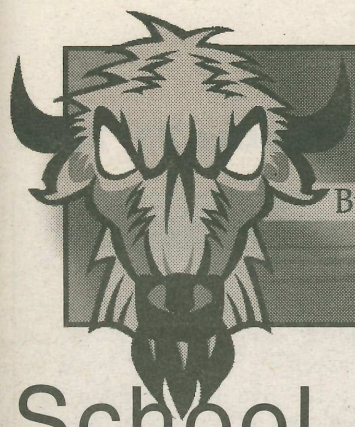




The Hoofprint

Tracking the Bison

Volume 36 Issue 4

Buffalo High School | 877 Bison Blvd | Buffalo Minnesota 55313 | 763.682.8162 | December 23, 2004

School struggles to maintain temperatures

Katie Millerbernd
Staff Writer

As winter comes and the temperature drops, the janitors are try to keep the building comfortable.

"We try to control the temperature so it's not too hot not too cold," said Head Janitor **Coco Henry**. "But it's hard with this large of a building"

The majority of students said that the lunchroom was the coldest area in the school. The average temperature was 19° Celsius (66° Fahrenheit).

"It's so cold in the lunch-

room," said Junior **Jenna Nordschow**. "I'm surprised it's not snowing in there."

Some of the coldness in the lunchroom can be blamed on the building design.

"The lunchroom is pretty tricky," said Henry. "The doors are being opened and closed; it also has big windows, and the heat comes from the ceiling so it has to heat up the whole room before it comes down to where the students can feel it."

The computer lab, at 23°C (74°F), was on the other side of the thermometer. Students were

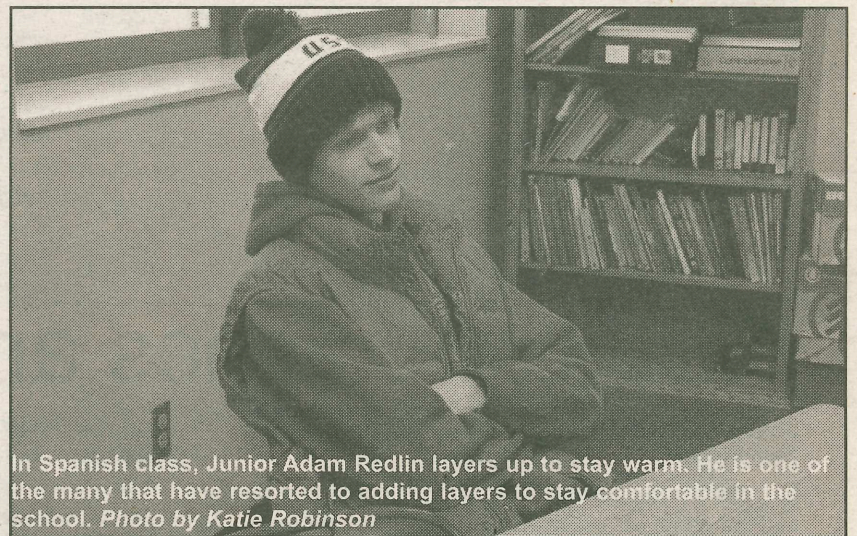
right when they said it was the warmest.

"The computers in the lab help heat it," said Henry.

Not every student thinks that the school is too cold.

"I just moved here from Annandale," said Freshman **Travis Zander**. "This school is hotter then my old school."

For now students are taking some measures to keep warm in class. "I always make sure to have a jacket or a sweatshirt," said junior **Sarah Schwietering**. "If I don't have one if freeze"



In Spanish class, Junior Adam Redlin layers up to stay warm. He is one of the many that have resorted to adding layers to stay comfortable in the school. Photo by Katie Robinson

BHS students lacking sleep

Bridget Ehrenberg
Staff Writer

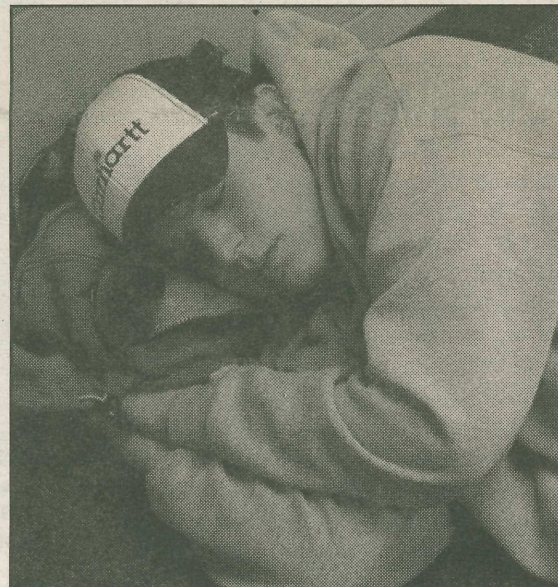
Many people in the United Sates would most likely consider themselves sleep deprived. Sleep deprivation is when a person does not get the amount of sleep that is needed to stay healthy. Sleep deprivation not an uncommon thing in the community these days. Some of the symptoms of sleep deprivation and other sleeping disorders are snoring, holding your breath while sleeping, high blood pressure, grumpiness and irritability, and sweating during the night. With jobs, work and after-school activities, the students at BHS seem to be running themselves down.

For some students getting sleep is not a problem. The students that tend to get the most sleep are those who are not involved in any sports or extra curricular activities. For those people it is all about school work and jobs, if they have jobs. When it comes to school work, out of 131 people surveyed 4% have a D or lower, 21% have a C average, 39% have a B average, and 36% have an A average. So, is it necessarily true that you can't get good grades when you are sleep deprived? No, but it is true that when people are fully rested they are able to concentrate more.

"Yes, last year I got like five hours of sleep and this year I am doing better," said Senior **Marcelle Kaspar**.

