need

-- See page 3



Crime Blotter for July 3-July 17 Someone tries to steal cart

A thief removed the ignition from a Taylor Dunn cart by Building 26. A faculty member went to open the gates on the southwest side of Building 26 and found one gate already open. The perpetrator had used a crowbar to pry apart the forks holding the gate in place. The faculty member then noticed the ignition missing from the cart. It is assumed the perpetrator was attempting to steal the cart.

Car broken into in south lot

Both front and back windows were smashed out of a student's car on July 9. The student returned to the car in the south parking lot to find all the windows smashed. The student had no idea as to who might have done this, security officials said.

Theft on campus

A pair of thefts happened in the physical education locker room in Building 27 on July 3 and 8.

A student had \$550 worth of personal belongings stolen on July 8.

A watch and jacket were stolen from another student's locker on July 3. The thief apparently returned the watch and jacket back to the locker room less than an hour later.

Fire on lawn

Fires erupted on campus by Building 10 and Building 16 on July 3 and 15. Beauty bark caught fire on July 15 on the east side of Building 10. It was quickly extinguished by security. There is no known cause of the fire. A grass fire also began on the east side of Building 16 on July 3. A custodian saw it and extinguished it quickly. Security believes it might have been started by an eager 4th of July celebrant.

Faculty prefer summer crowd

By SARAH COGGINS
Staff Reporter

The fact that it's a lot easier to get a parking space is just one of the benefits of attending Summer Quarter.

According to some professors, you may get the benefit of a positive attitude as well.

"Most summer students have a goal in mind and they are driven to get to their goals," said Rod Mattson, speech instructor. "The majority of summer students seem to be a little older, more focused, and mature."

"Maybe I have a better expectation of summer students and students who don't have that maturity and drive are affected because the majority do," said Mattson. "Maybe I have a better expectation of summer students and that translates into a better attitude."

Philosophy professor Lorain Stowe agrees.

"We seem to get more serious, older students, if people don't really want to be in school they usually aren't here summer quarter," Stowe said.

Although some students lament the loss of leisure time and sleeping in, the prevalent attitude seems to be that the learning doesn't end just because the weather gets nice.

"I'm always here in summer," said student Cathy Will-



Photo by Orion Robinette

Summer students gather for a study session on the lawn near Building 7.

iams. "You get the slackers, maybe the sun bakes their brains, but on the other hand you have the die-hards who just keep going until they are done."

Fewer weeks in the quarter requires a more focused approach despite the allure of sunny weather.

"On the one hand the pace is accelerated which means more homework but the quarter does go faster. I enjoy being at school and when I'm in class I

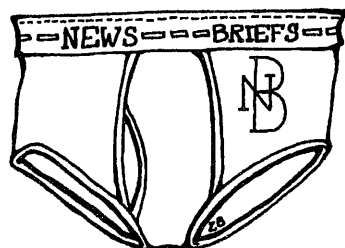
don't look out the window, I'm there to learn. I find it takes less energy to be positive than negative and I hope my attitude will rub off," said second year student, Rich McConnell.

The choice to come to school while others are playing requires a positive outlook.

"Students who come in summer make a choice. I chose to be here and I'm glad I chose this because I have met some wonderful people," student Aaron

Prechtel said. "I think the teachers are more focused due to the shorter schedule and they have an expectation that the students will perform at a higher level, this makes you live up to that expectation."

Whether the motivation is less crowded sidewalks, shorter lines and easier parking or the desire to get their degree as soon as possible, summer students have a sunny attitude.



Correction

A story in the July 3 Thunderword incorrectly identified Team Highline members Felicity Stratton, Ruth Lepule, and Syreeta Bernal as Running Start students.

The should have said that Anh'Lih Bui and Helen Petrov were Running Start students.

Dr. Bell does well

The Board of Trustees has concluded that Dr. Priscilla Bell should receive two thumbs up for the quality of work and progress as Highline's president for the 2001-2002 school year.

"They were very pleased

with her performance," said Sandy Moser, assistant to Dr. Bell.

The Trustees evaluated Bell on the accomplishments and goals set by the board.

They gave Bell praise for her commendable job and extended her contract to June 30 2005. They were unable to reward her with a raise this year due to legislative budget constraints.

"She's intelligent, energetic, innovative with excellent mastering of and the appreciation of collaboration," said Michael Allen, current vice chairman for the Board of Trustees. "She has done an excellent job of aligning all programs and activities with the initiatives in our plan."

Senior Week

"A Palette of Learning" was the theme for this year's Senior College Week. Senior College Week is designed to educate active seniors while they are in a vacation environment.

Here the seniors can share their own and learn from others' experiences. They got a chance to mingle with younger students and take part in everyday college activities.

People any where from ages 55 to 90 registered for the program. The average age ranged any where from 55 to 75. This year's program went on from July 8-12.

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July 18, 2002

Class gets an upgrade with new printer

By WOGAHATA HAILE
Staff Reporter

Highline's Offset Printing Program has added a new commercial top of the line printing press.

The new printing press is located in Building 16 allowing students for the first time ever to train for real professional work, the program's director said.

Bill Ingalls-Cox, printing program manager, is eager and pleased with the new 20-inches by 24-inches printing press and its capabilities.

"It will do professional quality and full color work. The press is only the beginning, it is only step one. There will be more down the road," Ingalls-Cox said.

