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bison stampede

The News Magazine of Buffalo High School



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Opening Shot

We have been talking about it for nearly a year, but now it is actually happening—*the stamped* is going digital.

Starting with this issue, we are going to be publishing the magazine on the web. And as a result, some things are going to change.

Unlike the paper version of the magazine, the web version will contain no pictures where faces can be identified. Also, names will appear merely as first names and last initials. Although this will, at first, seem weird—it is done to protect the people that appear in our pages.



As a result, you will begin to see the changes in these pages. Editorially, we have moved towards using more clip art and non-representational photography.

Also, in upcoming issues you will begin to see a move towards features, opinion writing, and investigative journalism.

We are confident that these changes will enhance the product, and will not diminish the confrontation with issues that we seek to up-

hold here at *the stamped*.

Please visit us at:

www.204.169.207.122/bhs/stamped

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Staff

Editorial Board	Staff Writers/Photographers	
Brittney Christy	Dawn Sovell	Alicia Schultz
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	Tia Sandusky	Mr. Wilkes

How your special someone affects your grades

by Kelly Flannery

Take a look at your report card. See that "D"? Some people might think it's the result of spending too much time with your boyfriend or girlfriend.

Sure, one day you're running late for class, you see the same two people making out, and you think they must get bad grades because they are tardy all the time. But actually, being in a relationship doesn't affect most people's grades.

Many students at BHS have disproved this myth, and some even think it helps their grades.

Junior Sarah Hayes says, "I have to do my homework in order to see my boyfriend so it helps in that way."

Peer Pressure can help raise grades among students. For example: your boyfriend/girlfriend could be on the Honor Roll, which can push students to want to do well and be on the Honor Roll too.

"Having a girlfriend actually made my grades better because she was smarter and helped me with my homework," says sophomore Chris Gudvangen.

Most teens feel that their relationship doesn't consume a lot of their time in school. Usually students see their girlfriend/boyfriend only during passing period or Triple A during school.

But then most of the students asked say a lot of their time is spent with their girlfriend/boyfriend outside of school. Sophomore Jamie Tokkesdal says, "We are together a lot, but we do make time to get our homework done."

If students' grades weren't that great or what they wanted them to be, it wasn't because their relationship was affecting them. "My grades have always been like that," comments Sarah Hayes.

Or it also could be what Junior Alicia Schultz says, "Sometimes my grades were lower because of the fact that it was a hard



class and I wasn't very good at it."

When asked if she thought grades would be affected from being in a relationship, Junior Kim Kotila replied, "They could go down if someone got too attached to that person they were with and just put off everything. But if they knew what they were getting into and knew when they should be doing their homework, then they'll be fine."

It really depends on the people in the relationship. Having a relationship during high school, while keeping grades up, may not be for everyone.

Teenagers always seem to have a knack for fitting what is important to them in their busy lives.

Having a girlfriend actually made my grades better because she was smarter and helped me with my homework

At home: a personal story of adoption

by Tia Sandusky

A wise man once said, "You'll never know where you belong until you know where you're from."

There aren't many that would be able to comprehend the complexity of this short, but precise proclamation. All in all, this intense declaration illustrates more than meets the eye.

Adopted from Seoul, South Korea, and raised in a small white community, has certainly left a lasting

As a young child I used to think about my racial differences constantly, but now it's not as big of an issue

impression on me. Finding positive ways to express one's self about the joys and hardships of being adopted are few and far between, not to mention finding anyone who understands your personal experience. In a

town like this, you're expected to keep your opinions and emotions inside. No one is interested in what life is like for a true minority, or how hard it can be to deal with being different.

As a young child I used to think about my racial differences constantly, but now it's not as big of an issue. People, as well as I, have learned to recognize me for who I am because of the things I do, or don't, and not by how I look or how I don't.