Twenty-seven percent of students said that they attribute their lack of sleep to school and homework, 12% said that they attribute their lack of sleep to sports, 12% said they spend too much time at their job, 6% spend time on the internet or playing games on the computer, 11% play video games or watch television, 12% spend time with friends or boyfriends/girlfriends, 10% say they have insomnia or a hard time getting to sleep, and the other 10% say it is due to after school activities. There is quite a large range of things that people are doing.

"Nothing really keeps me up," said Senior **Ryan Gaskill**. "I watch T.V. because I have really bad



Junior Teddy Peterson takes a quick nap during AAA. He is one of many who sneak in sleep whenever possible. Photo by Katie Robinson

insomnia."

Forty-one percent of students said that they would approve of classes starting later in the day, and 59% said they would not approve. The most common reason for people not wanting to make the classes start later and end later is because they are in sports and they would probably be getting less sleep then they would if the condition stayed the same.

"It is a waste of a day because I would sleep anyway," said Sophomore **Ryan Pikkarainen**.

According to the National Sleep Foundation, in order to be completely healthy you need up to nine hours of sleep a night. The majority of students consider themselves sleep deprived and the others say that they don't have a life. Either way, it is up to the individual to choose what it right for themselves and do what they need to do to stay healthy.

School tries SIP

Sara White
Opinions Editor

People are searching through grades, attendance records, and lunch account information all online. They are not hackers stealing personal information off the Internet. They are parents viewing their child's school activities. Student Information Portal (SIP) lets parents view different information about their child at school online 24/7.

"It's a great communication tool for parents to stay in touch with what their child is doing at school," said Assistant Principal **Matt Lubben**.

SIP is in the process of being implemented for the high and middle school. The program offers health information, attendance, grades, assignment scores, test scores, activities, discipline, and lunch account and library information. Fifty-nine percent of students thought SIP invades privacy.

"It's a major invasion of privacy," said Junior **Lillian Rinheart**. "The program itself would be a lot easier to talk about something little, but if they actually want to talk about the student it would be a lot easier for the parent to come in and talk about what's happening."

Seventy percent of students think SIP is a good communication tool.

"A lot of parents don't have a lot of time to come in. Kids don't

talk with them and they don't know what's in their lunch account. It's a good thing that parents can look it up at work," said Junior **Sarah Sanderson**.

Although SIP is a new form of contact for parents and teachers the question is; is it the best?

"Technology is not always the answer, despite what we have come to believe, computer systems fail, people get frustrated," said an anonymous teacher. "I fear this will take the place of personal contact between humans, which is much more beneficial for both parties."

Although SIP may have drawbacks, Alexandria saves \$900.00 a month on postage and printing progress reports with their SIP program. Although they used to print off progress reports twice a month and mail them home. Other schools in Minnesota have incorporated SIP into their program. Alexandria has been using SIP since the fall of 2003.

"If there are questions regarding an assignment or grade the parent can have the student visit with the teacher about that or the parent can contact the teacher directly if needed. This system allows for the fact that there shouldn't be any surprises at report card time," said Director of Technology at

• SIP
Continued on page 2

• SIP

Continued from page

Although preference of what kind of contact is used varies, SIP will now be one of the choices available to parents. In order to create a SIP account, parents must go into the school office and register for the program for free. Although the program is currently not up and running, a demo is available online to view what the program offers and will look like. A link to the demo can be found at <http://www.buffalo.k12.mn.us>.

Ashleigh Norris
Staff Writer

Between homework, friends, home life, work, and teen issues, it's almost impossible not to be stressed at least once a week. In fact, of 180 students surveyed, all said that they have some stress. 126 of those students said they deal with stress on a daily basis.

On average, students said that on a scale of one to ten, they would give their stress level a rating of between six and seven. Only four of the students surveyed said that

they rate their stress level one or two, and about 16 students gave their stress level a rating of ten.

So, what causes this stress? 40 percent of students said stress is mostly caused by school, 15 percent said family life, and 10 percent said friends. One hundred and ten of the students said they only suffer from stress on school days.

Though dealing with stress is tough, most students have a certain way to deal with their stress. However, some haven't found a way yet.

When it comes to ways of handling stress, "One thing that really helps with relieving your stress is to talk about it," Counselor **Mary Lynn Leff** said. "You can talk to anyone you feel comfortable around; teachers, coaches, friends, parents, counselors."

"To deal with my stress, I just do everything I'm supposed to do," said Freshmen **Kiley Mackereth**. "Other students can do the same thing I do, except better."

When asked what she thinks causes 'high school stress'

Mackereth said, "Homework, sports, and everything in between."

The five most common ways to handle stress among students were; listen to music/play instrument (18 percent), sleep (16 percent), relax (10 percent), talk about it (10 percent), and pray/read Bible (9 percent). These aren't the only ways students can deal with stress though, of course. Responses ranged from eating a bowl of cereal to getting away from everything and everyone

Fatal car crashes among teens are on the rise

Jolene Tokkesdal
Staff Writer

All they can hear is the sound of a horn in the distance and the sound of tires squealing over their loud music. Not more than a moment after they look up to see the road they see bright lights shining right in front of them. They crash into a truck, never knowing what hit them. Knocked unconscious by the impact, the driver slowly wakes up, hearing sirens raging into the night and her parent's voices repeating the words, "Please help her." Slowly she realizes what happened and looks around her to see blood and her on a stretcher, and her friend covered by a sheet. It only takes a moment to get into a car crash, but could take a lifetime to forget it.

There's around 5,040,000 car accidents reported every year. Break that down and that's about three million people injured in car accidents, nearly two million disabilities caused by accidents, and about 40,000 deaths involving car accident in the U.S. every year. Nearly 43,000 people died in the U.S. because of car accidents in 2002. Car accidents are the number one killer of people ages from one to thirty seven. But are they really accidents?

