

THE
HOOFPRINT

JUNE 3 2010

EXPLORING OUR COMMUNITY





We Will Always B

BETHLEIPHOLTZ
SPORTS EDITOR

Desdamona, a hip-hop artist from Minneapolis, visited English Teacher **Katherine Kunz's** class through the week of May 20, to teach kids about poetry.

"I think it's important to educate kids because in high school people are trying to find their voices," said Desdamona. "Writing allows you to learn about yourself even if that happens after writing it. Writing in itself is a teacher."

Desdamona began performing through dance as a little girl and was in band and choir through out high school. She found that she didn't have the same type of outlet in college, but soon found it through poetry and rap.

"I had performed like that once in 9th grade, but not again until college," said Desdamona. "That was when I really found that outlet. My inspiration comes from my own life experiences or friend's life experiences."

Desdamona, a unique name, came from a Shakespeare play. Desdamona's real name is actually Heather.

"I wanted a name that people would remember," said Desdamona. "No one else has this one. I chose it because I related to the character. She was killed and didn't get to tell her story because it was too late. I wanted a chance to tell my story."

Desdamona's music can be found on MySpace music and iTunes.

Upcoming Events

June 3

The Arts Finale will be held near the Performing Arts Center at 7:30pm. The choir will be performing and works from all art classes will be featured.

June 4

Student Appreciation Day and Tatanka Yearbook distribution. Students will have shortened blocks and will spend the end of the day in the cafeteria, signing yearbooks and listening to music while enjoying ice cream treats.

June 10

The last day of school.

June 11

The Class of 2010 will be graduating. The ceremony starts at 7:00pm in the main gym.

For daily news updates from around the school and to read a digital copy of the latest paper, check out hoofprint.net

Stu Co and NHS Get Motivated

PRENTICEBASTEN
STAFF WRITER

On Wednesday, May 26, the executive members from both Student Council and the National Honor Society had the opportunity to attend the Get Motivated! Seminar held at the Target Center in Minneapolis. The seminar is a business event that focuses on motivation, inspiration, and career skills. The action-packed event lasted from 8 a.m. to 5 p.m. and in this time the students got to hear first hand success stories and advice from famous speakers. These included: General Colin Powell, Former Governor Sarah Palin, Vikings Quarterback Brett Favre, President of Microsoft Rick Belluzzo, and Former Mayor Rudy Giuliani. Not only were the students inspired, but they saw live music, prize competitions, fireworks, and did a little siteseeing on their break.

"It was definitely a good experience," said Junior **Rachel Mussell**. "We got a taste of what ideas, opinions, and life-styles are like in the business world. I would highly recommend it to high schoolers in the future."

Decision making, communication skills, secrets to achieving and money management were only a few of the techniques that students gained from the seminar.

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The Journey { Auschwitz survivor speaks out about the horrors of her Holocaust experience

BETHLEIPHOLTZ
SPORTS EDITOR

“I feel no guilt for surviving,” said Holocaust Survivor Margot Dewilde. “I knew I would survive and get out of there alone, even as I stepped off the train at Auschwitz. I had a vision and the place seemed familiar to me. I felt like I had been there before and I knew I would be okay.”

At 91 years old and wheelchair bound, Margot seemed quite harmless and reserved, which contrasted with the middle school aged audience she was addressing. But as soon as she spoke these words, her strongly accented voice captured the attention of the energetic crowd, as well as myself.

As Margot continued to speak, it was obvious that she had told this story many times to a variety of different types of people. It had become routine for her to go through the series of events that took place in her life and over time she had been able to remove much of the emotion from her accounts.

“I began telling my story in 1969, twenty years after World War Two ended,” said Margot. “At first it was extremely difficult, but I knew it was worthwhile to tell because I my hope is to prevent something like this from happening again.”

Margot was born in 1921 in Berlin, Germany and lived with her mother, father, and brother in an apartment. Through her childhood Margot’s family struggled financially. Her grandfather lost his department store and her father could not

keep a steady job. Eventually, her family moved to Holland where her uncle lived. While living in Holland they moved often as an effort to save money.

In 1933, Hitler rose to power in Germany and made life for the Jewish people impossible. All Jewish families were required to register all their belongings and leave them behind if they wanted any chance to flee from Germany. During this time, Margot was twelve years old and was staying in a Jewish hotel in Holland with her family. There, she met the man she married five years later.

“I feel no guilt for surviving. I knew I would survive and get out of there alone, even as I stepped off the train to Auschwitz. I had a vision and the place seemed familiar to me.”