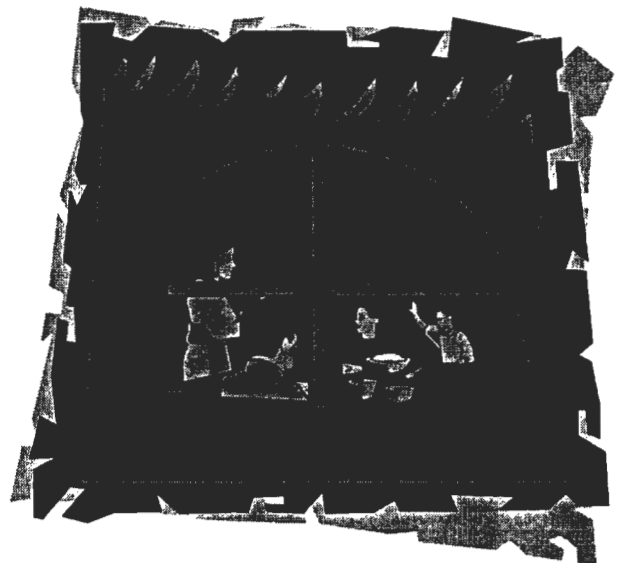
Letting go of the insecurities and doubts is an extremely arduous task. Each morning, when I wake up and I look in the mirror, I am not able to recognize my face to another face. I only know myself, and I feel as if I'm missing a whole other part of me. A part I will never find. I feel incomplete and not as if I belong anywhere in particular. I am frequently asked questions about my adoption, if I know my biological parents, or if I want to meet them. All of these questions are obvious.

I consistently ponder from where I originated. It's normal for adopted children to frequently wonder what life would have been like had the adoption not taken place.

Along with myself, there are a couple of other adopted Korean teenagers, who relate to me. When we're with each other we're very open about our adoptions, and what we think about the whole process. Junior Elizabeth Jacobson was adopted from Korea at the young age of four and a half. Most children who come to America are infants, while there are a few who are of older age. Beth remembers a few details from her short life in the Korea.

My younger sister, SunMee Sandusky, was also adopted at the age of four, and I remember when she first came here she spoke fluent Korean, and absolutely no English. I was in the second grade when she came, and I remember leaving school early the day she was scheduled to arrive. The look in her eyes when she stepped off that plane was of pure terror. Never in my entire life have I ever seen anyone look so completely helpless.

My parents were probably just as nervous as she was, but then again they had al-



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ready adopted two children previous to Sun-Mee. The first night at home all she did was cry. I felt an overwhelmed sense of sympathy towards this lost child. My heart went out to her, and I was thankful I was young enough when I came to not remember what fear and confusion she must have been experiencing.

Growing up with two sisters who were also adopted from Korea was a learning experience all in it's own. Some people might not consider adopted siblings "real" siblings, because they are not biologically related. But for me, my adopted sisters are as real as they come. We might not share the same DNA, but we share a past that nothing could replace.

Growing up surrounded by Caucasian people has been, unexpectedly, entirely normal. Never once, have I regretted being adopted, but sometimes I envy the way my friends are able to relate to their parents. I do not have the same close knit bond that mothers share with their children. My family's history is not mine, and even though I love my relatives all the same, there will always be a sense of absence buried deep inside.

My family is not particularly close with any of our cousins and aunts and uncles. Outside of Thanksgiving and Christmas, we rarely

engage in activities with them. I always dreamt of having a big family, with hundreds of aunts, uncles and many, many cousins. I have two aunts, two uncles and only five cousins, so much for that dream.

My mom used to tell me crazy stories about long-dead ancestors of hers. For a long time her antecedents fascinated her, and she researched as much as she possibly could. She dated all the way back to the Civil War. I loved to listen to her stories, and was secretly jealous that she had access to all of this interesting information.

Whereas, being adopted I had no background. There was very little information given on my birth certificate. My biological parents were sixteen years of age when I was born, and today they would only be thirty-one.

This past birthday was of extreme importance to me. It was my sixteenth year. I was now the age my biological parents were when I came into this world.