"It's not an accident," said Sophomore **LeaAnn Rein**. "It's a mistake. It happens for a reason; lack of attention, messing around, tired, drunk whatever. There's a reason."

Car accidents are the leading cause of death among teenagers. In the U.S. 36% of all deaths are aged 15-19. That's about 106,192,626 teens dying a year by car accidents. Teenagers are seven times more likely to be in a car crash than adults. It's not just the drivers that are killed. Teenage passengers are at the same rate of being killed in car crashes as drivers. Two thirds of the deaths in passengers aged 13 to 19 years old occurred when teens were driving.

"For the most I think that 16 is a maturity level," said Junior **Jackie Carlson**. "When your 18 and turn into an adult you're too old and anything younger than that is too young. When you turn an adult, you need experience."

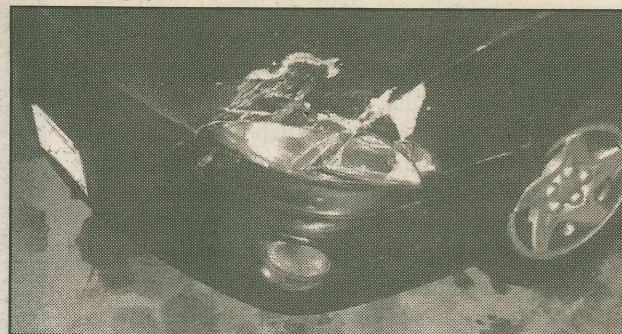
Over 20% of all traffic deaths in the United States each year are caused by drinking. There were 16,653 people killed 2002 where alcohol was related. In 1999, about 15,794 deaths involved alcohol. 38% all of deaths have drinking involved, which is the lowest rate since 1975.

"It scares me to think about," said Freshman **Kevin Moran**. "Because when I'm out at night at a busy intersection or something. I don't want to get into a crash."

In Buffalo High School, a poll given showed that out of 100 students from all grades, 61 of them were involved in car accidents. Yet, everyday when school gets out there's a rush to get out of the parking lot, horns going and kids getting mad because they want to go home.

"Every time you get into a car, you're risking your life," said Junior **Eva Walsh**. "You're trusting strangers with your life. That's something that not many people truly understand."

The cars get towed to an impound lot and the girl is rushed to the hospital. She's thankful to be alive, yet at the same time the fact that her friend and the driver of the truck died is killing her inside. So the next time she gets into a car to drive she'll remember that every 13 minutes someone dies because of car crashes and it doesn't always happen to the "other guy."



This is a look at Senior **Kaisha Tracy**'s car after she got into an accident a couple of weeks ago. She is one of the many Buffalo students that has been involved in an accident.

Photo by **Kaisha Tracy**



The mission of *The Hoofprint* is to be authoritative, aggressive, essential, caring, and creative as a leading source of news and information for the students and staff of Buffalo High School.

Editors-in-Chief

Corrina Swanson and Justin Leeper

News Editors

Kyle Anderson, Jen Ask and Kaisha Tracy

Feature Editors

Katie Robinson and Collin Tierney

Opinion Editors

Sara White and Kessie Moench

Arts and Entertainment Editors

Mitch Biermann and Kaesa Jordet

Sports Editors

Jonathan Coward, Lindsey Kennedy, and Rachael Robasse

Photography Editor

Allie Houfer

Graphics Editor

Jake Laqua

Adviser

Ryan McCallum

Writers Contributing In This Issue

Karen Baker

Jared Downs

Bridget Ehrenberg

Amy Frisvold

Maggie Lungstrom

Brittani Matzke

Katie Millerbernd

Donald Robins

Mary Trombley

Sara White

Breia Zumbusch

The Hoofprint is printed by the Wright County Journal Press

The Hoofprint is the official newspaper of Buffalo High School. *The Hoofprint* is published every month during the school year. Letters to the editors and guest columns are welcome. Letters must be typed, double-spaced, and signed with the author's name, year in school, and contact information for verification. *The Hoofprint* reserves the right to edit obscene and potentially libelous material. All letters become property of *The Hoofprint* and will not be returned. Opinions expressed in this issue reflect the views of the writer only, not *The Hoofprint* staff or the faculty or administration of Buffalo High School.

The Hoofprint production office is located in Room A-209. The editorial office phone number is (763)682-8162. Our mailing address is Buffalo High School, 877 Bison Blvd, Buffalo, Minn., 55313. Emails should be sent to rmccallu@buffalo.k12.mn.us.



Buffalo High School
Buffalo, Minnesota

Finding ways to celebrate the holidays

From Rudolph to Ralphie - These are a few of our favorite holiday movie classics

Maggie Lungstrom
Staff Writer

As Christmas nears, families are dusting off their old holiday movies and getting into the holiday spirit. With the vast array of Christmas movies available, most families have a traditional movie that they seem to enjoy above all the others.

"My family likes *A Christmas Story*," said junior Justine Barfknecht. "We've watched it every year for as long as I can remember. It's tradition."

Deciding when the right time to start watching holiday movies is debatable, depending on when families choose to start celebrating the holidays.

"We watch whatever's on T.V.," junior Traci Westphal said. "So

whenever they start showing them, usually after Thanksgiving."

Other families have a more unique way of determining when it is the right time.

"We start watching holiday movies as soon as we get our first snow," said Barfknecht.

For many people, holiday movies have more meaning behind

them than just pure entertainment.

"It's a classic," said Westphal, whose favorite holiday movie is *Rudolph*. "I can relate to the movie sometimes."

Most students have been watching holiday movies since they were young. They had their favorites then, and now a few have changed their minds.

