



Trader Joe's finally open in Spokane

By Grady Arnzen
Sports Editor

Located on the South Hill's 29th Avenue and Regal, Trader Joe's is quickly becoming a popular shopping site for people in Spokane. With low prices and an almost farmer's market-like appearance, Trader Joe's is a low-pressure grocery store. Trader Joe's opened its first store in Spokane on Oct. 28 of last year, but this is only one of the many Trader Joe's that have been built nationwide. In the past 3 years, Trader Joe's has opened about 40 new stores, expanding as far as Boston.

Trader Joe's was founded in 1979 by Joe Coulombe in Monrovia, California. Its heaviest concentration of stores is in Southern California, but Trader Joe's has locations in 30 states as well as Washington D.C.

What makes Trader Joe's different than other grocery stores is that they stock fewer items. While most grocery stores stock

more than 50,000 items, Trader Joe's stocks about 4,000 items. Also, around 80% of their items bear the Trader Joe's brand name.

"It doesn't really bother me that most of their product is Trader Joe's brand because they all taste great and have cheap prices," said teacher Pia Longinotti.

"Trader Joe's is usually pretty packed with a wide array of items," said freshman Markus Goldbach. "It also sells a lot of different objects."

"I love the Chicken Satay with Peanut Sauce and so do my three kids," teacher Jennifer Fees commented.

Trader Joe's is mostly known for its fresh produce and food. It has the feeling of a small store, but stocks many different items just like a large grocery store.

Freshman Ryan Leason said that Trader Joe's is really popular in Seattle and it's good to finally have one in Spokane.

"My favorite food is the Trader Joe's cookies that are like Oreos," Goldbach said. "I like the fresh fruit too."

Ever since the Trader Joe's Spokane opening, it has been drawing customers away from the traditional grocery store. Parents love the great deals there, and everyone loves the fresh produce along with the open environment. All the grocers that work there are super helpful, and are willing to help you find anything in the store.

"My daughter likes it when they hide the toy Sasquatch. Whoever finds it (it can be anywhere in the store) the staff ring a bell and that person who found it gets a piece of candy," said Fees.

"The workers there are really

personal and upbeat," said Longinotti.

While Trader Joe's does have good prices, it does have one downside.

"Trader Joe's also is kind of far away from my house," Goldbach commented.

With only one Trader Joe's in Spokane, many people have to drive a far distance to get the great deals.

But overall, many Spokane residents are happy to finally have a Trader Joe's in Spokane. Their low prices and low-stress shopping environment make it a popular place to go.



Photo by Grady Arnzen

Trader Joe's walls are painted with places of Spokane, such as Manito Park.

Coeur d'Alene Casino: new and improved

By Ruby Falciani
Opinion Editor

The Coeur d'Alene Casino Resort and Hotel has been a part of our community since March of 1993. It has been a place for birthday parties from ages one to sixty. The resort has been there for fun for kids and adults. Their buffet is fitted to the appetites of six year-

olds through sixty-six year olds.

Another family-friendly feature of the resort is the entertainment. They constantly bring in concerts and acrobat routines that are exciting and fun for the whole family! Such as the mixed martial arts, comedians, country concerts, and powwows.

The resort hotel rooms are arranged from original native and rustic style rooms to the newly refurbished hotel wing containing modern and chic New York style rooms. The new modern wing of the hotel is mainly decorated with metal, mirrors, and wood panels. The hotels are very stylish and have extremely comfortable beds.

"The only problem I had with the new rooms was that I couldn't plug in my Xbox to the TV because it was bolted to the stand," said recent customer Stephen Falciani who was one of the first people to stay in the new wing of the hotel.

The new wing includes a spa and a steak and seafood/bar restaurant.

"It was so cool," said Ashlyn Little, Freeman first grader. "They made us ice cream in front of us. It was only like 2 minutes. It was so cool!"

The restaurant actually does make ice cream in front of you. You get to choose flavor, mixes, and toppings. They take the cream mixture then start adding the dry ice and it starts becoming thick ice cream in front of your eyes. You can add any toppings of sauces on the instant ice cream.

The pool has been under construction and the grand revealing of the newly refurbished pool was on March 15. Including the work-out room, spa, pool, and new restaurants, the Coeur d'Alene Casino has improved its look, but has still kept a hold of their original values.

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Guedelon: a brand new old castle!

By Jake Dickinson
Staff writer

“Castles conjure the romance and dread of the period,” Mike Loades exclaimed in his special titled *Going Medieval*.

Many years ago in Europe, people started building fortifications in order to defend themselves and also to provide a safe place to live in during times of war and peace. Over time, these turned into wooden forts like motte and bailey castles, in which the motte is the hill where the central building is settled at and the bailey being the enclosed part of the wooden fortress. Builders began using stone and mortar in order to make improved castles that would be difficult to conquer until the invention of gunpowder cannons. Each castle required specialists to aid in the building of many bases and forts. Currently, a group in France is achieving this in modern times through building Guedelon castle.