People do not realize how difficult being adopted can be, and I could not even imagine how gut-wrenching it would be to give up a child. Letting go of a child that you carried around inside you for nine months, trying to keep the child's best interest at heart, even when it was destroying you. How completely insane would that be?

Usually most adoptions are closed cases. Once the adoption is finalized, they're not allowed to see the child ever. Usually it's at the request of the birth parents themselves, but sometimes at the request of the adoptive parents. The denial of this information is wrong. The child has done nothing wrong, and keeping

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from him/her the links to their history is devastating.

Giving up a child at an extremely young age, and then living the rest of your life wondering how your baby is doing now has to be the most difficult decision a parent ever makes. I cannot even begin to fathom the anguish one goes through during such an awful process.

Do they ever daydream about what life might have been like had the circumstances not torn us apart? I do. I wonder all the time. Whenever I see an Asian man or woman walking down the street, as ridiculous as it sounds, I secretly imagine that he/she is my biological

Do they ever daydream about what life might have been like had the circumstances not torn us apart? I do

parent. I know that the odds of that actually happening are one in a billion, but unconsciously, in the back of my mind, deep in the corners, these thoughts uninvited slip into my state of mind.

When I was younger I used to

get so upset about the fact that I did not know my birth family, and that bothered me beyond the expression of words. I used to dream about them—trying to give them faces of which I would recognize. Caught up in a blur of faceless people and complete helplessness, I surrendered to other things. Busying myself with school and other curricular activities, slowly but steadily, I put these thoughts away. I never forgot, I never will. But I learned to live in the present, and live for the future and stopped trying to change my past.

I'm very much looking forward to graduating high school and going off to college. It saddens me to think that never will my birth parents know that they would be proud of me. They won't be there when I get married, or grandparent my children.

I've decided that if I do start a family, I wish to adopt. I am thankful beyond words, for

what I've been given, and I would someday like to give back. Maybe I'll only adopt one child, but that will make all the difference in the world. Had I not been adopted, I would have grown up in an orphanage—poor and without opportunity. I would never have known individuality. I wouldn't go to a proper school, or get married. Now that I've been given the chance to make something of myself, I fully intend to take advantage of that opportunity. Even though I will never know my birth parents, or my true origin, I will work to satisfy myself. Knowing they would be proud will be enough.

I haven't given an adequate amount of credit to my adoptive parents. They are the people who've raised me all sixteen and a half years of my life, the people who have put up with me even through the hard times and the trials, their love has never faltered. Living with me, raising me has been nothing short of horrendous. I am the most difficult person I know.



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But still, they have stood by me and supported me.

Sometimes when adopted children show interest in seeking out information about their past, the adoptive parents will get upset or defensive. Mine never have. They completely encourage my searching. Not only I, but they as well, are curious about my genetic links.

I am truly an "All American girl," from head to toe, but I haven't discarded my heritage. Not as much now, but I used to be involved in many different Korean organizations. But to be honest, I never have been comfortable around a large group of Asian people. I feel out of place, as odd as that might sound. My place has always been among Caucasian society, so when people who resemble myself suddenly surround me, it's slightly alarming.

I know that doesn't make a whole lot of sense, and even to myself it sounds a bit off base, but that's just how I feel. I'm not used to being the majority.

I yearn for true diversity, but here in

the small city of Buffalo, Minnesota, having a sit-down restaurant is about as diverse as it gets.

People think that because this is such a small town that discrimination of race doesn't exist. Sadly it does exist. I've been subjected to racism since the first day I stepped onto the dreaded school bus. I was then taught slang totally inappropriate for such young ears and language inappropriate for such young mouths. Appalled and upset over such a vindictive act was more than I could take. I came home crying every day, and my parents did everything in their power to help comfort me. But deep down they knew that there wasn't much they could do to prevent it. They knew, as well as I did, that being from a different ethnic background was going to have some consequences.

There was no way around the matter. Maybe I wouldn't understand in the beginning, but I would certainly grow and become wise from such experiences.

