Highline loses assistant track coach

BY WOGAHATA HAILE AND JANICE COTTON
Staff Reporters

Assistant Track Coach John Brian Pietz died Sunday, July 21 from complications of pancreatitis. He was 34. Pietz other organs and resulting in respiratory failure, which was the official cause of death.

Students and colleagues expressed shock at news of Pietz’s death. The popular field events coach was considered a key player in the rebuilding of Highline’s track program.

Born Feb. 27, 1968 in Tacoma, he graduated from Auburn High School in 1986. He continued his education at Highline and competed in track and field, where he is still ranked No. 5 all-time for the shot put.

After Highline he attended Central Washington University where he played a year of football before transferring to Seattle Pacific University to complete his degree in sports physiology. While at SPU he competed in the shot put, discus, hammer throw, and javelin. He also

See Pietz, page 12.

Homeless teen stays positive

BY WOGAHATA HAILE AND JANICE COTTON
Staff Reporters

Times are hard for Faith Wells.

At first glance, she doesn’t look homeless. Her clothes are not dirty and she has clean hair.

Her hygiene is not offensive and she speaks clearly and intelligently.

Petite in stature, she has a captivating smile and is easy to talk to.

But her eyes tell the story. At 18 years old, she is living on the streets in Burien. She is one of the many teens without a home, struggling daily to get food to eat and a place to keep warm and sleep.

“I haven’t eaten in about five days,” said Wells, not her real name.

Destitute and hungry, she is faced with the reality that she doesn’t have a home.

Without any support from her family, her attitude is unbelievably positive.

“I can only depend on myself. My mom has even cut off my medical insurance,” she said.

Wells is forced to move on, after she said she was sexually molested by her stepfather when she was 13 to age 17.

“I was too afraid of him because he would threaten me and yell at me and I had nowhere else to turn,” Wells said.

See Homeless, page 12.

Pool won’t burn again

BY JASON BENTON
Staff Reporter

The Des Moines Fire Department has extinguished the flames of a proposed fire practice at Highline’s pool. A fire drill at the burned out remains of the pool had been discussed for months, but the plan never came together.

“We only had an interest in conducting our practice, but decided it wasn’t the right time,” said Fire Instructor Victor Pennington.

The college still plans to demolish the pool by the start of

See Pool, page 12.

Index

Arts .......................... page 5, 6
Sports ...................... pages 7, 8
Campus Life ........ pages 9-11
News ................. pages 2-3, 4, 9, 10, 11, 12
Opinion ................... page 4

Budget woes strike out fastpitch field plans -- See page 7

Highline tears down the old walkway -- See page 3
New guard patrols Highline

BY SARA VAN WEY Staff Reporter

She’s blond, dresses all in blue, and carries the most dangerous thing for students on campus—parking tickets.

Marcy Leikam is the new woman you may have seen walking around campus in a security uniform. She is also currently a student here.

Leikam has been taking law enforcement classes here since March 2001. She is not yet sure what field she’s going into, but she is waiting for an area in law enforcement that sparks her interest.

Leikam’s father was in the state patrol before she was born. One of her fondest memories of childhood was looking at the pictures of her father in uniform.

Leikam has always looked up to police officers, and has known since she was young that she wanted to be involved in an aspect of law enforcement.

When she graduated from high school, there was no opportunity to go to college, so instead she went through the Citizen’s Academy.

The Citizen’s Academy is a program run through the police departments that inform citizens in police operations and what officers face everyday. It’s a 13-week program that meets once a week for three hours. In the Academy students learn about programs such as Patrol Operations, Forensics, Bomb Squad, Crime Prevention, and numerous other aspects.

Leikam also participated in numerous ride-alongs with police officers. She loved doing both.

“It gave me confidence in myself. I know I can handle anything that comes my way,” said Leikam.

Leikam is the first person of her immediate family to work toward getting her degree. She loves it here at Highline.

“It’s the best thing that could have ever happened to me,” Leikam said.

Leikam has worked in Highline’s security office since July 2001. This summer she asked Chief Richard Fisher, Highline’s Security director, if she could join the security team.

“People look at you differently when you wear a uniform,” said Leikam, “and that’s something I want to experience.”

Her official title is parking attendant, and she will continue as such until the end of summer, when she returns to the Security Office.

That doesn’t discourage her though because she’s still in the same atmosphere. A job in law enforcement is her dream.

“It’s a passion, there’s no other word for it,” Leikam said.

New Security guard Marcy Leikam writes a ticket for an unlucky driver.

Student population falls during summer

BY LY NGUYEN Staff Reporter

The number of students enrolled in summer quarter has dropped slightly.

As of the 10th day, 4,780 students were taking classes. In Summer 2001, the total number of students enrolled at the end of the summer were 5,078.

Out of those 1,800 full-time students, and 2,900 part-time students with 789 classes offered this quarter.

“A lot of the 4,780 students feel like taking summer classes,” said Mariko Fujinawa, International Student Programs Assistant Director.

The coming increase in tuition may have caused some students to look for summer jobs to be able to afford school in the fall.

“There are not so many classes offer in the summer, I don’t want to waste my money for the classes that’s unneeded,” said Lynn Koontz, a Highline student who took the summer off.