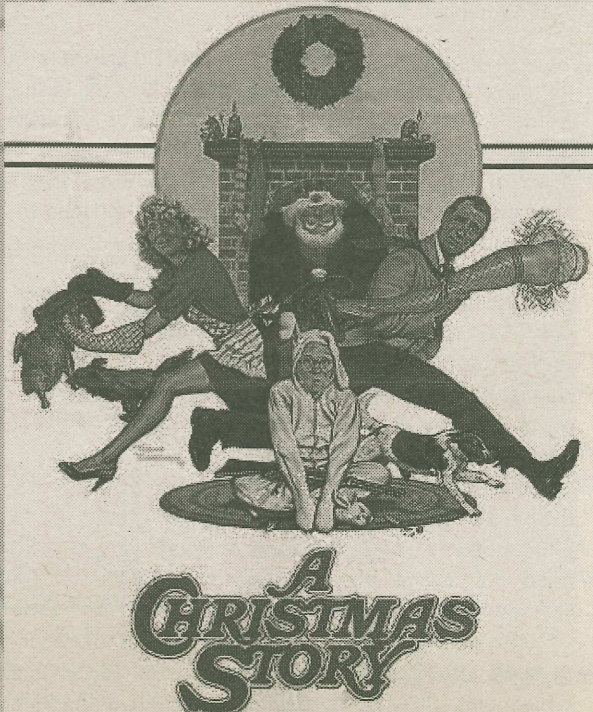
"My favorite is *The Grinch*," said junior Sarah Johnson. "But it was *Rudolph* when I was little."

Students who watch their favorite Christmas movies year after year, admit that they have seen them many times.

"I've seen *A Christmas Story* about 16 or 17 times," said Barfknecht. "And I've seen *Rudolph* about ten or 11 times."

Others have seen their favorite show too many times to count.

"I've seen *Rudolph* a lot," said



Movies like *A Christmas Story*, pictured above, get many families into the holiday spirit.



Above, Santa shows Rudolph his shiny nose in special, and will help light his sleigh. When asked, many students named *Rudolph the Red-Nosed Reindeer* as their favorite Christmas movie.

"My family likes *A Christmas Story*. We've watched it every year for as long as I can remember. It's tradition."

Choir entertains audiences with Sounds of the Season

Amy Frisvold
Staff Writer

The Christmas lights shine, the audience sits quietly, patiently waiting for the concert to begin. It's pitch black in the PAC except for the faint soft glow of the Christmas lights hung up along the wall and on the stage. Then suddenly, they hear the singing. All around them, they see faint glows of the candle lights moving all around them held by the choir students coming in from all different directions singing "O Come All Ye Faithful." The audience remains quiet, lost in the beauty of the singing and the movement of the candle light. They're only about two minutes into the concert, and they already know this is going to be a great performance tonight.

This was the scene at the annual Buffalo High School choir Christmas concert held on December 19. The choir performed classic and unique holiday favorite.

For a majority of the choir students interviewed and surveyed, the Sounds of the Season Christmas Concert to was one of the most fun events of the year.

"It's the first concert of the year for all of the choirs, and the music is pretty," says junior Becca Menough. "The bad part is, it's freakishly long. You have to stand up there and your feet hurt."

This event gives all choir members a chance to make a huge impression and show all their hard work and effort.

"The candles are my favorite

part of the concert, because we get to hold fake candles," said Gritman.

Some choirs even had the opportunity to sing their music in a different language when they performed "O Magnum Mysterium". Varsity choir junior Jeff Mase said that singing in a different language was enjoyable.

"It shows the choir put extra work in," he said.

"O Magnum Mysterium" was the best part of the concert," said senior Meghan Ruter. "It was very pretty. The dynamics were very dramatic."

"Singing in another language was awesome," said freshman Jackie Laughery. "It was really cool because you got to learn another language, and that's a life-

time experience. You're singing a song in it's original format, and that's really cool."

Preparation for the concert also proved to be a big deal for choir students. About 72% believe that they were prepared and ready to perform, while 17% disagreed. Audiences agreed that the choir put on a fantastic show.

The choirs entered singing "O Come All Ye Faithful" holding battery operated candles. Eighty-three percent of students think this tradition is a great way of introducing the concert to the audience.

"It has an effect on people," says Concert choir student junior Justin Franke. On the other hand, a small portion of students disagree about the introduction of the

concert.

"It's not very original. we do it every year and for some audience members who come annually, it's boring," said Concert Choir Senior Kory Bonnell.

However, most choir members agreed that the concert was an enjoyable experience - both for the audience and for the choir.

"I liked the whole thing," said sophomore Raechel Larson. I liked the the song we did with the kazoos, because it was funny and everybody laughed at it. Everybody liked that song. I think it was well-prepared and everybody enjoyed it. Nobody screwed up."

"The concert went a lot better that we thought it would," said senior Pat Rich.

Rap is taking over teens

Rap and hip-hop influences affect daily life

Jared Downs
Staff Writer

Up until the early 90's, rock music had grown more and more popular and if you were to turn on the TV and flip over to MTV you'd most likely get an ear-full of alternative or grunge rock. MTV even had a well known cartoon by the name of Beavis and Butthead that spent a majority of its time mostly commenting on the newest rock video (for the most part anyway).

Now though it seems that a new genre has overtaken television; rap. Not only does it infest MTV, but it also has increasingly influenced cartoons and shows aimed at pre-teens. What were once shows with funny plot lines have now transformed into: "Oh no, Billy," exclaimed the 10 year old, "I left the tickets to the 50 Cent concert at my grandmother's house! We have to sneak them out before she finds out where we're going!"

It is not that rock is better than rap. It all depends on personal taste, but rap and hip-hop have filled the media up to the point where it's starting to overflow, leaving a stain on every show it can. Even the film industry has taken a blow. Think to yourself, how many movies in the last year or so have had this plot line: A big hip-hop dance show is going to take place but Z-Dogg and his crew have been destroying the competition, so JJ and his friends will have to train extra hard to defeat them.

Some might say that rock still shows its face in some

places on TV, which is true. But for the most part prime time for viewers is overrun by rap influences and when rock makes a major breakthrough it's usually a band with hip-hop influences, such as Limp Bizkit.