I have developed a minimal amount of tolerance. I know people say things because they lack in knowledge, and they obviously have confidence issues. But I still don't believe that gives them the right to cut down other people. It's more irritating when it's something that the other person has no control over. I didn't choose to be born from an Asian background, just like people don't choose to be born with learning disabilities or health concerns. It's just luck of the draw, and eventually we learn to deal. I am proud to be Korean, and I say that without a moment's hesitation. It's certainly a different and challenging experience. Someone has to be the minority, it might as well be me.

I used to dream about them [my birth parents]—trying to give them faces of which I would recognize



The darkness of depression

by Alicia Schultz

Approximately 4 out of 100 teens get seriously depressed each year. At any given time 10% of people are depressed. Having depression doesn't mean that a person is weak, or a failure, or isn't really trying—all it means is they need your help.

In order to understand how someone is feeling you will have to listen, and take time to understand what he or she are going through.

Clinical Depression is a serious illness that can affect anybody, including teenagers. It

Having depression doesn't mean that a person is weak, or a failure, or isn't really trying—all it means is they need your help.

can affect you thoughts, feelings, behavior and over-all health. It can make someone a completely different person when they are feeling down or depressed.

"When my friends are in a bad mood I help them get in a better mood by getting them out of the house and go see a movie or go out to eat." says sophomore Sara Dooley.

"Often students with depression, their

grades and attendance decline," says school Psychologist Paula Dietz

Can depression really make someone think about committing suicide? Most people who are depressed do not commit suicide, but depression increases the risk for suicide attempts. It is *NOT* true that people who talk about suicide do not attempt it.

When teenagers become depressed they take the easy way out by doing drugs or drinking alcohol. Because alcohol is easy to obtain and socially acceptable, it is a very popular means of self-medication for depression.

The average age for teens to start drinking is the age of thirteen years old. Statistics show that 58% of teenagers drink when they

are upset or depressed. Teenagers feel the only way out of depression or being upset is drugs and alcohol.

There are two kinds of depression: the sad kind—called major depression, dysthymia or reactive depression—and manic-depression or bipolar illness.

When you are depressed you feel sad or cry a lot and it doesn't go away. You don't feel like doing a lot of things that you used to do. Now you just always want to be alone and don't want to talk to anyone. You get irritated often. Little thing make you lose you temper; you over react on the littlest things. You start to sleep more than you have or you sleep a lot less than you normally do. Your eating habits change—you eat more or less than normal. You feel restless and tired most of the time. You think about death or you feel like dying, or have thoughts about committing suicide.

When someone is depressed the only way to get

help is going to talk to a counselor or a good friend that knows what you are going through or is willing to understand your situation. If you go to a counselor, and if you are in deep depression they may put you on some kind of antidepressants. "I was on like sixteen different kind



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of antidepressants and I don't feel that anything is happening, so I just had to deal with my problems without any medication," says Junior Savannah Ledesma.

But you have to remember that antidepressant medications are not "uppers" and they are not addictive. They are there to help you understand that you have a problem and help you get back to your normal self. Antidepressants just help you become the person that you are, and helps you look at a different view on life in general.

"I don't think counselors always work, having friends who understand you really helps," says Ledesma. Getting help that you trust is the key to the start.

When depressed people don't get help or get treatment, it can only get worse, last longer, and prevent you from getting the most out of your life.

Scientists have proven that what you eat can affect how your moods, and can affect the chemical composition of the brain. That doesn't mean that if you eat peanut butter your brain will turn to mush or eating something

will turn you into what you eat. All it means is that nutrition can affect your mood—including your alertness and your perception of pain. When you eat food with high protein in it, it will give you a slight mental boost. Fish, poultry, meat and eggs have high protein in them.

For mild cases of depression, which mean that you don't need antidepressants, a little caffeine can be an effective antidepressant. "Learning about depression helps me understand and deal with everything," says Ledesma

Ironically, teenagers in love are at the highest risk of becoming depressed. Scientists found that adolescents who were romantically involved during the year experienced a significantly larger increase in symptoms of depression than adolescents who were not romantically involved in a relationship. Maybe we study *Romeo and Juliet* for a reason.