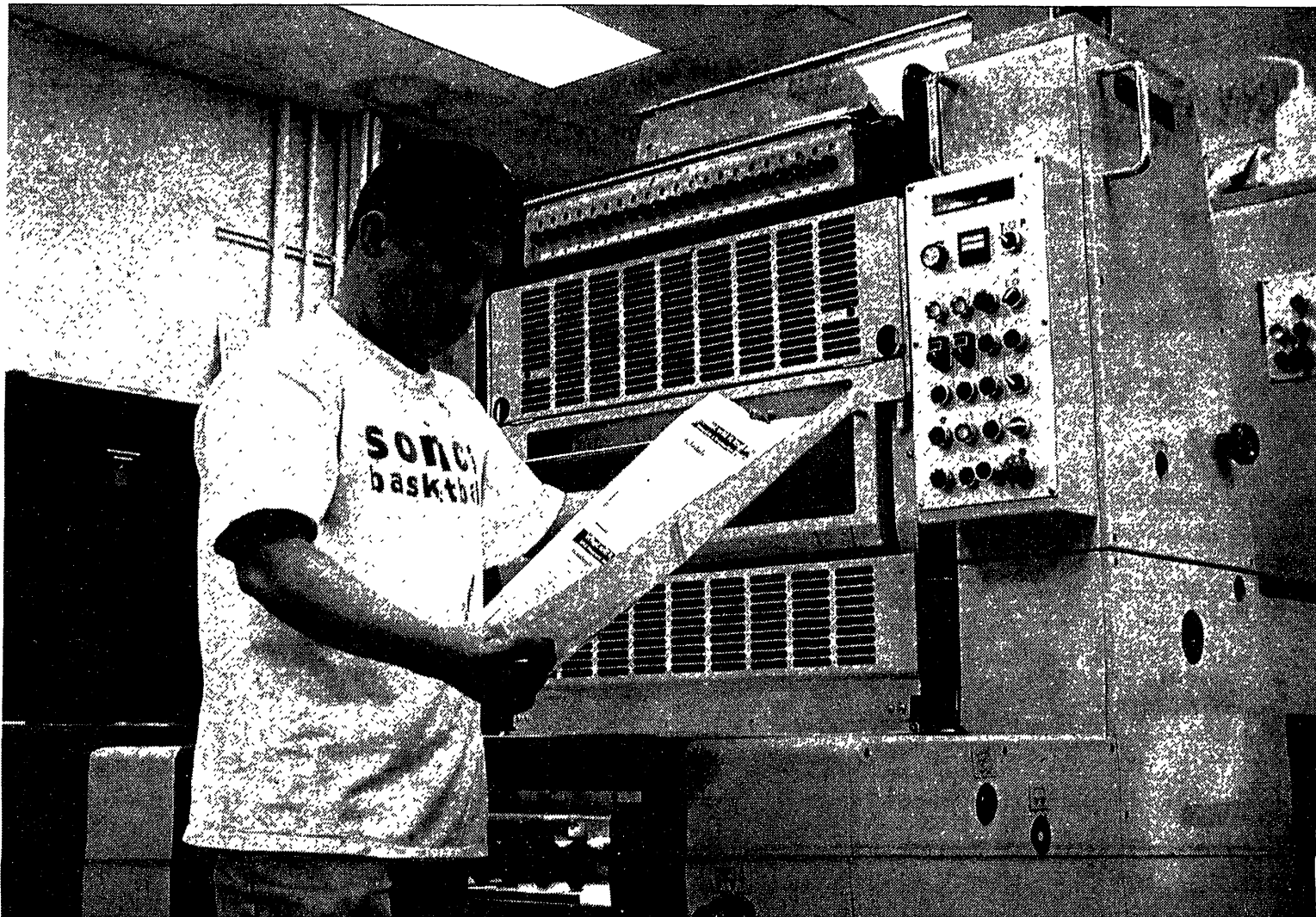
Walking into the entrance of Building 16, the scent of fresh ink is inescapable, which may give you a slight headache. The printing press has the ability to do complex four-color jobs, from color business cards to full-color posters and books.

"Before the new printing press we were only able to do simple, single one-color press and now we're able to do more complex four-color," said Ingalls-Cox.

The printing program in the future will be a "complex graphic art facility and we will continue to expand the program," Ingalls-Cox said.

Enrollment for Summer Quarter is low with about 18 students compared to Fall Quarter of about 30 students.

Highline is the "only school in the Northwest to teach professional color printing, and is one of two schools in the West Coast to teach this type of printing," Ingalls-Cox said.



Kelvin Wong, a printing program student works on the new printing press.

Photo by Janice Cotton

The other school is California Polytechnic State University located in San Luis Obispo, which is the biggest in the United States, Ingalls-Cox said.

"The printing industry is the single largest employer in the United States and is always looking for people," Ingalls-Cox said.

Ingalls-Cox has more than 20 year of experience in the printing industry, working for sports equipment maker K2. He also was a part of PhotoDisc, which no longer exists because Getty

Images bought it out. Ingalls-Cox also worked with many world authorities in photo science.

Kelvin Wong, has been a student in the printing program for more than two years. "The program is very nice because the press can run all over the world. And you can make \$25 through \$30 per hour," Wong said.

Another student, Phouc Luong said, "This is my second quarter and I like it because I have learned a lot."

New classes that have been

added to the program include letterpress printing, which is a part of history class. Screen printing used to make designs on T-shirts and digital photography which is 44 inches wide, up to 100 feet long used for fine art digital printing on a large format.

"There are no prerequisites that have to be taken. We give you what you need," Tony Sittner said, director of prepress.

Admission is open to any student interested with permis-

sion from the program coordinator.

Engineering, production management, and electronic copy preparation are examples of some jobs where students in the Offset Printing Program receive training. Within two years in the program, graduates earn an associate of applied science degree or in one year can earn a certificate of completion in offset printing. Graduates have had successful employments in sales representative, managers, prepress technicians, and press operators.