Then again fame and fortune has always intrigued people and isn't the average rap video filled with fancy cars, golden jewelry, and dollar bills? But rock videos are just as bad, right, with their Satanic messages of hatred, suicide,

and other grim topics? This is why they are often blamed for violent crimes. Why isn't rap ever aimed at as far as responsibility for violence goes? Wouldn't a song about driving down the street and shooting somebody who gives you a bad look be more influencing than one about hate. Even if this doesn't apply to other people I can say for myself that songs about hatred have helped lessen hatred in myself at times rather than increase it.

Once again Rap is not bad music, that's up to the listener, but shouldn't television just be television, instead of one big showcase for the hip-hop culture? Television needs diversity and so does the teenage culture. If we keep having shows for pre-teens with hip-hop influences we're just creating another fan and teachers and parents have always taught us to think for ourselves.

It's fine if rap is enjoyed by a vast amount of people but please give us something new to watch! Maybe it's time to put a wrap to rap and give just plain fun entertainment a chance to shine.

"Television needs diversity and so does the teenage culture."

Dance clubs get too rowdy

Briea Zumbush
Staff Writer

Dance clubs have always been known for their flashy lights, good music, and tons of people. However, they have been deprived of a few better qualities lately. Obviously it's a place to have fun, dance, and meet new friends. Even knowing this most people have forgotten or abused what they are really for.

Most dance clubs are filled with barely dressed girls flaunting their bodies and drinking way too much alcohol. Guys on the other hand are just abusing alcohol the entire time and

are too touchy to the girls.

It is almost like everyone has forgotten what dance clubs are for and what they used to be. They are meant to entertain people with music and dancing.

The environment has changed from just a bunch of friends and couples hanging out to everyone rubbing up against one another and breaking things, ruining things, and knocking things over from being too rowdy. It has actually gotten to the point where people are getting hurt, such as fights, raping, cheating, tickets for driving drunk, and much more.

People should realize the fun they

have lost and restore it. Come on, getting a ticket or getting in a fight can't really be that much fun now can it? Someone should stand up and get a group of friends together just to go dancing and just to hang out. Skip all of the drugs, sexual situations, and drunkenness. People could also make a point to stay calm enough and be rational enough to realize the fine line between having fun and being too rowdy.

Although it's obvious this will not happen overnight, people will probably begin to come around and eventually figure out what they have been missing.

No break on Winter Break

Maggie Lungstrom
Staff Writer

With Christmas just around the corner, schools all over Minnesota are preparing for break. Students are excited to be wrapping up projects, finishing tests, and heading home for Winter Break.

Soon Christmas will come. Families will tear open presents, sing the occasional Christmas carol, and eat... a lot. But very shortly after Christmas comes New Year's. Students will make their resolutions and party all night. Eventually that fun will be over with for a whole year.

In between working and being with friends, the break flies by, and before they can blink their break is over and it's back to the daily grind.

That's why it would be very nice if Winter Break could be longer. Everyone has a million things to do, from school to work, to shopping for gifts; it gets to be too much stress sometimes. An extra week would be ideal. Then kids could take their time shopping. Families could enjoy a little rest and relaxation together before the chaos of the holidays.

But instead, students must juggle everything in between attending school the week before Christmas.

Instead of joyfully decking the halls, students are stuck in the classroom taking a test. Instead of getting the house ready for guests, students are giving a presentation in front of the whole



class. Instead of preparing for Santa, students are preparing for the next big task.

These are the reasons school needs to release students for break on December 17th and not December 23rd, the day before Christmas Eve. Kids, as well as families, need more time than that.

Students will not only enjoy an extra week of break, but will also be able to come back to school in 2005 feeling refreshed, well rested, and ready to hit the books.

Don't agree? Or have another opinion? Write to *The Hoofprint* and put your submissions into the envelope outside of room A209.

Students notice more religious diversity at BHS

Karen Baker
Journalism Staff

She's walking through the halls of the school and she sees diversity everywhere. She can see different races at the school, but what she can't see is the different religions.

Religion in this world is as diverse as the races in this world.

Eighty-two percent of students surveyed are Christian. Seventeen percent of the students surveyed had no religion and three percent of the students were made up of Moslem, Hindu and Orthodox students. Of the Christians 18 percent were non-denominational, 28 percent were Catholic, 37 percent were Lutheran, six percent were Covenant, four percent were Evangelical Free, two percent were Missouri-Synod, another two percent were Methodist, and even another two percent were Presbyterian.

Along with diverse religions there are diverse beliefs.

"Everybody begins their religious practices at seven years old," said Senior **Menna El-Decken**, a Muslim from Egypt. "You don't know a lot before you're seven. You know basic verses, but you don't know how to participate."

El-Decken prays five times a day as part of her religion, but waits until she gets home to do it. She also participates in Ramadan, a holiday in which Moslems cannot eat, drink or have any sexual relations from sunrise to sunset.

"It was kind of hard because everybody was eating," El-Decken said. "Sunset and sunrise is similar [in Egypt]. Sometimes parents will make a schedule for kids to fast six hours instead of 12."

Just because someone is from another country doesn't mean they don't have a typical American religion. For example,



COEXISTENCE

Vanessa Filardo is from Venezuela and her religion is much like anybody else's.

"In Venezuela a lot of people are Catholic. The services are very similar," said Filardo.

Filardo is part of the 19 percent of 115 students surveyed who said they only occasionally go to church.

"I go, but not very often because I work on weekends. I go when I don't work Sundays."

Some people make room to go to church every week. Forty-five percent students surveyed say they go to church at least once a week.

"I go just because it's with my family. My family has always done it," said **Corey Habiger**.

Habiger, whose parent's didn't put him through Sunday school, often sat through services when he was young.