In addition, both adolescent boys and girls who "*fall in love*" experience more alcohol problems and than their partner of romantic involvement.

Depression is serious. At any given point in a person's life they can experience depression. Depression is a difficult disorder to have and to live with.

Our society needs to step up to the challenge of handling and facing depression. People need to understand the disorder and recognize the symptoms and how to deal with them. Depression is not just a type of disease that one can live with alone and handle by themselves. Look deeply in the eyes of your friends—and help them.

Teenagers in love are at the highest risk of becoming depressed...maybe we study Romeo and Juliet for a reason



Sleep deprivation: teens and lack of sleep

by Dawn Sovell



Morning. The dreaded time of day for any student. While most of us have to literally roll out of bed, others slam the snooze button and refuse to get up. No reason to get up—school lacks importance at that

time. Until grades come out that is. Then we are in big trouble.

A common question among many students is “why does school start so early”? As this question began to boggle my mind, I asked Superintendent Tom Nelson. His answer made sense; but then again many sleep counselors would disagree. The reason is to save this school and tax payers some cash.

Instead of having double the amount of buses to go every which way to get us to our education kingdom, they double routed.

They chose the high school to start earlier because some parents huffed and puffed about having their little ones out in the dark morning waiting for the bus, and many teens have extra curricular activities to attend after school and if school started later, so would the activities. So students wouldn't get home till way past bedtime.

However, if you're too sleepy too stay awake in class, how can you learn? When asked if she thought students here got enough sleep she says “Its about 50-50. Many don't get the sleep because of choices they make the night before.” Which is somewhat true. It is our fault if we stay up till 2 a.m. to watch a “Sponge Bob square pants” marathon, but its *not* our fault if we had to work till 9:30.

Teens need anywhere from 9 to 12 hours of sleep per night. This age group needs the most sleep among everyone. In all reality most teens (75%) only get 5-7 hours. Leaving them

totally drained and not able to focus. 20% of teens fall asleep in class on a regular basis. Teens also report being most alert after 3 p.m. What good does that do?



It's a vicious cycle, we get up at almost dawn, if not a little earlier. We manage to get to school totally dazed and having no interest in paying attention to another boring lesson. After school we either have a job, activities or some sort of life crisis to deal with. We get home, try to get some homework done but by that time we're wide-awake again. So many stay up, but others attempt to go to sleep but end up lying awake for about an hour. Then have to get up and do it all again.

I gave a survey to the students here at BHS and the results were not what I expected. On average, students get 6 hours of sleep per night, which is pretty risky since they need 9 to 12 hours. Many said they haven't fallen asleep in class, which is surprising. The best part is just about every survey said school should start at 9:30 but get out at 2:20 still.

Is this insomnia? If we can't fall asleep are we insomniacs? The night comes so quickly our minds can't deal. We see the moon as our friend, and we don't want to meet the sun. For the sun brings day where we have to work and be productive. A teenager's life revolves around sleep. We don't have it, we can't function. The solution, my friend, is unknown. Perhaps a teenager is meant to be tired. So once we get out of school, we have our education, we have our jobs and we make our money, can we then finally get our sleep?



Frustration: a debate on religion and its place in school

by Ashley Menzel and Tia Sandusky

Religion has invaded the educational process—there's no where to hide. School prayer has been one of the most controversial discussions our government has had to take on. Two hundred years of interpreting the First Amendment has lead to freedom of prayer in public display and freedom of expression through clothing and other accessories. In order to deal with this thorny issue, Ashley Menzel and Tia Sandusky had a discussion on some of the key issues.

How far should religion be taken in school?

Ashley: "I don't think it should be displayed at all, I think it's private. It's a personal matter and your beliefs are different from everyone else so you shouldn't preach about them or display them in public schools. High school is a very important time in a person's life—it's the place where you transform from a child into an adult. This is a time where you will grow on your own, you will form your own opinions, and this would be the worst possible time for you to be judged by what you believe."