—Margot Dewilde

While Margot spoke of her late husband, a hurt expression crossed her face and her voice faded to a softer volume. He had died when they became separated at a later date and it didn’t seem as if she wanted to share many details. She mentioned him few times throughout the time she spoke, and instead stuck to facts rather than details.

“I remember on May 10, 1940, the Germans invaded Holland,” said Margot. “They came in the sky at 4 o’clock in the morning. Some were in uniforms, others were in civilian clothes. They started bombing and Holland surrendered right away, which meant we were under German Law.”

The Germans made all people in Holland carry an I.D. that includ-

ed a picture, thumbprint, and mark of the city. It also included personal information and a big J if the person was Jewish. Next, the Germans forced all Jews to wear a yellow star that became known as The Star of David. They were not allowed to attend school, use public transportation, or attend any form of entertainment. It was at this point that they began to move some families to ghettos.

“After all these laws were forced upon us, my in-laws decided we should try to leave Holland,” said

Margot. “They tried to find a connection to some

high level Germans who could be bribed. Eventually they found someone, but we had to wait for our immigration papers before we could go to Switzerland. During this time I got married because the Germans had said that they would keep families together.”

At this point, I realized the extent of how completely the Holocaust affected people’s lives, even before they were forced from their homes to be put unwillingly into camps. Love was no longer the only reason two people got married. Instead, they rushed marriage because they were promised that they would be kept together and would have a familiar face by their side in the months to come.

“In 1943 we were notified that

we should be ready to leave for Switzerland,” said Margot. “We were each allowed one suitcase. I noticed that my husband was overdressed and asked him why. His response was that we never know. I think we suspected something at that point, but we didn’t want to see the signs.”

Margot, her husband, and her in-laws were escorted to the train station and put on a train with another group of people. After the train ride, which they believed was taking them to Switzerland so they could escape, they were arrested on the grounds of “attempting to smuggle valuables.” They were sent to Berlin and put in a collection camp in a school where they were housed on the floor with straw.

“During this time I came down with a sore throat,” said Margot.

“I was put in a Jewish hospital and put in isolation. I didn’t have a chance to say goodbye. After six weeks I was sent back to the school and only my husband was there. He had been told to wait for me. We were loaded onto a train and it was a long ride with no windows. When we stopped and got off, there was a German officer outside the train. They separated men, women, elders, and children. Everyone was in a trance. I am convinced that we were hypnotized because we followed any order that was given.”

**STORY CONTINUED ON
PAGE FOUR**

Freshman Val Campa

“My favorite choke is the triangle choke... It looks funny when their faces turn purple!”



- * is involved in involved in mixed martial arts, a sport very similar to karate and wrestling
- * was originally was in wrestling but a cousin pushed her to join mixed martial arts
- * Campa wears a gi during practice and competitions.
- * Kickboxing is part of her classes
- * loves all chokes, just not on her.
- * It will take her a minimum of two years to get her black belt

Senior Neil Gleason

“I am inspired by music I’ve heard, and different styles, feelings, and experiences. I don’t just sit down and figure out a song in one night. I look at it and arrange it every so often.”



- * composes his own music for the piano
- * was inspired by orchestra teacher Tim Knutson
- * plays recitals for friends and family... never charges to let people hear him play
- * writes mainly for his own enjoyment
- * has been writing for about five years now
- * also talented in creative writing
- * on average, a piece takes him a few months to finish

The Journey

STORY CONTINUED FROM PAGE THREE

Up until this statement, Margot’s face had been blank and emotionless. But when she made the comment about being hypnotized, she seemed sad, like her mind was elsewhere. She never stated it, but the train ride she spoke of was the ride to Auschwitz and it was the last time she ever saw her husband.

“Young married women like me were taken in a truck to a building with a huge shower stall,” said Margot. “We had heard slight rumors about gassing being done there. We were all shaved head to toe and given different clothing. The soap they gave us to use, if I remember right, it said RIF which meant Rest in Freedom. We were told that it had been made from the ashes of the people who had been killed.”

Another realization dawned as Margot explained about the soap. Not only did these people have to come to terms with the fact that friends and family were being killed, but they basically had it thrown right in front of them with actions like these. It seemed like a warning about what could happen and what the Germans were capable of.

“After showering, we were given tatoos,” said Margot. “They used glass with a metal

pen to print a number above a triangle on all of us. We were no longer people, but numbers. I tried to rub mine out with dirt, but they they went over it again. Through this time I just didn’t know what was happening. At one point I was unconscious for 12 days.”