"I didn't want to sit through services, but I had to," Habiger said. "[Now] I like it a lot- it's a lot more fun. Just knowing and understanding everything better. When I

• RELIGION

Continued on page 8

Answering the call

Pediatricians available to cure everyday pains

Briea Zumbush
Staff Writer

Whether the sun is ascending or descending from the horizon a pediatrician will answer the call to help a child in need. The hours spent may be rewarding, discouraging, emotional, happy or sad but pediatricians are always there despite the feeling.

Pediatricians come to work each day with a goal in mind to cure children of all ages and prescribe them their medicines. But, their work doesn't just stay at work; it follows them and

their lives.

"I would believe both, thought and paperwork alike, go home with you. After developing a close relationship they are always on your mind, and sometimes there is paper work to complete," said Doctor Clair Paaton of Fairview Riverside West Hospital.

Some, but not all people take their kids to pediatricians, others to family doctors. The ones who prefer to take their children to pediatricians truly love it and have close relationships with them.

"Some people bring their kids to just a pediatrician and some bring theirs to a family doctor, it's a personal choice really, whatever you prefer. I prefer pediatricians because I have a larger trust with them," said Assistant Principle **Matt Lubben**.

The day of a pediatrician usually consists of examining and treating children of all ages for specific problems and diseases. They give check-

ups at certain intervals in the lives of small children and babies.

The road to becoming a pediatrician is long and rough. It consists of majoring in many different health and science fields. The years of schooling can range anywhere from seven to ten years on average. But according to Doctor Paaton it's all worth it and makes the patients feel comfortable and relaxed, a good relationship is key.

"Yes, a close relationship is important because you are trusting your children with them, your literally putting your child's life in their hands," said teacher **Amy Alinder**.

"They are specialists in little people, they concentrate on just kids and they know it well," said Alinder.

Many things motivate people to become a pediatrician. For some it's the pay, other the love of children, and with some it's just wanting to help out.

"My love for children and I have always admired doctors and their work, so I combined the two. Also my father was a doctor and I

• PEDIATRICIANS

Continued page 8



Prepare to excel.

When you think of college, consider this. When you're done with college, what will you have? Perhaps a career — but then again, perhaps a whole lot more.

At Concordia, academics extends much further than just the major you choose. We invite you to ask tough questions: about society and life, faith and values. Whether your plans are for medical school, graduate school, law school or a promising career, prepare to excel.

Expand what you know and who you are. Learn about independence and integrity. Challenge yourself.

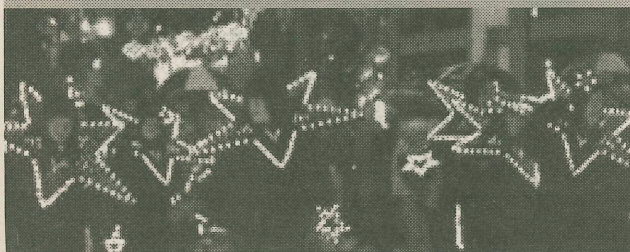


CONCORDIA COLLEGE
MOORHEAD MINNESOTA

Visits Days are held every day.
Call now or find out more online.

www.goConcordia.com
1-800-699-9897

DAZZLED BY HOLIDAZZLE



Mary Trombley
Journalism Staff

"Excuse me, Oh excuse me. Can you tell me where Nicollet Mall is?" I asked, slightly out of breath from running up three flights of stairs from the parking ramp.

"Go up one block and take a right, just follow the lights," said a friendly man in a long black coat with a brief case in hand.

I walked anxiously to Nicollet Mall, like a little kid on Christmas morning waiting to see what they had got. I knew that I was getting close because of all of the white lights on the trees surrounding the streets, and I could start to hear the brassy sound of a single trumpet playing silent night.

I hope that I'm not too late I thought to myself, knowing that I would be driving in rush hour traffic and that the parade started at 6:30.

Finally, I reached Nicollet Mall and took a right. I could tell that I had some time till the parade started but not much because the streets were starting to get lined with anticipating children and their parents. Excited myself, I walked over to an opening on the side of the street and I sat down and waited.

There were vendors in Christmas apparel selling lighted toys and flashing pins. The children's eyes were glued to the vendors looking at all of the bright lights. Just before the vendor would get to a child,

you could here the child pleading with their parents, "well its only five dollars." It was hard for some parents to resist.

At 6:25 the Minneapolis policeman that was going to lead the parade put on his lights. People were starting to talk about how excited they were to see the new fiber optic snowman "Howie Dazzle." By 6:28 the floats were starting to put on their lights, and you could hear the night's band starting to warm up.

Everyone's eyes were looking down the street towards 12th street. The parade started to move and the children and their parents were all talking about the first float carrying channel nine's news anchors Robin Robinson and Jeff Pashold. As the floats kept coming, the people's eyes kept moving with the parade. When the nursery rhymes would come up, like the Princess and the Pea and Captain Hook, the kids would all say "I read that story." When the Wizard of Oz float went by the kids all screamed at the Wicked Witch of the West.

Like every Holidazzle parade, since the first one 13 years ago in 1992, it ended of with Santa Claus and his eight reindeer and the dancing 12 snow flakes. That brought the end to the parade. Parents started to there vehicles, and for one night everyone, including the parents were young again and back in the Christmas spirit.

Santa Claus; who is he *really*?

Donald Robins
Journalism Staff

As you wake up Christmas morning you go down stairs and you know that you will be getting into all those presents. You know that you will get some things you asked for and some things you didn't. But there will be that one present from Saint Nick. If you're not one to believe in Santa you're not alone there are tons of people who don't.

"Who puts the presents under the tree?" said Junior

Conrad Kwatera. "Your parents?"

You know that there is a person that puts the presents under the tree. You might not have decided who does this job, but many people out there think it's Santa Claus.

"Yes I believe in Santa. He was at my house," said Senior Josh Johnson. "I think he's my dad."