Tia: "Displaying your faith in school is a positive thing, and I think that as long as it's not potentially hurting anybody you should be able to express yourself and your beliefs. Religion is every where you go, so people might as well get used to having it around. Maybe you don't like it, or approve of it, but you need to accept it. There are going to be many different things in life that you're not going to agree with but that doesn't mean that they will just disappear. It's essential for a person to grow spiritually, and now it's a better time than any. You can take what it is you know and from there grow as a Christian."

Ashley: "If you want to go to a religious school then go to one. If you're going to go to a public school then leave religion at the front door. If you really need to bring religion inside then



keep it private. No one has the right to impose his or her beliefs on anyone, and when you bring religion into school that's what happens."

Tia: "The point of going places and witnessing to non-Christians is to help others come to Christ. I am not saying that you should go up to someone who is an atheist or who has no interest in Christianity and try to convert them. But in the Bible it tells us to be bold witnesses for God and by teaching and helping others who know nothing about Him, we are working for Christ. If other extra curricular groups are allowed talk about their clubs openly in school, and publicly demonstrate their activeness, then, by law Christians are also allowed to express themselves as

If you want to go to a religious school then go to one. If you're going to go to a public school then leave religion at the front door

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well. To take away that lawful right would be illegal."

Should students be allowed to wear clothing or other accessories that display religious symbols or slogans?

Ashley: "I don't think they should be allowed because school and religion are two different things and they should be kept that way.

Tia: "By interpretation of the First Amendment, we were given the freedom to express ourselves. People wear different types of clothing all of the time. We may not like what we see, but they are protected under our Constitution and therefore have the right to wear whatever pleases them. As Christians we have that same right and because this school isn't required to wear uniforms, we are fairly given the freedom to wear what we want."

Ashley: "Yet the First Amendment says you can wear religious slogans but you cannot preach, but isn't wearing religious clothing saying some beliefs are better than others?"

Tia: "Preaching, by definition of the Webster's Dictionary of the English language states: *Preach- the act of, or to deliver a religious address publicly.* The wearing of religious symbols or slogans is not, by any means, considered preaching according to the dictionary. By wearing clothing we are not speaking or addressing any one person, but instead only representing what we believe. Our government is based on religious principles. Our Congress prays at the opening of every meeting; federal officials take their oath upon a Bible; "In God we trust" is stamped on our national currency and Moses and the Ten Commandments are exhibited prominently in the Supreme Court building. If religion is accepted in these government establishments, it should not be left at the schoolhouse door."

May a student say grace before eating lunch?

Ashley: "I don't think they should be allowed to pray out in the open because not everyone agrees with praying before they eat and that would be disrespecting other's beliefs. Mat-

thew 6:5-6 states, 'But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret.' Even Jesus was against prayer in school."

Tia: "But by saying that praying before one eats is disrespecting another's beliefs and should not be allowed to do so is a complete contradiction. By prohibiting prayer before lunch would be an act of favoritism towards non-Christians and therefore disrespecting Christianity altogether. It is possible for one to pray publicly and still pray secretly. People tend to think that when one prays, he or she prays out loud, but that is not so. If a person chooses to silently say grace before they eat they certainly are not harming anyone by such a discreet gesture."

Ashley: "It is not disrespecting Christianity, you are disrespecting everyone else's beliefs by expressing what you believe. If you want to express your beliefs, I believe you should do it privately. Public schools do not exist to teach us about God. That's what church is for."



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When you go to church they don't, in the middle of the sermon, stop and start teaching you mathematics. It's just not appropriate."

Tia: "By living the way you want to live is not necessarily disrespecting anyone else unless you're potentially putting them in a place of danger. 'The American ideal is not that we all agree with each other, or even like each other, every minute of the day. It is rather that we will respect each other's rights, especially the right to be different.' —Arthur J. Kopp, former U.S. Surgeon General.