Students attending campus classes have decreased but more students have signed up for on-line classes.

Compared to last year, the total number of students enrolled on-line has risen from 237 to 358 this year. “Many students don’t want to come to the campus so they’re more likely to take on-line classes,” said Paula Stone, Distance Learning webmaster.

Many students say that for summer, they take fewer classes, just want to maintain good grades and try to finish their degrees.

“I’m planning to transfer to the University of Washington in spring, so I just take less classes to keep up my GPA,” said Joshua Le. “To be able to enjoy the summer, I just take less classes, go to part time job, enjoy my three-day weekend. That’s heaven.”

Some students say they would rather have good times outside of school while the weather is nice.

“Well, it’s summer time and we need to have some fun. I’ve been going to school for all year long, and now it is time to take a rest and enjoy the sun,” Jessica Kim said.

Some students who have already transferred have returned to take some more classes to fulfill their four-year degrees. “It’s really nice to see them again,” Jason Roberts, Highline student, said.

Others say they miss their regular classmates.

“I just felt so alone when I came to my classes today. There were only three people in the class, who I’ve known for more than two years at Highline, and the rest of them are new students,” said Ngoc Nguyen, a Highline student.
New walkways to be built for fall

BY SARA SHORT
Staff Reporter

A new fire lane will be constructed before Fall Quarter begins. The project will start the week after Summer Quarter ends and will be completed before Fall Quarter starts. The fire lane will go from the east side of campus that runs from the north end of Building 6 to the south end of Building 3.

The new pathway is being called the Fire Lane project. The covered walkway will be torn out and a new 20 foot wide walkway will be put in its place.

The reason for the new fire lane is that the fire department needs to be able to reach all sides of the buildings with 150 feet of hose. The fire lane needs to be able to support the weight of the trucks. The fire department is not the only reason for the construction of the new fire lane. The covered walkways need to be torn down because of earthquake hazards.

"The base is not structurally sound," said Laura Saunders, vice president of administration.

The new walkway will not have any cover to keep Highline students out of the rain as they walk to class. However, the walkway will have benches and places to sit and visit with other Highline students.

Highline will lose its covered walkways and in its place will be a 20 foot wide walkway so that fire fighters can get to and from burning buildings easier.

The new walkway and its hang out areas will be designed by Susan Black and Associates. They have recently done other works around Highline including the Building 3 courtyard. The fire lane will also be lined with new light poles so the night students can find their way to and from class.

Germano gives fresh face to Child Care Center

BY SARAH COGGINS
Staff Reporter

When Jon Germano first started working at the Child Care Center two years ago, his students told him, "You're not a teacher, you're a guy."

The students weren't accustomed to having a man for a teacher.

Germano Germano is the first man to hold a teaching position at the center, which was established on campus in 1976.

He is also a Highline student and the fact that he is a man is not the only reason that he doesn't look like a typical teacher. He wears shorts and a t-shirt and has both ears pierced like any average 24-year-old.

Casual summer attire aside, Germano is serious about his job.

He chose a position at the Child Care Center in order to gain experience working with children from diverse backgrounds.

"It's a real cross-section of kids. They are all races and come from a wide variety of backgrounds," Germano said.

Ultimately Germano plans to get his degree in social work in order to work with at-risk kids.

"I like working with kids. They're actually easier to deal with than most adults," Germano said. "The hardest part is being creative enough to keep them interested."

He downplays his role at the center but director Joyce Riley recognizes Germano's contribution.

"The staff and parents recognize the positive direction he uses with the children. Men approach play and interactions with children differently than women. Jon adds a new dimension to the child care staff."

With more than 65 percent of the kids at the center coming from single-parent families, Riley feels that Germano is a positive male role model.

"All children need to experience males in their lives that have positive direction. The state of Washington will be needing more teachers in the near future. I would encourage men who have the skills and desire to work with young children to investigate a career in education," Riley said.

Germano received an Outstanding Achievement Award for his work at the center in 2001-2002.

"Jon shows a commitment to children, interprets the children's needs and has a willingness to grow in his teaching career," Riley said.

Four-year old Caitlin Williams, one of Germano's students, had a simpler view, "I like him 'cause he's nice and he doesn't yell at me. He likes little people."
Opinion

August 1, 2002

editorial

Vote! or you aren't permitted to complain

Be an informed voter. When asked why a person doesn't vote one of the most common answers that you hear is that they do not know the issues. Or that their vote does not make a difference so why vote anyway? In previous election or in school elections that many Highline students are familiar with it is just a big popularity contest. In the real world things aren't that simple. Voting to some people is a serious thing. The result of an election has an impact because it is the leaders that we are voting for. The elected officials are the people that make the rules that we live by. So if something or someone is elected that you don't want to be there and you did not vote you can't complain about who is elected. On the other side many people believe that voting is just a waste of time because their vote does not count because elections are based on electoral votes and not popularity. That is true but your vote determines with whom those electoral votes go. In a world past the 2000 presidential elections how is that anybody can say that their vote does not matter? During the election why is it important to be an informed voter? Simply voting just to be able to say that you voted does not make sense. Voting exists so that regular citizens can express through their vote who they want to represent them in government. And part of that vote is knowing what the issues the people that you are voting for represent.