New instructor hopes to build successful printing program

By WOGAHATA HAILE
Staff Reporter

Tony Sittner wants to build being a part of a successful and

growing Offset Printing Program and believes this goal can be accomplished.

Sittner is the program's prepress instructor. He has an outgoing, calm, and friendly

personality. He has a diverse background and says he loves teaching students about what he knows from his experience.

Prepress is to read and interpret job work orders and perform routine operator maintenance and press adjustments.

Sittner has been in the printing industry for more than 30 years, 25 years as the owner of printing businesses in California, Idaho, and Washington. He has also taught at Lewis-Clark State College in Idaho for two years.

"I originally graduated from college as an idea of a vocational

printing teacher, but I needed commercial experience first and that's what has led me to do business for 30 years," Sittner said.

Sittner came to Highline in September 2001 to get into teaching "because it is something I wanted to do for a long time." Before arriving to Highline in September he was in Idaho from 1987 through 2001.

San Francisco is Sittner's original hometown. He is a graduate of San Francisco State University.

"Seattle and San Francisco

have a lot of similarities," Sittner said.

Another reason why he came to Highline is because he "likes the weather of the Northwest, loves living by the ocean of Puget Sound, and likes the activities in the Seattle area."

"Working with students and passing the knowledge from 30 years of business," Sittner said.

Experience is what Sittner enjoys about teaching. "Teaching is easier than business. The hardest part is keeping up with new things because the industry changes."

With the growth of technology it has "expanded and eliminated some job positions. For every technique, it has only expanded for more jobs," Sittner said.

The printing program works with Worker Retraining to help people who have lost their job. They are also recruiting at high schools.

In the future Sittner's goal is to "be a part of building the program to the point to be the best graphic art teaching facilities in the country."



Sittner

July 18, 2002

editorial

Student Center compromise is ideal

Highline's decision to reduce the size of the new Student Center is the ideal answer.

Following students' rejection of the added student fee to pay for the center, college officials have been readjusting the plans to make the new building fit the budget. By doing this students will not have to pay for more fees during a time when tuition costs are steadily increasing.

While the concept of the new building is essentially good, there have been far too many obstacles preventing the new building to be made in the grandiose fashion that was originally planned.

Administrators who are no longer at the college proposed the original plan for the New Student Center in 1999. The eight-year timeline mapped out how the college would raise \$13 million for the project for the 48,000 square foot building. The college planned on doing so by utilizing the \$450,000 made a year by the \$25 building fee, which had been passed earlier that year.

The rest of the money for the Student Center was to be raised by the Foundation and through public donations.

The problem with this is that the Foundation was supposed to raise \$1 million, which it has never been able to do.

While asking the community for donations in itself is not in a bad idea, it is difficult. Perhaps if the college were building a new performing arts building, a building which the entire community could use, public donations would come in greater number.

The fact still stands that Highline students (like the community) never asked for the building in the first place.

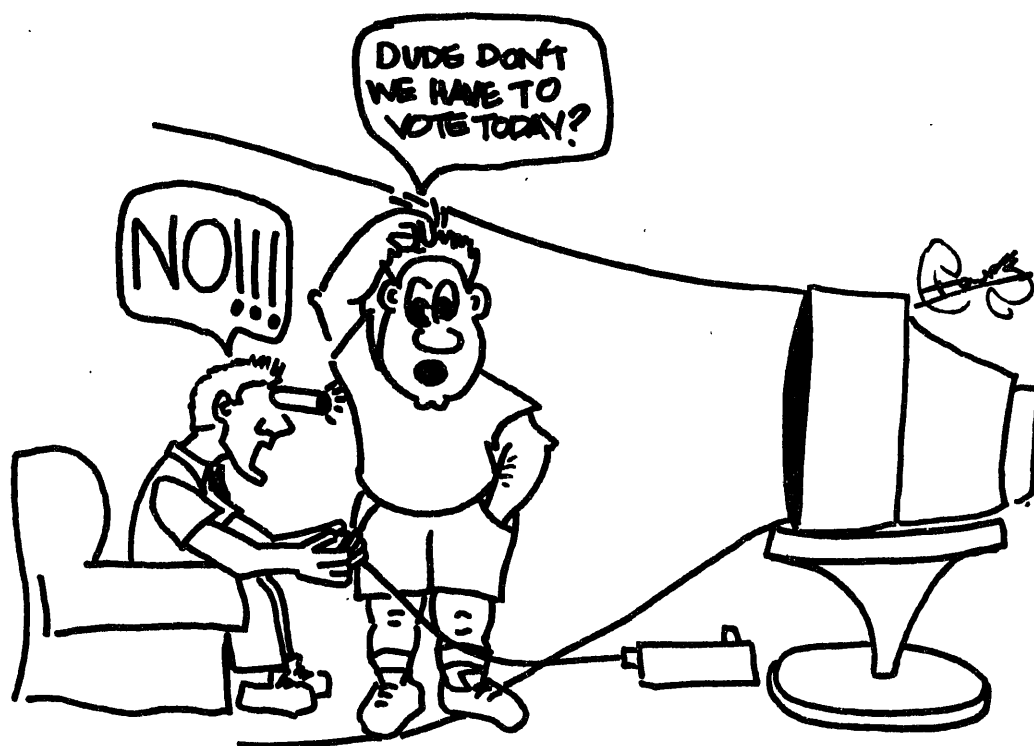
Most of the money generated to pay for the new Student Center is plucked directly from the pocketbooks of Highline students via the bookstore and cafeteria.

Since the spring elections, approximately 3,000 square feet have been shaved off of the new Student Center. While that number may seem large it's only a 5 percent downsize from the original model. Most of the downsizing has occurred in the building's hallways, offices, and the cafeteria, and is hardly recognizable to people who have seen both plans.