Started in 1998, Guedelon castle was designed to have six towers, a gatehouse, a grand hall, a well, arrow loops, and murder holes. The castle is currently scheduled to be finished in 2033 and it looks great. They are using the actual techniques that medieval builders used along

with the tools, cranes, and even the clothing that they wear.

“If you look at this stone, you’ll see the detail and attention to this construction. There are all these mason marks on here,” Mike Loades said, pointing at the arrow to show the facing side, initials of the man who carved it, and roman numerals to tell of the height of the brick that was carved.

Not everything is exactly the same as it was with the original construction. For example, the workers do wear modern safety helmets in case some rocks do fall from the human-powered wheel cranes.

The castle has had several tours during the construction; it has even been featured on the History 2 channel special named, *Going Medieval*, which showed the latest parts of Guedelon castle. Loades was even allowed to use the castle to show the difficulties of defending and causing a siege. Also, he was even allowed to place a stone into the largest of the towers, the lord’s tower, and he showed the large amount of detail put into each of the stones in this project.

“Knights were icons of the age, but an equally powerful image was the castles” Medieval expert, Loades said. “They were cavalry

forts, and they came into being around about 1000 years ago with a new warrior, the knight.”

Also, the host of *Going Medieval* was able to be in one of the two wheels that let the crane lift up and move the stones to other parts of the castle that are near the crane.

“It’s taking 45,000 tons of stone to build this castle, and it all has to be lifted, using nothing but muscle power,” Loades stated.

Later, Loades set up a ladder to the great hall’s entrance to show how hard a siege with ladders was because the defenders had a better chance to eliminate the people on the ladder and then the ladder itself. Another key feature of the chateau was the murder holes. A murder hole is a tunnel that is

generally above corridors and includes holes for troops to drop rocks, debris, and even boiling liquids like water and

or pitch from the top of the hole onto the enemy at the bottom.

But, this castle is not only a marvel, but a museum that always will be worked on due to castles being built and then modified over the years to different designs and new additions to the structure as time progressed and when technology allowed for improvements in the designs. Yet, this was normal back then due to the land owners wanting to have the finest and the best looking fortresses in the land. Again, the people building the castle are constantly at work on it, even during the winter or when it is raining. All in all, this marvelous building can be seen when it is worked on and when it’s finished.

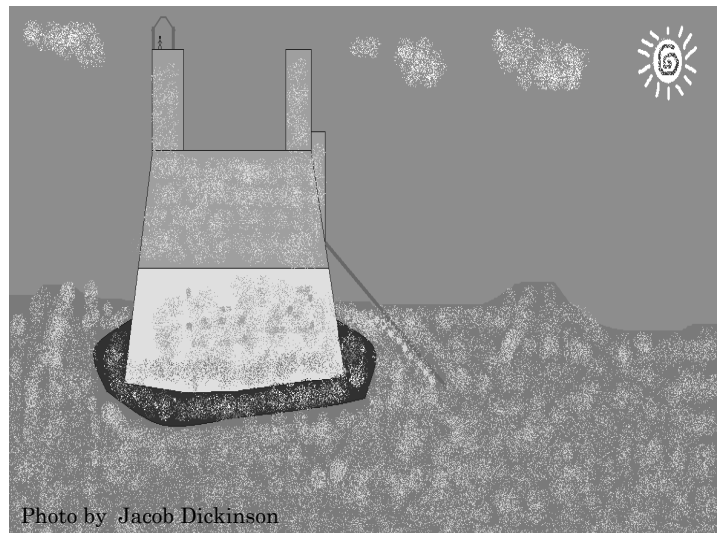


Photo by Jacob Dickinson

“Castles conjure the romance and dread of the period,” Mike Loades exclaimed. This statement is never less true than with castles, especially with the hollow ruins of the castle.

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How to get a step-up on summer jobs

By Hannah Williamson
Staff Writer

As summer approaches, there's no time like the present to start thinking about ways to land a summer job. There are many job choices and possibilities for teens.

The best time to start looking for summer jobs, according to FHS Counselor Laura Hamma, is the spring break season, so it's important to have a full résumé and start applying as soon as possible.

"There are a limited number of jobs available to students, and employers want to have those spots filled before the summer months," Hamma explained.

This year, about 80 percent of summer employees in the U.S. will be hired by the end of May (www.snagajob.com). Obviously, employers need their jobs filled before summer, and spots fill up fast. For this reason it is extremely crucial to start your summer job search ASAP.