Not knowing those issues, your vote simply becomes just a piece of paper that some person at a desk puts in a certain pile. Knowing the issues that your candidate represents means that you become an instrument of change. Being informed means that you can discuss and comment on issues that are important to you. It means that your vote counts, it means something. Knowing and more importantly understanding those issues that matter to you gives you a voice. You, the voter are able to change lives, are able to make a difference.

With the upcoming Washington state general election you can become more informed about the issues on the ballot by picking up a voters pamphlet at your local library. If you don't want to go to the library then you can find an on-line version by looking on the internet.

the opinion page

Editorials are the opinion of the management of the newspaper which includes the Editorial board members include: Connie Harshman, John Montenegro, Jason Benton, Edith Agoston, Rachel Platt, Josh Monuteaux, and Orion Robinette. Columns represent the opinions of the individual authors. Letters to the editor represent the opinions of the readers.

Letters to the editor are welcome. Letters should be no more than 300 words long, and are subject to editing for style and length. The Thunderword invites contributions of all types.

Ticketing in the name of safety

It was a beautiful day. I was taking advantage of a periodic sun break with my windows rolled down, my radio was blasting, classes were over and I was going home to enjoy my weekend.

However, my day was soon to take a devastating turn. As I rounded one of the last curves of the windy hill to Redondo I stumbled upon a force far greater than any $10 Highline parking fine.

I had encountered a speed trap.

Being that I drive a black Honda Civic and am under the age of 25, my car screams "Pull me over!" And pulled over I was, but not for what you might think.

I was pulled over for following too close to the car in front of me. Two months later at my contestent hearing, the judge realized how ridiculous the ticket was and took its $86 burden off of my shoulders, but I couldn't help but question the concept for which I was pulled over.

Speed traps were originally created to be used by municipal courts as a resource of generating revenue to run the government. The reason given to the public for such methods of generating money was for public safety. The real reason though just turns down to money.

The truth is that the police want more money for salaries and equipment. The city wants more money in order to not raise taxes. Local residents and business typically go along because they don't want higher local taxes, and typically they aren't the ones receiving the tickets. It's a can't lose situation for everyone except for the poor schlumps who receive fines, and insurance surcharges all in the name of public "safety".

So the next time you're driving merrily home to your loved ones and see a speed trap follow this basic equation.

Don't speed + cross your fingers the cop has met their quota = no ticket.
Kent is going medieval

BY EDITH AGoston
Staff Reporter

The annual Kent Canterbury Faire is going back in time to the Renaissance with a medieval theme on Aug. 17 and 18 at Mill Creek Canyon Eathworks Park. Admission buttons are only $1 and they are good for the entire weekend.

The medieval theme comes from Kent's historic connection with Kent, Canterbury, England.

Both Kent Canterbury England and Kent, Wash., once grew hops, a plant that gives beer its bitter flavor and the climate in the two locations is very much the same, said Lesli Opsahl, of Kent Parks and Recreation.

The faire will consist of medieval villages with demonstrations of the arts and sciences of medieval times, human chess games, tournaments of arms, jesters, peasants, Jords, ladies, and merchants. "It will be a mix of modern and medieval activities," Opsahl said.

The events will actually start on Thursday, Aug. 15, with the Opening and Juried Fine Art Preview at the Kent Senior Activity Center from 5:30 to 8:30 p.m.

Entertainment will be performed on two stages during the Canterbury Faire. The Stafford Suites Heritage Stage will present an excellent mix of international music and dance, while the Family Stage will host children's entertainment with a presentation of Shakespeare's The Taming of the Shrew.

In addition to the play, kids will have lots of fun activities to participate in. "There is something for everybody in the family," Opsahl said.

The interactive children's area of the faire will have hands-on arts projects with professional artists, face painting, tumbling demonstrations and the popular Carter Family Marionettes.

Canterbury Faire performers dance in medieval costumes at last year's event.

Downtown Kent will also host a variety of events during the faire. The Kent Market will be open from 9 a.m. to 5 p.m. on Saturday and from 11 a.m. to 4 p.m. on Sunday.

The Greater Kent Historical Society is set to host an open house/ice cream social at the Bereiter House Museum and the Bowen Stafford Ford will have its annual Mustang and Ford Round-up on Saturday.

People interested in fine crafts and jewelry will have plenty to browse through at the Kent Senior Activity Center.

"Over 75 vendors with hand made crafts will be there," Opsahl said.

The faire will of course have lots of different food to choose from, everything from curly fries to barbecue turkey legs will be available.

For additional faire information, check out Kent's website at www.ci.kent.wa.us.

Highline to host summer recitals

BY RACHEL PLATT
Staff Reporter

Highline will be hosting five quarter-end recitals, beginning Monday, Aug. 12, which will run daily until Aug. 15. The recitals will consist of beginning and advanced students from Highline's Summer Quarter Voice Class.

All of the recitals will be held in Building 7 and will begin promptly at 7 p.m., with the exception of the Tuesday recital, which is scheduled to begin at noon.

"Recitals give the students an opportunity to share the product of their quarter's work," said Sandra Glover, music instructor.