The college's compromise to downsize the building rather than have Student Government run the measure in the fall election as originally planned is not only a good idea, but the best idea. Highline students understand the need for a new building to replace Building 8, however, taxing the students is not the best way to go about it.

The attempt to pass a building fee by students who will be never using it was a bit far fetched.

With tuition in a constant costs constantly rising in a positive slope with student apathy the only way to get the new Student Center built was to readjust it with the current budget.



More to Pledge than God

In the trying times our nation has faced since Sept. 11 it seems absolutely ludicrous to be arguing semantics.

Since the Ninth Circuit Court of Appeals declared that the phrase "under God" is unconstitutional, Christians and non-Christians have been up in arms. People will argue that taking the "God" out of the constitution is essential due to its reference to the Christian God.

In the last few weeks I've seen columns arguing the importance of keeping the phrase due to our nation's need to unite under one power. I've also seen articles cheering the court's decision. After reading and critically thinking about the issue I can only come to one conclusion. Why are we really worrying about this?

I can understand why a parent might not want their child to be subjected to religious teaching in a public school. However, I find it a bit drastic to say that the Constitution is some national conspiracy to "brainwash" everyone to become a Christian. Not to mention the



fact that nowhere in the Constitution does it say that you must pledge your allegiance to our country, much less a deity.

I also find it extreme to think that a 7-year-old child is having an internal conflict between heaven and hell and good and evil. Most kids that age are too worried thinking about finding 60 cents for a Snickers bar to even worry about their homework getting done, much less their eternal soul.

And if people truly want to get technical, isn't the Pledge of Allegiance a "brainwashing" technique anyway?

To most first graders the Pledge of Allegiance as a whole is merely a clump of verses that they recite daily before they begin class.

And if the issue is truly with "brainwashing" then shouldn't droning a few verses that mean nothing to them be at the top of the list of things to go?

The fact of the matter is that this issue could not have come at a worse time in our nation's history.

There are plenty of words, and phrases that people say on a day-to-day basis that infringe on other people's rights. But we can't control those things. When a person makes a conscious choice to put their faith in God, they find it comforting to reaffirm that in the pledge. And if a person is an atheist, then saying "under God" shouldn't matter to them in the first place.

There are a great many words and phrases in the Pledge of Allegiance other than God, so rather than focus on one, why not educate our children on what the rest of the words mean? It's not what we edited out of the Constitution, it's what we give them to use for the greater good of our nation.

Rachel pledges allegiance to herself every morning.

DON'T BE DUMB; IT'S JUST NOT SMART.

The Thunderword

Editor-in-chief.....Connie Harshman
Managing editor....John Montenengro
News editor.....Jason Benton
Arts & Recreation.....Edith Agoston
Opinion editor.....Rachel Platt
Graphics editor.....Josh Monuteaux
Photo editor.....Orion Robinette
Reporters.....Janice Cotton, Loyal Allen Jr., Mary Buchan, Sarah Coggins,

Wogahata Haile, Faraz Hussain, Tara Jansson, Kyle Mauhl, Lourdes Molina, Ly Nguyen, Kim Oberbillig, Christina Olson, Rachel Platt, Sara Short, Sara Vanwey, Tony Ward.
Business/advertising.....Kanebra McMillon, Bulfrano Cantor, Lilya Borishkevich.
Adviser.....Dr. T.M. Sell

Newsline.....206-878-3710 ext. 3318
Fax.....206-870-3771
Address...P.O. Box 98000, Des Moines, WA 98198 Building 10-106
Advertising.....206-878-3710, ext. 3291
Email.....thunderword@highline.edu

July 18, 2002

Deuel paints Southwestern style

Library Gallery exhibit shows off artist's work

By RACHEL PLATT
Staff Reporter

Pieces of the southwest are on display on the 4th floor art gallery in the library.

They are works of art, some watercolor some oil, all reflecting Phoenix native Aletha Deuel's southwestern upbringing.

Upon entering the gallery, a glass case welcomes you with small paintings, sculptures and southwestern decorations, including a mini dream catcher and a small ornamented long horn cattle skull. The wall becomes a mosaic of paintings, capturing the essence of the southwest's paradox, dust and death merging with a rich culture forming a beauty all its own.

Steering away from traditional paintings, most of the emphasis of Deuel's paintings lie in the landscape, frequently using people only to enhance



Aletha Deuel's oil painting "Quiet Sanctuary"

the natural beauty of the withering mountains, pale blue sky, or dilapidated pueblos.

Deuel's oil painting *Quiet Sanctuary* gives the onlooker the illusion of being tucked

away in a shady covering gazing out into the bright midday lighting reflecting off brick red shingles of a neighboring pueblo. The unique contrast of standing in the shade and looking into the light draws ones eyes to the painting.

Deuel's landscape subjects took a drastic turn from dusty scenes to the towering mountains and rivers of the Pacific Northwest after moving to Washington in the mid 1950's.

Deuel's *The Northwest Coastal Waters* has a dreamlike feel too it, with the seascape illuminated by an iridescent moon, which casts an eerie glow through the crests of a series of waves crashing into crags of rocks. The paintings blended colors give the illusion of a heavy fog, a familiar feature of Northwestern seascapes.

Deuel has also painted a number of Pacific Northwest landmarks including Canon Beach and Mount Rainier. Her paintings can be purchased from anywhere between \$85 to \$1,000 dollars.

Also on display are the tools that Deuel uses to create custom frames for her paintings.

River Days expects big turnout

By EDITH AGOSTON
Staff Reporter

People who are looking for some excitement this summer will have plenty of activities to keep them busy next week thanks to the Renton River Days Festival. The family oriented festival will be held at Liberty Park and Cedar River Park from July 23 to 28.