You have probably gotten presents from Santa Claus and heard stories about him too. You might

have heard people talking about him saying he's real or not real. You might have heard that he's one of your parents. It's your choice to decide that and only you.

"No he's not real," said Junior Ewan Leask. "It's just a dude that dresses up at the Mall."

So no matter what we say, whether you believe in Santa Claus or not depends on who you are. It depends on how old you are, and what you were told. Do the

presents come from Santa or just your mom?

"I like Christmas and kids," said Junior Robert Payne, "so I support the belief in Santa Claus."

So it depends on what you were told while you were growing up. If you were told that Santa Claus was real or not. It depends if you will tell others that he is real or not. But there is one thing for sure there will always be a Christmas and maybe a Saint Nick.

Holiday Gifts *What to buy and where to shop*

Maggie Lungstrom
Journalism Staff

With the holiday season quickly approaching, students are pulling out their wallets and heading for the mall. Many are expecting to spend hundreds on Christmas gifts for family and friends. Others will head straight toward the clearance rack, hoping to find something good.

Shoppers soon came across their first problem - what to get for the people on their list. Most choose movies or CDs while others choose to go with a much easier approach - gift cards.

"I buy gift cards," said Sophomore Erica MacIver, "because then they can get what they want."

Others get more creative. "Usually I buy things for people that have to do with an inside joke," said Freshman Kendra Utter. "Last year, me and my friend bought each other random stuff, like Barbie stuff."

Once they've decided what they are going to buy for each person on their list, the next step is to decide where they want to go to buy the items. Some like to go out of town to shop, while others would rather stay in town.

"Albertville is a great place to shop for gifts because of the variety," said Junior Cody Holmberg, "but Wal-Mart or Target are nice to shop at for DVDs, because they're closer to home and you get good deals."

Getting into the holiday spirit is fun for shoppers. Some find enjoyment just from seeing the look on



their friend or family member's face when they open up their gift on Christmas. Others have fun in different ways.

"I like going Christmas shopping," said Utter. "Usually when I go, I end up getting stuff for myself too."

Holiday gift giving is fun, but for the majority of students, the receiving is the best part of the gift exchange. Students enjoy remembering back to past Christmases and reflect on what they got.

"I received a huge Care Bear from my boyfriend," said Senior Carrie Stoppleman. "I sleep with it every night. It hogs the bed."

With Christmas just around the corner, students are planning the perfect gifts to give, and probably creating a list of the things that would be

Breaking for winter

Tyler Antony
Journalism Staff

Everyone is waiting to hear the words "winter break." Winter break this year is six school days long, and nine days off total. What would these students do with out snow during winter break?

"It's cool when the snow is down and packed, but while it's snowing it sucks," said Junior Nick Matson.

"I like the break part, said Junior Shane Jensen, but I really hate the cold, and I don't like the snow unless there's a lot of it, then its alright."

During this long break people like to do a variety of things.

"I like to eat, and hang out with my family and friends," said Junior Kelly Ross.

"During my winter break I like to snowmobile, and go skating around the outside rinks," said Matson.

Winter break is already pretty long, but it's not long enough for Matson.

"I think that we should have a Christmas break, and then have a winter break later on."

"I think that we should have two weeks off," said Ross. "It's a time to spend with family, and the more time the better."

During winter break, people are not just celebrating Christmas, or whatever holiday they celebrate, but people will also be celebrating the new year.

"Every year for New Year's I hang out with my friends, and go where ever there are people," said Jensen. "I usually run around with cool hats and little horns."

"I usually stay up until 12:00 am and then watch the ball drop," said Matson. "I have New Years at my house every year."

After winter break the students will be at school for a long time, almost three months, because their next big time off isn't until spring break in March.

BHS student holds world record

Lauren Bullock claims two world titles in Cowboy Mounted Shooting

Brittani Matzke
Staff Writer

Michael Phelps, Michele Quan, Michael Johnson, Courtney Cupets... Lauren Bullock? What does someone from BHS have to do with all of these world champions? Believe it or not, she holds a world title of her own.

Senior **Lauren Bullock** holds two world record times for Cowboy Mounted Shooting in; the colt eliminator and She set one of these at the World Championship on November 27. At this she won two of the three events to gain the women's title with a winning time of 11.635 seconds.

Mounted shooting is like barrel racing with balloons in between the barrels. There are ten balloons set out on barrels as targets that the rider must shoot with their sing action 45's. These guns have a black powder in them that goes a maximum of 15 feet to pop the balloon. The rider rides his/her horse around a chosen designated pattern for a course shooting at the balloons. Each rider is scored on time and accuracy.

"Scoring is based on the time it takes you to finish the course, plus a five second penalty for each target missed or barrel knocked over. It normally takes a rider between 15 and 25 seconds to complete a course," said Lauren.

Lauren says the competition is getting better every year.

"It is fairly new and it's the fastest growing equine (horse riding) event in the U.S.," said Lauren. "You used to be able to win with a missed balloon. Now you must likely have to 'stay clean' (don't

miss a balloon) to win."

Lauren has learned many things from this sport over the years she said. She has been doing it for over six years now.

"My parents' friends showed us how to do it," said Lauren. "You try it one time and you don't stop. It's a very addicting sport."

Lauren's family is very involved in the sport alongside of her. Her dad, David and sister, **Jenna Bullock** both ride in competitions with her. Lauren knows she wouldn't be where she is without her family.

Being world champion, Lauren also still enjoys the little parts of the sport.

"I enjoy, in general, working with horses," said Lauren. "It's nice going down and riding. It's like I'm in my own little world, it's so relaxing."

When she's off of the horse, Lauren likes other benefits of the sport.

"Friends is another major thing. It's nice to know people at the shoots from Minnesota," said Lauren. "The people are so nice in this sport. If your horse goes down, people will help you out. It's such a nice atmosphere"

At the shoots, Lauren normally recognizes many people from Minnesota. The state hold two of three male mounted shooting records, two of three female records (Lauren's) as well as all three women's world championship titles, two of which belong to Lauren.