The Aug. 12 recital will feature four advanced singers, including Natalie Cline, Catherine Norton, Laura Conn, and Highline's Arts and Humanities secretary, Donna Weber. Marina Shats, who was scheduled to perform the same day, has now been slated in for Fall Quarter due to breaking her arm.

The Tuesday and Wednesday concerts will present the beginning Piano Class, featuring advanced students Ali-Khan Nguyen, Andrea Galkowski, Victoria Udat and Albinas Pudelkovicus.

"Their artistry in advanced literature is a pleasure to hear, since two of them studied at Music Conservatory in Ukraine before immigrating to the U.S," said Glover.

Thursday's concert will feature singers ranging from age 12 to 25, but all of whom study voice intensively, and have learned many advanced pieces during the quarter. Among the singers are recipients of awards during competitions last spring.

Glover hopes that those who attend will take note of the growing quality of musicianship in the department.

Glover went on to say that, "Performance is invaluable in preparing them for the challenges of university study and for the variable job market ahead."

Good Ol' Days for the community

BY EDITH AGoston
Staff Reporter

This year's Auburn Good Ol' Days festival is all about the community and being patriotic. The festival, which will be held from Aug. 9-11, will have a flag theme.

"That would encompass not just the US flag, but the flag of where we all came from," said Connie Henke, the festival coordinator.

The festival will kick off on Friday night with a performance by Bobby Medina and The Red Hot Band from 6 to 10 p.m. on Mural Stage located on Main Street.

Both the Mural stage and the City Hall stage will have non-stop entertainment with many different bands and dance performances throughout each day of the festival.

In addition to all of the entertainment, Auburn Good Ol' Days will have something to offer everyone. "It's a community festival with all kinds of community activities," said Sharon Lavigne, a recreation coordinator.

Some of the activities will include: a 5K fun run with a barbecue dinner; The Grand Parade at high noon, honoring Grand Marshal Joe Kittinger; the Auburn Area All School Reunion; the Auburn Community Barbecue; a honey bucket brigade out-house building contest; the rompin' and stompin' Saturday night street dance; a hot air balloon flight; a hot air balloon glow; a model train and railroad show; the Good Ol' Days Juried Art Show, Floral Extravaganza and Display; the Auburn Area Youth Art Exhibit; and a classic car and hotrod show.

Plenty of free activities will also be going on for the kids at Young 'Uns Square. They can play carnival games, take a look at the Lego Town Display, and participate in the Dare Fastpitch and the Kids ID program.

"We have everything you could imagine for the kids. It's a fun thing, lots of people come and community groups participate," Lavigne said.

For more information on Auburn Good Ol' Days, call 253-939-3389, or visit their website at www.auburngoodolays.com.
Closing time for Valley drive-in?

County's last drive-in may shut down in a few years

BY LOURDES MOLINA
Staff Reporter

The Auburn Valley 6 Drive-in Theater may close soon.

Owner Keith Kiehl said that while the drive-in continues to draw good crowds, they're not buying as much food and snacks, leading to a loss of revenue over the past two years. The decision to close the drive-in is making some customers unhappy.

"This is something serious to think about. This gets me mad they don't think about the people who enjoy this place and that for many it has been a family tradition," said Bruno Oliver, a concerned citizen.

For many people this theater has been a place to visit on weekends. Located on Auburn Way North, the drive-in stretches for 10 acres across the valley, its six screens lighting up each night after dark.

The Auburn Valley 6 Drive-in Theater is one of about seven drive-ins left in the state and 520 remaining in the country.

The drive-in offers a uniquely American night, where you can enjoy the natural atmosphere and fresh air that summer season brings, while watching best films of the year.

When entering the gates down the rocky pathway, that sizzling feeling of those wonderful years that maybe mom and dad had the opportunity to live through comes to mind, when they met for the first time and the night was just perfect to watch a movie under the stars sitting inside that comfortable leather-seated low-rider.

Tickets cost $8 for adults, $4 for seniors and kids under 11 are free. Parking is no hassle and the space provided gives a good view of the movies.

On a typical night, the cars roll in one by one with lots of people crowded inside. Lilo & Stitch lights up the screen at 7 p.m. and the smell of freshly popped popcorn filled the air. Although 200 to 400 people attend Valley 6 drive-in daily on weekdays and more than 2,000 people attend on weekends, Kiehl said they don't buy as many concession-stand items as they once did.

"People buy their snacks in gasoline stations or food markets located just in front of the theater and some along the way, and the snack store inside the drive-in is making no money at all," said Kiehl.

Kiehl said the theater will be open this summer and in summer 2003, but after that, he doesn't know. The land, amid the industrial and warehouse stretch of the Green River Valley, could probably bring in more money if used for something else.

Cheap travel: Drive away somebody's car

BY CHRISTINA OLSON
Staff Reporter

So you're two seconds away from graduating from Highline, escaping the cloudy days of Seattle, and breathing what's left of summer. This means you need to travel. But you're a starving college student, and you're broke.

You don't have time to scrape up hundreds of dollars for an airline ticket. So you have a few options: watch the blowup kiddie pool with your 5-year-old brother, or check out what one local SeaTac company has been doing for years, a drive-away.