"It is always very well attended, not only in the Renton community but in all of South King County," said Sonja Mejlaender, the festival coordinator. Events and fun activities will be provided for every age group in the family. "It's quality family style fun with wonderful entertainment and food."

The festival will kick off with a patriotic banquet at Maplewood Greens and the entertainment will begin on July 24 with Kids Day.

Local jazz bands will be performing from 6 p.m. to 10 p.m. on Wednesday, in addition to many other bands from local areas, who will perform Friday, Saturday, and Sunday throughout the day.

In addition to all of the music, there will be lots of events in which people can participate in. "We are really proud of the variety of our festival," Mejlaender said.

Activities for the week will include a roller blade skate rodeo, lots of entertainment and a picnic for Senior Day, a golf tournament at the Maplewood Golf Course, the swing Dance of the Decades, the four-mile long River Days Run 4 Kids, the Younker Nissan River Days Parade, the 6th Annual Chalk Art Contest, a car show, a quilt exhibit, a used book sale, the Six-A-Side Soccer Tournament, and a rubber Ducky Derby.

The festival would not be complete without a huge variety of great food. There will be everything from B-Man's BBQ to Royal Orchid Thai Cuisine. A pancake breakfast will also be provided by the Renton Senior Advisory Board.

With all of the activities and events to choose from, Majlaender expects a great turnout this year. "We anticipate many thousands to come," she said.

For more details and information about the festival, check out their website at www.rentonriverdays.org.

Waterland Festival returns to city

Des Moines' annual bash features parade, fireworks, fun events for the entire family

By KYLE MAUHL
Staff Reporter

Des Moines Waterland is back for the 43rd year.

"We expect this great tradition to go on forever," said Colleen Heston, Director of Waterland 2002. The festival will be held on July 24-28.

The festival includes the usual array of carnival rides, games, vendors, local musical acts, arts and crafts, petting zoo, pony rides, fishing derbies, pie eating and grape stomping contests, salmon bake, beer garden, stunt and drill team demonstrations, and food.

There will be a fireworks display on July 24 at 10 p.m. This is the second year the fireworks will be shot off to music.

"It was a huge hit, so of course that will be back, bigger and better," Heston said.

Davis Amusement Cascadia Inc. will be the carnival vendor for the second time. "We are still hearing how polite and professional their workers were," said

Heston.

The Waterland 5K Run and Fun Walk happens on Saturday, July 27 at 9 a.m. at The Breakers Restaurant at the Marina. The restaurant is located at 22503 Dock St, Des Moines, WA 98198.

The Des Moines Waterland 3 on 3 Streetball Tournament is being held on Sunday, July 21 at the Des Moines Marina at 22307 Dock St.

There are brackets for men and women of all ages and ability.

"...[I]t is a very viewer friendly event. On a nice day you can't beat the location down on the waterfront," said Bob Houston, the recreation manager/assistant parks director from the city of Des Moines.

Des Moines Waterland is very much an all-community event. VFW, Rotary, Kiwanis, Loins Club, Boy Scouts, Des Moines Historical Society, Camp Fire, Coast Guard Auxiliary, Jobs Daughters, Des Moines Senior Center, AARP, and Des Moines Food Bank all benefit from or sponsor the event.

The Waterland parade will be held on July 28 at 2 p.m. Floats, marching bands, drill teams, and others will be marching through the streets.

The petting zoo and pony rides sponsored by The Pocket Ranch were new additions last year, and they'll be back. It was a hit with the kids last year, and you



File Photo

Baton twirlers march at last year's Waterland Parade along Marine View Drive.

can even try milking a goat.

The Chamber of Commerce is seeking volunteers to help with the festival. If you're interested, give the Chamber a call at 206-878-7000.

The 2002 Des Moines Waterland looks to be another solid event, organizers say.

"We are 43 years old and very proud of our festival and community," Heston said.

July 18, 2002

HEAD FOR THE HILLS

Hiking 101: Bring water, good shoes

By TARA JANSSON
AND SARA SHORT
Staff Reporters

Hiking can get you off the couch and in shape

By TARA JANSSON
AND SARA SHORT
Staff Reporters

Hiking can get you outdoors and in touch with what Mother Nature has to offer. Western Washington is home to many hikes from beginner to expert.

If you are looking for some hikes to get you started, here are four that will cater to all needs:

- **Little Si.** This 5-mile hike is located off of Interstate 90, exit 32, turn left over the freeway and drive one-half mile to North Bend Way. Turn left a quarter mile; turn right on Mount Si Road. After one-third of a mile, cross the river and turn left on 434th Street. The small parking lot is on the left.

This hike is good for people who are looking for a short hike that is not too tough but still gives you a workout.

"The lower elevation keeps the trail open when other trails are closed due to snow. It is a good hike for people who are beginners," said Kirstin Jensen, Highline's head fastpitch coach and an avid hiker.

"I wouldn't recommend it for young children but kids that are at least 8 and up can handle it. It is a good family outing since it is not too long."

Little Si provides the feel of the outdoors but is close to town. If you are new to hiking or are just starting again for the year, Little Si is a good way to start off your year.

- **Tiger Mountain State Forest.** This 1- to 12-mile hike is located just off of Interstate 90 off of exit 20. Dive south under the freeway and turn right immediately onto Frontage Road. Tiger Mountain has many different trails to choose from. One of the most popular



Photos by Joe Walker

A party of hikers amid the trek up Mount Si.

among families is the Tradition Lake Loop. The loop is about 2.5 miles. This trail provides a shallow lake and plenty of wildlife to observe. If you want to venture further up the mountain the trails become more narrow and challenging.