Ashley: "Yes, you should be able to live the way you want to live but you need to respect everyone else's beliefs."

May students read a Bible during school?

Tia: "I don't really see where a student would have time to read the Bible during school hours. I don't think it would be breaking any regulations having it with them, or carrying it around as long as they're not using it to offend their peers."

Ashley: "I don't think they should be allowed to read it in school because it's a private matter. It doesn't belong here."

In Unison: "We both think that reading the Bi-

ble is more of a personal issue and should be done in private. It's all right to publicly read from the Bible or hold a discussion about scriptures if you're attending a Bible study or a youth group. But for us, reading from the book is something we would choose to do at home by ourselves."

Should public schools be authorized to teach religion?

Ashley: "I don't think they should be able to teach religion in school because everyone has different beliefs about God and it wouldn't be right to teach everyone the same beliefs and not let everyone express and believe what they want to believe."

Tia: "I think it's all right to allow religion into school, but I wouldn't want religion to be a part of the curriculum. There are already too many things dividing the student body, and because there are many different denominations that make up the religious population here BHS, being taught about something that you don't believe in or agree on would cause complete chaos."

Ashley: "As Mr. Miller summed up, religion has the right to be here but shouldn't affect the student body in a negative way. Yet at the same time, allowing people to pray in school has already taken affect and has disturbed people in ways that it shouldn't. He should respect the people who aren't religious, or who have different beliefs and seclude prayer."

In a perfect world, denomination would not matter and people would not judge each other based on the church they attend. But since we do not live in a perfect world and we rarely agree on anything we must accept each other in every shape and form. No matter how hard we try we will never rid ourselves of the problems of the world nor will we ever be able to change or fix them. As once said by St. Francis of Assisi "Please grant me the serenity to accept the things I cannot change, courage to change the things I can and wisdom to know the difference."





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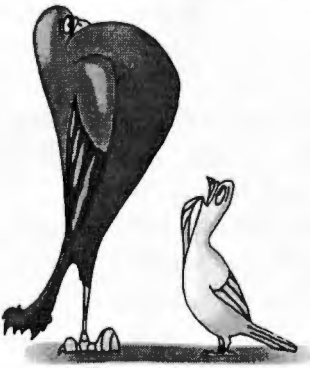
The *bison stampede* is a public forum published by Buffalo High School, and presented to the community of Buffalo, MN.

Its purpose is to investigate, evaluate, challenge, and inform students of issues which may be of concern to them. The *stampede* also provides an open forum for the diverse views of its readers.—opening its pages to writers outside the staff.

Editorials represent the consensus of the editorial board, but not necessarily the views of the advisor, administrators, or the Buffalo School District.

The *stampede* staff encourages letters to the editorial board. Letters should be fewer than 250 words and must be signed. Letters are kept on file in the *stampede* archives and may be reviewed upon request. The editorial board reserves the right to edit letters due to space restrictions, and to avoid statements which may be construed as libelous, slanderous, or obscene

Last Word by Jason Hettinger



Bullying—when someone enjoys using power to harm another person again and again—either verbally or physically. We have all experienced it, committed it, or witnessed it. Bullying is coming out from behind the anachronistic phrase “boys will be boys” and something is being done about it.

On February 15th, the students of BHS filled out an anonymous survey on bullying in our school. The Bison Safety Team used that information to determine how big of a problem we have, and are now formulating a solution to deal with this issue.

The Safety Team has written skits to teach the significance of bullying in our schools, and are working to spread the program to other schools in the area.

The stereotypical bully is a muscle-bound male who pushes kids around for their milk money. But this stereotype is being shattered. It is not only boys, but girls too. And more destructively at BHS, the abuse is usually more verbal than physical.

The Bison Safety Team has trained peer mediators to deal with conflict. Students can access mediation through a teacher, counselor, one of the advocates, or Officer Ridley.

With a little help from students and staff, this program can be a success and will make our school safer for future students and us. Together, we can make the definition of bullying non-existent.