A drive-away is the process of driving a vehicle, other than your own, to any destination within the United States. "All you pay for is fuel costs and a $300 cash deposit, which is refunded to you once you arrive to your destination, and the vehicle is in satisfactory condition," said Scott Templeton, owner of Auto Driveaway Co.

The owners of the driveaway vehicles typically need their cars delivered elsewhere. Some have moved, others bought the car through the Internet but live elsewhere.

For whatever reason, they don't want to drive the car themselves. Instead, they choose to pay Auto Driveaway a small fee to find a reliable person to drive their vehicle to its destination.

In order to participate in a driveaway, you must be at least 21 years of age and have a valid driver's license, passport, and three personal references. An application comprising work history and a driving record is required, signed, and screened before you can drive the vehicle. You are given maps, a certain route to follow, a delivery date, and allotted mileage agreed upon to pursue your journey.

A basic list of rules is given; they are common sense rules like no drinking and driving. You must also provide lodging for your trip, because sleeping in the cars overnight is not acceptable.

"I'm not going to let just anybody drive these cars," Templeton said. "If they have a plan that makes sense and are citizen-like, I will consider letting them take a car."

The company provides the insurance for the vehicle, and in the event of a mechanical breakdown, you are authorized to spend up to $100 to fix the problem. The owner must approve anything over $100. These costs will be reimbursed upon arrival of the vehicle.

Cars and trucks are available to almost any of the intercontinental 48 States. The most popular destination for travelers is California.

"We're not from the states, so we're excited to visit L.A. and have a chance to see a celebrity," said Driveaway traveler Guis Kost, from Australia.

Since a drive-away is only a one-way traveling option, you will need to find a way back to Seattle. Don't worry, because there are over 50 franchised Auto Driveaway offices within the United States. Coordinating a return car to drive back to Washington is just as easy, if not simpler, than getting a drive-away out of Seattle. All your paperwork you initially filled out is transferable, along with your $300 cash deposit.
Facility upgrades will wait

BY TARA JANSON
Staff Reporter

Barry Carel, athletic facilities coordinator, is still busy despite budget cuts.

"Summer time is usually used to do bigger projects that can not be done during the regular school year, but due to budget restraints most of those projects could not be done this summer," said Carel.

The project that was put on hold that was supposed to be done before this upcoming season was improvements to the softball field.

"The softball field really needed a scorning stand and the dugouts rebuilt. We can't do it because we cannot afford the materials for it," said Carel.

Carel still has a big job to do even though the big projects cannot be done. His job has many different tasks. He must make sure that the softball and soccer fields are mowed and in shape for the upcoming season. He also must coordinate times for the re-varnishing of the Pavilion floor.

Things that are on the list for possible upgrades later in the summer or early in the year are a logo on the center of the gym floor, building dugouts and improving the court surfaces. Carel hopes to have all of these projects completed before the school year begins.

"There are two months left and I have to get as much done as possible," said Carel.

Carel enjoys working at Highline while spending time outdoors during the summer.

Since summer classes are in full swing Carel makes sure that the class is set up properly and on time and all the doors are open and accessible for student and faculty use.

During the sports seasons, Carel's job becomes more time consuming since he is responsible for set up and take down of all the events and making sure they run smoothly.

Carel and others involved in athletics have a wish list of equipment that would make things run a bit smoother, but those wishes must remain dreams for a little while until the funds become available.

The wish list includes a motorized cart to haul the soccer equipment down to the field, an infield tarp to cover the softball field, and more bleachers for fans to sit in and enjoy the talent that Highline has to offer.

Carel does get help from work-study students and student athletes who do various jobs assigned to them.

"The work study students help with cleaning of the locker rooms and set up for some of the games, but I couldn’t do it without them," said Carel.

Carel said he is having fun since he has been here a year ago from the Adidas outlet store where he was a manager for six years.

"I came here because it was an opportunity to get out of retail and work with athletics and spend more time outside. I have had a great time," said Carel.

Highline’s Head Women’s Soccer Coach, Jaimy McLaughlin wants more players to tryout for the upcoming season.

"I would like to get about 15 more players to have a solid try-out. In a perfect world I would like 40-50 players trying out and keep 20-22 for the team," he said.

Five players will be returning from last year’s squad, including: Crystal Keely, Shawn Hurst, Erika Umbaugh, Ella Sandquist and Rachelle Parkhurst. McLaughlin has also recruited eight promising new players to tryout.

The new players are Sondra Cobb, from Mt. Rainier High School; Stacy Ono, from Decatur High School; Ali Vekich, from Aberdeen High School; Kerri Alderman, Kenzie Anderson, and Jackie Steger, from Federal Way High School; Michelle Schedler, from Thomas Jefferson High School; and Kiera Sutton, from Highline High School.

"I have low numbers, but enough for a team. The players I have are quality," McLaughlin said.

The soccer season is right around the corner with practices set to begin in late August and McLaughlin still has room for more players. "Anybody of any skill level is welcome to come out," he said.

Because Highline is a community college, it is hard to get players to commit. Most players are interested in going to a university, when problems occur and those options are shut down, then they turn to a community college. This creates a problem, because coaches have no idea who will commit to playing until the season is about to start.

McLaughlin hopes that he will get a large turnout for tryouts. "This would make the team better just from a pure competitive standpoint," he said.