"Hiking shoes are a must for the longer more strenuous hikes," said Larry Hanson, advocate for Tiger Mountain State Forest.

Hanson has lived and hiked on Tiger Mountain for 30 years. "There are lots of people who hike the mountain, but there are

so many trails to choose from you rarely see other hikers."

There are no places to camp on the mountain so you must make sure that you have plenty of time to finish your hike before night falls.

"Many people come to Tiger Mountain because it is close to the city (within 20 minutes of Seattle)," said Hanson.

If you are looking for a hike with many different options and levels of difficulty, Tiger Mountain State Forest may be the place for you to explore.

- **Cape Alava/Sand Point Loop.** This 9.3-mile hike is located on the far extremity of the Olympic Peninsula. From Port Angeles, take US 101 west five miles to Highway 112. Follow that west for 32 miles to Ozette Lake Road and drive about 20 miles to its end at the Ozette Ranger Station.

This hike takes a triangular loop to the Pacific Ocean beaches and back through the beautiful forests of the Olympic

Peninsula. While on this trail you can experience Indian pictographs, sea life and wildlife.

"This hike is great for families. You can experience so many different things," said Doug Peterson, product manager for R.E.I.

This trip is a multi-day excursion since it takes a full day to travel out to the trailhead from the Seattle area. For the hike make sure you bring food that is stored in a raccoon-proof container since the raccoons are known for their mischievous behavior.

"Items that I would make sure you have on the trip are water bottles, food (tasty treats for kids), insect repellent, sun block, matches, and first aid kit (small day kit)," said Peterson.

If you are looking for a weekend full of excitement you may want to venture out to the Cape Alava/Sand Point Loop trail.

- **Mount Si.** If Cape Alava is too far away and you are looking for a challenge then Mount Si is a beautiful and difficult hike.

Mount Si is an 8-mile hike, located in North Bend off interstate 90 exit 32. Turn right on North Bend Way and then right on Mount Si Road. The parking lot is 2.1 miles on the left.

This is a difficult hike with a great reward at the top. There is a spectacular 360-degree view of the Snoqualmie River Valley and surrounding area. On a clear day you can even see Seattle.

Many people choose Mount Si because it is an optimal workout and close enough to the larger cities.

"I use Mount Si as a training hike to prepare me for my ascent up Mount Rainier," said Steve Connelly, who recently hiked Mount Si.

Mount Si is a strenuous hike that takes time; make sure you are properly prepared for what is in store.

"You need to start early, bring plenty of water two water bottles at least, make sure you have proper hiking/ athletic shoes and be careful," said Deanne Nation, who led a group of young teenagers up the mountain.

Hiking is a task that needs to be taken seriously.

Several important things need to be done to insure your safety. One of the most important things before you pack your bags is tell a friends or a family members where you are going and what time you should be expected back. You must be sure to bring the proper equipment for the amount of time you are going to spend on the hike. If you are going for a short day hike your list of items will be different then the list of items needed for a multi-day excursion.

The 10 essentials of one day hikes recommended by the Mountaineers Club are: First aid kit, flashlight, emergency shelter, fire starter (combustible and waterproof), water proof extra cloths, map, compass, matches in a waterproof container, and biodegradable toilet paper.

These items are just the essentials you also need just in case something unexpected happens along the way. You should also bring a proper supply of food

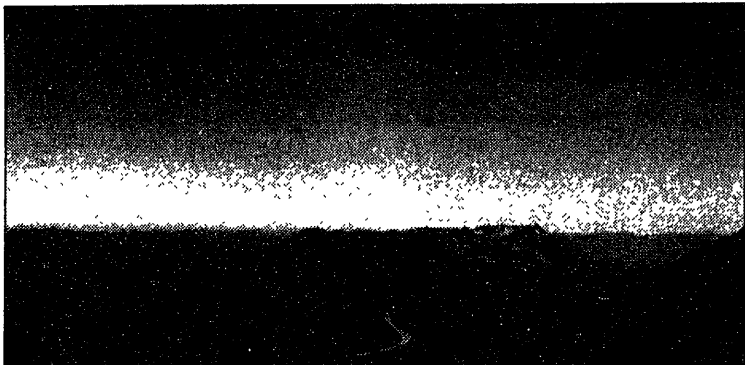
"If you are hiking with kids bring really good and lots of water to keep them interested in the hike," said Doug Peterson, product manager for R.E.I.

You should never underestimate the amount of water you will need always bring more then what you think you will consume.

Since you never know what the weather conditions will be like.

"Because of the unpredictable Northwest weather proper clothing is a must. Cotton clothing is not recommended since it absorbs water, fleece and nylon are good alternatives to cotton," said Peterson.

Some trail etiquette that you must keep in mind while hiking is, whatever you bring in you must bring out, always give the people hiking up the mountain or trail the right away, deposit human waste at least 200 feet away from any water source or camp, bury your waste in a 12 inch hole, stay on the groomed trails if at all possible so you do not disturb the natural vegetation. You never know what the weather is going to be like so plan ahead.



The view from atop Mount Si is worth the trip.

July 18, 2002

Sprinter off to fast start

BY LOYAL ALLEN JR.
Staff Reporter

Malcolm McLemore has gone from a jumper to a top quarter miler.

Standing 6-foot-plus with cornrows, McLemore is hard to miss, strutting from class to class.

Aside from his physical stature, McLemore wears a chain, two hoops and rubber bands on each wrist. "I bought the chain and earrings just for track and the rubber bands I've been wearing since the eighth grade," McLemore said.

As a Thunderbird, McLemore competes in the 200- and 400-meter dashes, along with the 4x100 and 4x400-meter relays.