From mowing lawns to internships, the variety of jobs for teens is relatively wide. Five of the many common summer jobs for high school teens are camp counseling, lifeguarding, babysitting, farming, working in retail, and food services. Each of these jobs, with a little effort and motivation, are attainable and rewarding positions for high school students.

Timeliness is truly critical if you're really serious about finding a job, because a good majority of college students are looking for the same types of summer jobs as high school students, and they usually get out of

school for summer break before teens. Four of the most common jobs that college students apply for in the summer are camp counselor, life guard, farming, and waiters at restaurants (www.onlinecolleges.com). These jobs are also about the same as what high school students apply for, so if you want to beat the summer rush as a high-schooler, a good head start and motivation are both necessities.

According to familyeducation.com, one rewarding job for teens is a lifeguard which, although it requires course work to become qualified, is a beneficial way for teens to gain responsibility. (It's definitely not a job that would be recommended to someone who isn't a strong swimmer, though!)

"You'll get a great tan line!" senior Katie Pintar promised.

Being a lifeguard really isn't too hard of a job to tackle if you're a strong swimmer. The minimum age is 15, so it's a job that almost anyone in high school can partake in.

Becoming certified in Spokane consists of a 5-day session in which a student must be able to swim 300 yards without stopping, and pass a written test and a practical lifeguarding skills test at the end of the course (www.spokanecounty.org). The certification is valid for 3 years, and the average pay for a lifeguard is about \$9.00 an hour (www.spokanecity.org).

Also, depending on what you want to do as a career, being a lifeguard could help you as a starting job. This was definitely the case junior Morgan DeRuyter.

"I hope to one day become a nurse and thought that by being a lifeguard it would teach me to be observant and give me some experience in helping with medical emergencies," DeRuyter said.

Babysitting is also a great field for teens (girls and boys) to go into as a summer job if you enjoy spending time with and taking care of kids. It can be a big responsibility, but it's a job that's worthwhile.

"It takes a lot of patience, but when the kids are happy it's definitely rewarding," freshman Colbi Smith stated.

Many places in Spokane, including St. Luke's Rehab Center and Sacred Heart Hospital, have monthly classes that teens who are interested in babysitting can participate in and become certified to watch kids. These classes go over disciplinary and safety issues, cover the basics to caring for infants, toddlers, and older children, and explain how to use first aid and CPR for infants and children (www.kxly.com). The average rate for babysitting, typically, is \$8-\$12 an hour, depending on factors like parent choices, number of kids, and your experience (www.babysitting-rates.com). There are also other jobs in this field such as working at YMCA camps or day cares, both of which are great positions if you enjoy working with kids. Getting the certification to be a babysitter is a good place to start off in this area, and then you can continue working up from there.

If you like the idea of having your own business or working by yourself, one last job that many high school students use as a line of work in summer is yard care. There are plenty of things to help with, like pulling weeds or mowing lawns; it's also one of the most inexpensive business ideas to start up (www.yahoo.com). Since it's a job where you usually work alone, it's a helpful way for teens to learn responsibility and time management skills. Yard work is the type of job that's good for teens that are independent because it's an easier job than most to negotiate working times and labor fees. Not only that, but lawn care is a great job for kids to do to get involved locally and help people and neighbors in their area. It's attainable for even students who can't drive, because they can work in the yards of family members or people in their neighborhood.

Working outside in the hot summer months can be strenuous.

"All the hard work and sunburns are worth it when I get my paycheck," confirmed freshman Bram Schweiger, who mows lawns in Hangman during summer.

So, again, the first important step is getting out there and searching for jobs so you can get ahead of the summer rush. Keeping your grades up, having a full résumé, getting started early, and being motivated are all great ways to show employers a good work ethic and give them a reason to hire you.

2nd ANNUAL ART and SOUL Art Festival

Our second annual art festival **Art and Soul** is coming up soon, Thursday night May 17 from 6:00 to 9:00 in the Freeman High School all-purpose room. There will be some of the same creative fun activities as last year including:

- A sale of original artwork by Harold Balazs, Mel McCuddin, Ken Spiering and others
- Participation in a large community painting
- Art demonstrations
- Henna tattoos and face painting
- Sale of your students' artwork
- Pudding painting
- Making drums for our younger musical artists
- Evening entertainment by our finest choral and mu-

sic students

- New and engaging art activities for all ages
- And of course, REFRESHMENTS!

Ticket prices remain the same as last year and are available at the door - \$5.00/person or \$15.00/family. We raised almost \$2000.00 for materials and supplies for our arts program last year and would love to have your support to do the same again for this coming year. Contact Mr. Spiering in the Art Studio at FHS if you would like to help with our festival, do a demonstration in your field of creative expertise, or have suggestions for activities you would like to see included in **ART & SOUL** this year.