Other than being world champion, Lauren has won many other awards including Ladies World Rifle Champion of 2004, overall Cowgirl in Livingston Montana with the fastest time, and the Western Champion- Cold Eliminator.

Through all of the competitions, Lauren has gained so much valuable experience.

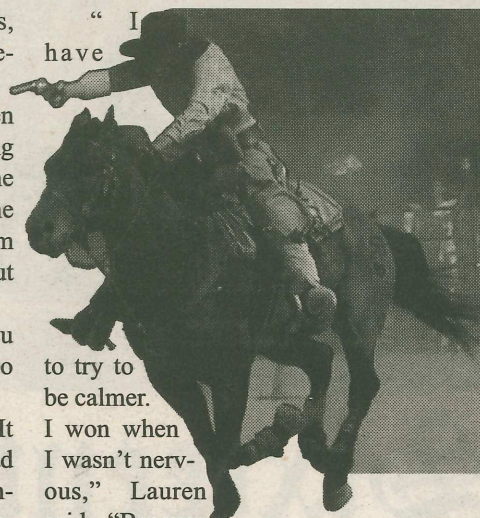
"You have to ride smart," Lauren said. "You don't have to go out whipping and spurring. But it comes down to the mental part. All of the top riders have the skills; I just have to tell myself that I am good enough to win. I finally figured out I have to believe in myself."

'Shooting' for your goals gets you where you want to be according to Lauren.

"I've waited for six years for this. It feels so good," said Lauren. "I've had times where I was there and then the mental game gets to me. I've had many disappointments before."

All of those disappointments seem to pay off when you're the world champion. But it's not over; Lauren still says she has room for improvement.

"I have



to try to be calmer. I won when I wasn't nervous," Lauren said. "Because it's a mental game I need to calm my mind. Because I have the world record, I have to set a goal to break my own record."

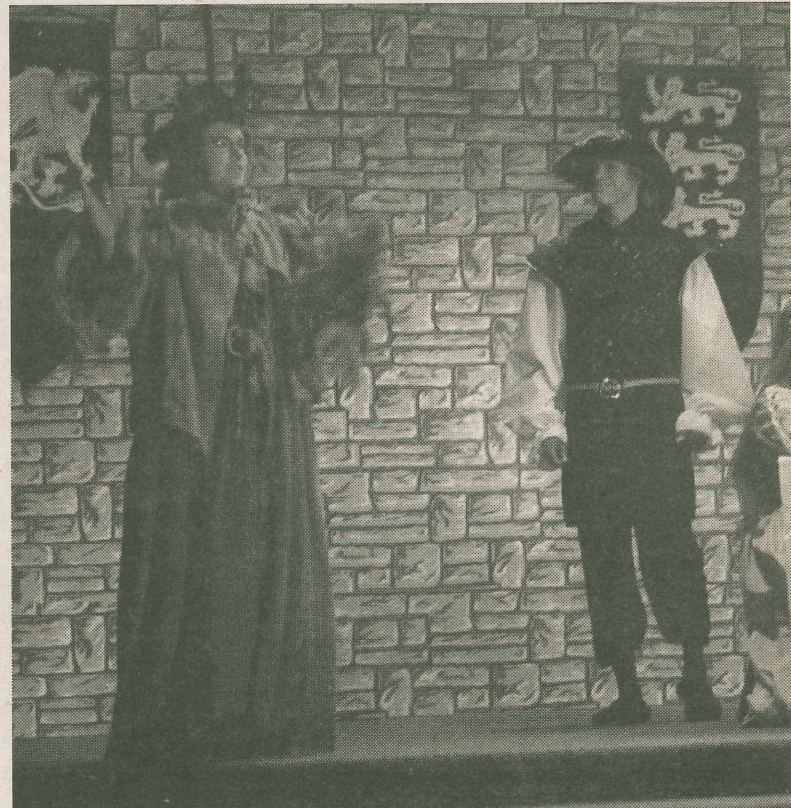


Above: Standing next to her World Champion horse, Carson, Lauren Bullock shows off the gun she won in Arizona at the World Championship. Carson and Lauren hold two world record times in mounted shooting.

Left: While focusing on a target (balloon) in Humansville, Missouri Lauren executes the shot perfectly. Lauren and her family often traveled all over the US to compete in mounted shooting events.

Photos submitted by Lauren Bullock





Sixteenth Century Christmas



• RELIGION

Continued from page 5

was little, I didn't understand it as much."

Traditions, like going to Sunday morning mass is a usual for some people, but for others it's not.

"My parents never brought us to church, but I was curious," said Junior Maddy Mason. "I have been to church with cousins before, and I am still as curious about it as I was then."

Some people take religion seriously, so when they come across someone that doesn't they may act differently.

"I can tell when people ask what church I go to and I say I don't go," Mason said. "I can tell they kind of look down on me. Not all people though."

Besides praying in church 51 percent of students pray outside of church.

"I pray every night and read the bible," said Habiger.

Religion is very diverse in this school as well as the world.

• PEDIATRICIANS

Continued from page 5

always adored him," said Paaton

Although almost all pediatricians enjoy their job Paaton would like us to know that there are some draw backs and some weird cases that can be quite scary.

"Being on call, the after hours, and having to go home always worrying about the children, but that's part of the job." Said Paaton

"One time a child came in that was about one year old that had crawled onto a hot blacktop street that was just laid and it burnt his hands and knees badly, third degree burns, before he was pulled off by workers." Said Paaton

So, as you can see the life of a pediatrician can be challenging, fun, crazy, and yet fulfilling to the life of anyone who wants to treat children and maybe someday save their lives. Although it may not be for everyone, for the ones it is for it is an experience and an amazing opportunity.



All Photos By Rachel Ebeling