At the conference championships this spring, McLemore finished fifth in the 400 meters with a time of 50.0. He was a member of both relays, finishing second in the 4x100 and fifth in the 4x400.

"This was a great season. I went from a jumper to a sprinter," McLemore said.

McLemore is beginning his second year at Highline. He went to three different high schools: Kent-Meridian, Foss and graduating from Stadium. He didn't start sports until his senior year at Stadium, where he participated in football, basketball and track.



McLemore

"With all the transferring I didn't think about sports, so my senior year I chose to do all three sports," McLemore said.

Of all three sports, he found track to be his favorite. "My coaches said I can jump high, so

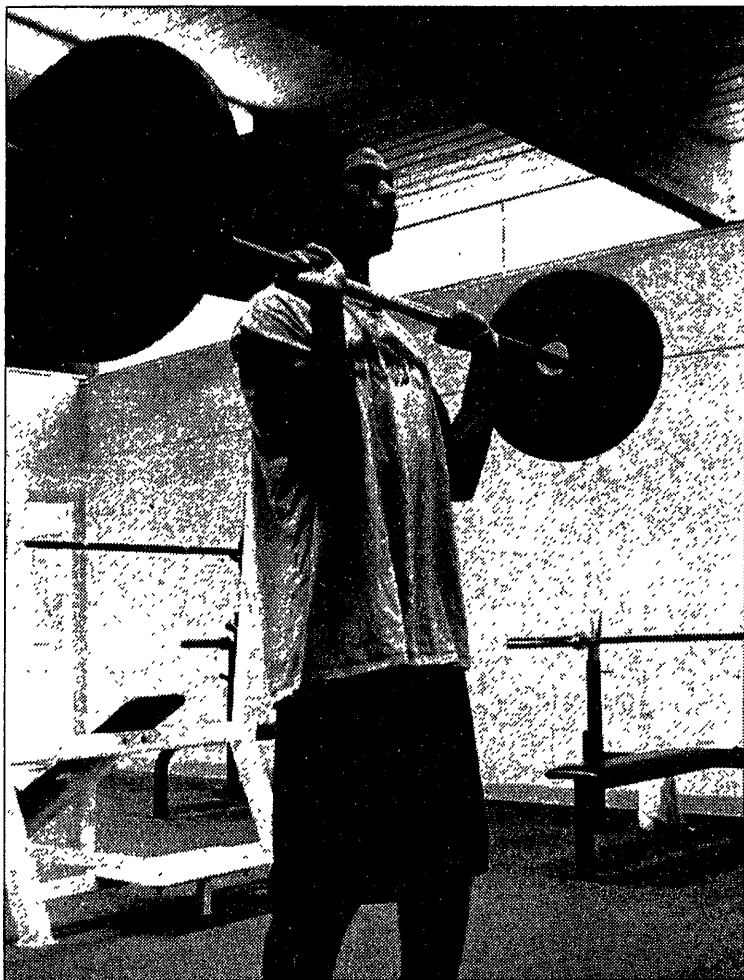


Photo by Orion Robinette

Malcom McLemore gets an off-season workout in.

I stuck with it," said McLemore. As a senior, McLemore qualified for the state championships in the high jump.

At the league championships, McLemore twisted his ankle high jumping and still had the 400 meters to run. So he taped up his ankle, went out and qualified for the district championships. Later he had a jump-off in the high jump to see who would go on to districts, where he jumped 6'1" to be among the qualifiers.

This off-season, McLemore is taking summer classes and working out with Robert Yates, the head track coach, lifting weights and running.

In his spare time McLemore likes playing basketball, listening to music, or playing video games. He loves to go dancing on the weekends.

McLemore attributes all his hard work to God, his family and music.

McLemore's plans to major in radio/TV broadcasting. He wants to run at UCLA or UC Davis after Highline.

"I want to live being content with my life," McLemore said.

Next season McLemore wants to win NWAACCs in the 400 meters, both 4x100 and 4x400 meter relays and he's thinking about the 800 meters.

Men's hoop team goes for experience

BY TARA JANSSON
Staff Reporter

With five new recruits and all but two players returning from last year's team, Highline men's basketball coach Jeff Albrecht hopes to have some tough T-Birds next year.

The Thunderbirds finished 16-12 last year, just missing the playoffs after a series of injuries. With more experience plus the new players, Albrecht has high expectations for the coming season.

Albrecht said winning makes it easier to find players who want to come to the school to play basketball. The T-birds won the NWAACC championship three times in the last seven years and haven't had a losing season in that time.

Despite losing all-league guard Austin Nicholson, Albrecht is excited about the new recruits. Four of the players coming next year have been out of high school for at least one year.

"I like to deal with veterans. They are more hungry and often when given a second chance they are willing to work harder and they perform better," Albrecht said.

New players include:

•Antonio Collins, a 6'5" freshman who has been out of high school for one year. He will play in the power forward or center position.

•Mison Hinley, a 6'3" guard, is a sophomore transfer from Edmonds Community College. He sat out last year due to a knee injury.



Albrecht

•Lawrence Brooks, a 6'4" guard out of Renton, has been out of high school for one year.

•Chris Meads, a 5'10" 25-year-old longshoreman, should bring knowledge to the team.

•Thomas Doty, a 5'10" guard from Foster High School, will be the young guy on the team coming straight out of high school.

Returning players from last year include Danny Alderete, a guard who blew out his knee early in the season last year.

Before the injury, he played in two tournaments, averaging 27 points a game and was named all-tournament in the first tournament and MVP of the second.