You can reach him at coachesm@hotmail.com or call him at extension 6293, if you are interested in trying out.
Wishing won't get you in top shape

BY KIM ÖBERBILLIG
Staff Reporter

Get in shape this summer by using the workout facilities at Highline.

"The gym and track are open to faculty, staff, and students between 9 a.m.-4 p.m.," said John Dunn, Highline's athletic director.

The weight room, however, is only available to students who are enrolled in weight lifting classes. For many people, working out at Highline could make their workouts easier.

"It would save me so much time and money to work out here rather than driving all the way to another gym," said Shawna Pribach, Highline student.

Highline's gym includes treadmills, stair steppers, and aerobic bikes available to students, staff and faculty.

Robert Yates, who teaches fitness courses and is also Highline's track coach, advises to use these machines 20 to 60 minutes.

Try to cross-train between machines to get a better cardiovascular workout, he said. People should also make sure to use the bike if back or knee problems start to occur.

"Using the treadmill or bike will have an equal affect on the heart," Yates said.

He advises people to use the stair stepper to build leg strength, but not to exceed over 20 minutes.

"The workout machines in the gym are mainly used for cardio activity. These machines will also help you tone your muscles by choosing a high intensity workout," said Coteanne Raines, USA Fitness personal trainer.

Highline's track, which was recently opened last year, is a great alternative for individuals desiring a good workout, but with the benefits of being outdoors.

"As long as you keep your heart rate up for a half hour to 45 minutes by running or speed walking, you will build endurance. This will help make future workouts easier and less tiring. Keep it up three to five times a week if possible to maintain in good physical condition," Yates said.

Dunn wants everyone using the facilities to be respectful of the equipment provided by Highline.

"The workout machines and track need to be well taken care of. The availability will be cut to a minimum or nothing at all if things start getting mistreated," he said.

Dunn also advises people to stay off the soccer field, which is closed to keep the grass in top condition for the fall soccer season.

If the gym or track are not appealing, there are some great trails around the Highline campus that are available by the tennis courts and behind the track.

"The scenery is outstanding. It also gives me a chance to get some nice fresh air," says Lindsay Dundas, Highline student.

Highline students check out a stationary bike in the weight room.

Maintain it and it will drive

BY CHAD TAYLOR
Staff Reporter

Car care today is an often-overlooked part of owning a car. Experts say many people skip even the most basic maintenance, leading cars to wear out sooner and require more expensive repairs in the end.

"Most of the problems I find can be prevented by good maintenance and preventative care," said Howard Waltman, a mechanic for Hinshaw's Honda in Auburn.

A large part of a car's maintenance is oil. Running an engine with old oil or not enough oil can cause serious damage to a car. DoItYourself.com recommends an oil change should be done at least once every three months or 3,000 miles along with installing a new oil filter.

You can do it yourself for about $15 and 30 minutes of your time. Specialists like Grease Monkey and Jiffy Lube will do a full service for around $20 to $30.

Eight of 20 Highline students interviewed said they know how to change their car's oil. The other 12 said that either somebody else does it for them or they ignore it altogether.

"It's just so easy to forget about it," student Dan Tuffner said. "There are so many things going on for me that I hardly ever think about my car."

Although oil is important, Jiffy Lube suggests checking things like the coolant and transmission fluid as necessary to prevent overheating. It's also well to check your tire pressure in all four tires.

Putting a few dollars into maintenance will almost certainly increase the performance and longevity of your car, Waltman said. That way if you choose to sell it in the future it will retain more of its value.
Mystic Tan sprays rays

By Christina Olson
Staff Reporter

It's summer, and you're pale. Did we say pale? You glow in the dark. When you try to tan, the result reminds one of fresh lobster.

Some people just don't tan. One local business thinks it has the answer, which begins with a fresh coat of paint.

"If I can't get a tan," said Yoshiko Harden, an event organizer.

The major goal of the event is to welcome new and old students to campus. They also are shooting for students to get to know other students, staff, faculty and advisers and try to get them involved on campus and know what goes on at Highline.

"No matter what year in or out of college, if you are new to the school we want you to feel welcome," said Harden.

New students who don't want to wait until the first day of school to know about college can get a preview at this year's Fall Orientation. The day starts at 8:30 a.m. and goes until 2 p.m. on Sept. 19.

"Fall Orientation was previously known as the New Student Registration," said Yoshiko Harden, an event organizer.

"We wanted to make it more clear for students so they didn't get it confused with New Student Registration," said Yoshiko Harden, an event organizer.

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Students with an identified study interest may be able to meet some students or advisers in their area of study. For students who do not know what they have in store for their future they will have a chance to chat with many different people and get a feel for what Highline has to offer.

Information booths will be set up in the Pavilion and seminars will take place across campus.

"If you registered last year after the orientation and did not get a chance to come to last year's event you are more then welcome to come," said Harden.

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Some special seminars will be held after the main event and should end around 3 p.m.

Student Government President Stephen Alano and College President Dr. Priscilla Bell will speak and welcome everyone to Highline. For students who attend evening classes, an evening orientation will be offered the first week of instruction.

"We want students to have fun at the same time as learning about Highline. That is what we are aiming for," said Harden.