Other key players include 6'7" forward Jason Cardenas; 6'5" Jeelani McDonald; 6'3" guard Seth Caine; and 6'3" guard Simon Cruz. Also returning from injury will be Barry Jones, a 6'3" guard who was a redshirt last year who has the potential to be one of the better guards in the league, Albrecht said.

None of the men have guaranteed spots on the team. Players will have an opportunity to prove their skills in a fall invitation-only basketball class.

With so many returning players and newly recruited players, Coach Albrecht says that they will be very deep in the guard position, which was a problem for last year's team.

"My outlook on the season is optimistic," Albrecht said. "We have the ingredients to be pretty successful. It all depends on how we come together as a team. At times chemistry can be more important than talent."

"I am looking forward to just get going and start playing

Fastpitch team looks to reload for next season

BY EDITH AGOSTON
Staff Reporter

Head Fastpitch Coach Kirstin Jensen is working on recruiting new players to maintain the team mentality of this year's squad, which won the Northwestern Division Championship.

"We had an amazing season. This team was one of the most talented teams I have ever coached and they clicked better than any team I have ever been a part of," Jensen said.

Assistant Coaches Mark Hall and Anne Schmidt are both taking part in the recruiting process with Jensen in hopes of recreating such a successful group.

"We all have different contacts throughout the area who call us and let us know about different athletes to come watch," Jensen said.

After the coaches meet with the players and find out their plans, they watch them play; talk with the parents; send them a recruiting packet; invite them for a tour of the campus; and

then if everything goes well, they send them a letter of intent.

The hardest part about recruiting is determining how much or how little interest to show the different athletes, Jensen said.

"Some of them want you to put a ton of time and have a lot of contact with them while they are deciding where to go and then some really don't want to be bothered much at all," she said.

The players who have already signed include: catcher Casey Henrickson, third

baseman/short-stop Emma Hinkley, and outfielder Andra Hinkley from Kentridge; first basemen Erin Johnson from Thomas Jefferson; pitcher/utility player Danae Munsell from Enumclaw; pitcher/utility player Amanda Richardson from Franklin Pierce; and outfielder/catcher Shelby Giovannini from Puyallup. Jensen is still searching for another pitcher and possibly a shortstop.

"I believe that we have recruited genuinely nice and very talented players," she said.

Second basemen/short-stop

Tara Jansson, third basemen Selina Gatz, catcher/outfielder Michelle Tripp, outfielder/third basemen Melissa Wilson, and outfielder Sara Macris, will all be returning next year.

"We will continue to be successful. Of course that comes with a ton of hard work and is a lot more up to the players than me," Jensen said.

Jensen is not allowed to work with the players over the summer however most of the players are either coaching or playing on summer teams.

Mayor wants no taping

By J. FUCAL
Staff Reporter

Des Moines Mayor Don Wasson doesn't want you videotaping City Council meetings.

Wasson has proposed banning taping of the meetings except by the city itself. The measure was to come up at the July 11 meeting, but Wasson delayed consideration until the July 25 meeting.

"The committee should not restrict videotaping, and should allow people to videotape and audiotape the meetings," citizen Stan Scarvy said.

Another citizen who opposed the resolution, Misty Deil, said, "The attempts to limit videotaping seems more of a retaliatory act against those who have questioned the leadership of the council."

Wasson had earlier sought to move public comment to the end of the council's Thursday

night meetings. That idea was voted down by a majority of the council on June 27.

In other business, the council began to sort out its new Finance and Economic Development Committee, which city leaders hope will help Des Moines deal with an expected \$1.8 million budget shortfall this year.

The committee, which was approved by a 4-3 vote on June 27, would seek to gain a comprehensive understanding of where the money is spent and to question expenses and to analyze ways to reduce expenses. The committee would present strategies to enhance revenues and to decrease expenditures.

As the chairwoman of the new committee, Councilwoman Maggie Steenrod discussed the procedures of reviewing the city's financial situation.

"I don't think the purpose is to expend more staff hours and to spend taxpayer money wasting time at things that aren't

important," she said. "However, time will be well spent to plan how to make it through the budget crunch."

An examination of economic development to bring the city back to financial shape is an emphasis for the committee.

"A priority goal would be how to stimulate businesses and revenues into the city, it's going to take a lot of work," Steenrod said. "And economic development as a focus would fall very well in this committee's particular work."

With budget shortfalls looming, the committee needs to look at all possible solutions and this would be one of the responsibilities of the new committee, supporters said.

"The city faces a very serious concern of an immediate shortfall from lack of business development and lack of a tax base. The formation of the committee addresses these concerns," Councilman Richard Benjamin said.

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Workforce

Continued from page 1

Manufacturing was 2 percent and the other 28 percent were in a variety of other programs.

"The money given to students in these programs is start up funding only," said Director of Workforce Training, Nancy Warren.

Traditionally, Highline pays for a student's first quarter, and after that they need to find their own funding.

Everyone in the program must apply for FAFSA and find other means of financial aid.

Workforce Training is only available for students getting their Associate of Applied Sciences in a professional technical field.

It does not cover students trying to earn their Associates of Arts and transferring to a university.

The program is used to train students in a field that is growing. Advisers, such as Warren, help the students pick a field where the demand for jobs is growing so there is security in their new job.

If the students desire a specific career they first need to prove the field is growing and that it is a solid career.

There is also no guarantee of a job once you finish the program. It is the student's responsibility to find themselves a job, Warren said.

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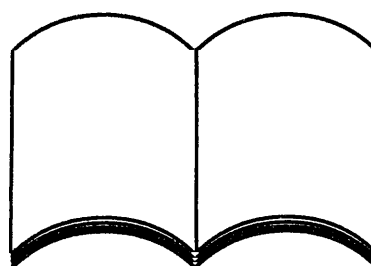
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