Opening Week plans under way for fall

By Tara Jansson
Staff Reporter

Opening week celebration is using a New Year's theme to count down to the New Year. Staff, faculty and advisers will have a chance to chat with new and old employees during many of the scheduled gatherings.

"This year we want everyone to get a taste of what is happening on different parts of campus, we are planning on having inner office socials" said Jonathan Brown, associate dean for student programs, one of the planners of the event.

"Everyday different offices will get together for 'anch to create a sense of unity on campus," said Brown.

The socials have changed a bit from last year since they will be trying to unite the campus. Highline also plans to have a kick off luncheon on Friday, Sept. 19 at noon that is putting a new twist on things with a murder mystery theme.

Most of the days will deal with workshops, faculty prep time, socials and staff development sessions.

"The workshops are for staff and faculty to get further information or training on a certain subject," said Brown.

This year the workshops will deal with a wide variety of issues from plagiarism to gender in Islam.

Dr. Priscilla Bell will give an opening week speech to touch on different things that have changed over the past year and talk about successes and challenges that may arise in the upcoming year.

"We want students to have fun at the same time as learning about Highline. That is what we are aiming for," said Harden.

A Desert Sun Salon employee strikes a pose after cathching some rays.
College sees recruiting improving after 9-11

By WOGAHATA HAILE
Staff Reporter

Slowly recovering from Sept. 11, the International Student Program is looking forward to an increase in students next year.

Highline Director of International Student Programs Mariko Fujiwara said that in order to gain more students, building a strong, trusting relationship is the key. Fujiwara has been director since Jan. 1, 2002 and was assistant director from July 1997 to December 2001.

After Sept. 11, "the numbers went down but are slowly recovering. Before Sept. 11 there were about 260-280 students and after Sept. 11 there are about 220 students," Fujiwara said.

"The main point is the key trust between our institution and educators, parents and schools in their country. By visiting and talking to students overseas, I make them aware of the situation here in Washington by making it OK to come here. After Sept. 11, I emphasized the benefits in studying in the West Coast, especially in Seattle," she said.

"By showing up at presentations, parents, teachers, and counselors are able to talk to me about their concerns with sending their daughters or sons overseas and assuring them that they will be OK. Visiting and meeting parents is the most important thing. When I give presentations I state clearly that I am here on campus at Highline if something happens to the students," Fujiwara said.

International students are attracted to Highline because of the "student service and care (people to people connection), location of the college, major, number of the students from their home country," she said.

The students come from the United States, Canada, Australia, and countries throughout the world such as Japan, Taiwan, Korea, Thailand, Indonesia, Hong Kong, Italy, Spain, France, England, Sweden, United Arab Emirates, Kuwait, and Kenya.

Since Sept. 11, student visas have become stricter to get and are only good for five years, Fujiwara said.

"I gained over 10 pounds because of too much junk food."--Maya Polykova

American food is one of many obstacles international students have to overcome.

Many international students say American food is too oily. Several female international students at Highline said they have gained more weight since they came to America.

"One of the main causes of gaining weight is my eating habits," said Shihomi Uedo, a nursing student at Highline.

In Japan when she cooked, she used more fresh vegetables than meat.

Uedo said that after mad cow disease in Japan, the consumption of vegetables is rapidly increasing. However, in America, she usually eats fast food and meat, which have high calories and are easy to cook. "American food's volume is huge and vegetables' quantity is smaller compared with meat," Uedo said.

"I gained over 10 pounds because of too much junk food," said Mayya Polykova, who is studying for her associate of arts degree at Highline.

Polykova came to America two years ago. American food was totally different from Russian.

In Russia, she used to eat a lot of porridge and natural vegetables but she thought American foods were more exciting.

"At that time, I refused to eat homemade food that my grandfather cooked, it was not fun to eat," Polykova said. "I liked to eat McDonald's hamburgers more."

One time, after she ate French fries, she had a terrible stomach ache.

"They used too much salt," she said.

Although most international students experienced weight gain, some students maintained or even lost weight after they came to America.

"American foods are really convenient to cook whenever or wherever," said Yoshi Suzuki, a travel and transportation student at Highline. Packaged microwavable foods are easily available.

However, we need to care about nutrition balance," Suzuki said.

He said some American people didn't consider a nutritionally balance diet when they had meals, and then they tried to make up the nutrition by taking pills such as vitamins and minerals.

International students try to find their way to a good diet in America. "I'm trying to eat a lot of vegetables and fruit," Uedo said. "I think fresh vegetables is a key point for health."

"Now I know how much my grandmother's food is valuable," Polykova said. "I appreciate my grandmother's food for healthy food."
Tasty nana

Restaurateurs reclaim old location for new food

BY SARAH COGGINS
Staff Reporter

A new restaurant opened on Marine View Drive in Des Moines two weeks ago. The restaurant is called Thai Nana and Nana is Thai for "many different things".

Located in a renovated Victorian house, the decor is a blend of heavy draperies, fine china and abundant Asian curios. Live orchids and oil lamps on each table complete the elegant atmosphere.

Owner Jaratsri Saeeal and her husband opened the restaurant with the belief that Thai cuisine appeals to a variety of tastes. They own another Thai restaurant in Queen Anne called Bahn Thai that has been open for 18 years.

"Some things are spicy, some things not so spicy - and everyone enjoys the sweet and sour soup," Saeeal said with a warm smile.

The menu includes appetizers, soups, salads and meat or vegetarian entrees. Entrees are priced between $8 and $13. The bill for two adults including drinks and appetizers was about $30.

If you have room after dinner you can enjoy sticky rice with fresh mango or coconut ice cream. Another sweet alternative is a glass of Thai iced tea, a thick blend of tea, coconut milk and crushed ice.

Peter Saeeal with a plate of his finest from Thai Nana.

Thai cuisine focuses on fresh ingredients and peanuts, basil, spices and coconut appear in nearly every dish. The philosophy of Thai cooking is to artfully blend sweet, sour, salty and spicy flavors all in one dish. Peter Saeeal is the chef and his wife likes it that way.

"He's the cook - I keep the husband in the kitchen," Jaratsri Saeeal quipped.

Man sees money in Des Moines' dirty dogs

BY SARAH COGGINS
Staff Reporter

Anyone who has ever had to give a dog a bath will appreciate the new business opening in August on Marine View Drive.

The Soggy Doggy - a self-serve dog wash - will be the latest in a string of small businesses that continue to keep downtown Des Moines thriving.

Owner Carl Goretski and his wife got the idea for the shop several years ago on a trip to California. It was only after the couple decided there just might be a niche for a dog wash in this community.

"I wished I had knee pads after kneeling by the tub trying to corral a smelly pup into the tub. The new store will boast six walk-in tubs, and shampoo and towels will be provided. For a moderate fee, between $13 and $18 depending on the size of the dog, you can have a clean pooch and not have to worry about cleaning the bathroom."

Goretski's son got him Phoebe, an energetic collie-retriever puppy, that the couple decided would be the latest in a string of small businesses that continue to keep downtown Des Moines thriving.

Although Goretski joked about someday having a franchise, his real focus is the local community. He and his family will have a booth at a Humane Society Adopt-A-Thon in Kent and every owner who gives a dog a new home will receive a complimentary wash when the store opens on Aug. 17.

"Man sees money in Des Moines' dirty dogs"

"Thirty years ago community involvement was much more common. Now big corporations give money and that's good but you need to get out there with the people," Goretski said.

"Working with the people, that's what makes it fun."
Pietz

Continued from page 1

coached at Auburn High School.

"Everybody loved him, he was always here doing extra stuff. He was one of those guys everybody liked. The kids worked hard for him," said John Dunn, Highline’s athletic director.

It’s a huge blow to the track and field program and he’s going to be missed, his colleagues and students say.

"He was successful when he was here as an athlete and was successful at Auburn. He was a great supporter of Highline," said Dunn.

Pietz coached throwing events. According to Assistant Principal Carter, Pietz was one of those guys who would help everybody out. "They hung out together. He had talented kids and when he came to Highline he made an immediate impact," Yates said.

Coach Pietz was known for being a good watcher and great at the technical aspects of the sport.

"The students were very upset. They were working out together and when you spend that much time together you’re bound to be close," said Yates.

Pietz was known as a calm and he had a positive demeanor. Highline’s Gunner Argo finished fourth in the decathlon in the spring after working with Pietz.

"It is a huge loss, not just as track but in general. It is hard to accept his death and figure out what happened. He was very flexible with his time with us, and he would go the extra mile to help us," Argo said.

Argo remembers his sense of humor, not just as a coach, but also as a friend. "The biggest thing is for us not to stop doing track, but do the best, put track into perspective and remember to treat others how you want to be treated," Argo said.

The students had only known Pietz since January, but had come to like him.

"We were always laughing and he was a really good coach," said shot putter Naie Carter.

"Without his encouragement I wouldn’t have stayed at Highline. One of my fondest memories of him was when we went to San Diego to a Junior College All American Meet, and we were laughing for two whole hours on the flight back." Carter said that it is difficult right now without Pietz, but being around the team that knew him will make it a lot easier.

"The college is hoping to do a few things in memory of Pietz, maybe name one of the throwing areas after him," Yates said.

"I miss the whole guy, he was just a good guy. I will miss his optimism. He was a really good coach and even though he passed away I am really grateful to have known him. The greatest thing about him was the way he would tell us how to throw and we performed better because of it," said Corey Leskowsky, the top-ranked shot putter in the NCAA before a season-ending injury.

Pietz will hard to replace, Yates said.

"The transition will also be a hard thing to do. He was so young. This kind of thing gets peoples attention and make you want to get off your butt and keep striving for your goals. The kids will keep competing. Not very often do people get to make an impression like he did on others," Yates said.

"I believe that the last few months he was coaching here was the happiest time in his life. He loved the kids and his time at Highline," said Ken Pietz, his brother.

Pietz is survived by his parents, Ken and Barbara Pietz, his grandmother, Mary Pietz, brother Ken Pietz Jr., and his former wife Heidi Pietz.

Funeral services were held on Friday, July 26 at Yahp & Son Funeral Home in Auburn. Many track and field athletics, staff and administration attended the nice service.

Donations can be made to Children’s Hospital P.O. Box C3771 MS-CL-04, Seattle, WA 98105-0771.