Through her time at Auschwitz, Margot lived through other people’s deaths and horrors.

“Even now when my neighbor burns garbage, I smell burning bodies,” said Margot. “I always douse his fire with a hose. He just doesn’t understand.”

In January of 1945, she was woken up and told to stand outside with many others. Everyone got a coat and was marked with a red X. They were put into lines of five and walked for two days and nights, then were loaded into box cars and taken to a labor camp.

“In the morning when we woke, there was a commotion,” said Margot. “There were no Germans around and I saw an American with a flag. I was told I was free and to go West because the Russians were coming from the East with a lot of Germans. We walked and walked and ended up sleeping in a chicken coop and eating raw eggs, which made us sick.

We then continued to walk until we reached a city and were put in a house. The Red Cross came by. We were taken care of and bunked by the British, who gave us tea.”

In the following weeks, Margot tried to reach her family. She found her parents and brother, who were all alive. She took a train to Amsterdam where her father lived close to their old house. She stayed there, where she met another man that she hoped to marry but couldn’t because she didn’t have a death certificate from her previous husband. After 13 years, she moved to Minneapolis where her brother lived. She married and lived in Richfield for 40 years, until her husband died.

Listening to Margot’s story, there was a rush of emotions and reactions. Before Margot began to speak the students had been talkative and fidgety but as she neared the end of her story, the atmosphere had changed. The students were quiet and seemed to have a new respect for Margot after hearing her story. Her strength, composure, and confidence were incredible for a person who had witnessed the events that she had.

“I like to say I had a guardian angel through those years,” said Margot.

Role Reversal { Striving for higher education, teachers are the ones sitting in classrooms

LAUREN LAHR
STAFF WRITER

After school students begin to wonder if college is enough to get through today’s economy. While college is important, getting a Master’s can boost people’s salaries with just a couple extra years, while still doing what they love. Some people start pursuing their Master’s right after they are done getting their undergraduate degree, while others may get their masters later in their life when their kids have moved out.

“My two kids are attending Madison and my husband is also in school,” said Administrative Assistant & Diversity Coordinator Vicki Cary, who has decided to pursue her Master’s in Education. “Right now we are paying four tuition’s; it is very expensive. I felt like I needed to get my Master’s because it provides extra security in my job and I like to take classes and learn about new things. I also thought since my husband was in school I might as well go back to school and get my Master’s.”

Cary looked at a lot of different programs but chose the one that best fit her time schedule. She takes classes in St. Michael every Wednesday

night and one Saturday a month.

“The reason that I choose the classroom way of learning is because I like the hands on learning from a professor,” said Cary. “I am a visual learner and if I would have taken my classes online I think that I would have procrastinated. I like to be able to ask questions right to the professor.”

Even though schooling is time consuming, there are many benefits about the Master’s program.

“In getting my Master’s, I had the chance to look back on what I’ve been doing in teaching for 20 years,” said Cary. “I get to realize that I am getting more information from these classes which make me more credible as a teacher. I am also excited about the higher pay because after I get my Master’s I can retire into that salary, so it will all pay off in the end. Looking back after I retire, I will realize that my degree was one of the best choices that have made.”

“I decided to get my Master’s in English because I wanted to work more on things that would be useful in the classroom,” said English Teacher Heather Tierney. “I teach mostly Literature classes, but just a few years ago I

started a Journalism class. All the classes that I have taken have really helped me understand Literature better and it has also been easier to teach it to my students. I also decided to get my Master’s when I did because I knew that my life was only going to get busier.”

Even though the time commitment was a struggle sometimes, she knew it was all well worth it.

“My whole Master’s school took a lot of time out of my daily life,” said Tierney. “I also had the commitment of a new baby, driving to St. Cloud two nights a week, while being a teacher. The cost wasn’t so much the biggest drawback, but it was fitting everything into my schedule. I got stressed sometimes, but it has all paid off. As a teacher, I have seen how those classes have been useful to me. Getting my Master’s was definitely worth it. It ends up in your benefit by using it the rest of your life.”



An active community

Interesting people and events make Buffalo one of a kind

Perhaps one of the most invaluable things about going to school at BHS is the supportive community that surrounds it. Though many students' scopes may be limited to the happenings going on within the building, Buffalo offers many outside activities for participation that we felt deserved acknowledgment. We also included profiles of many remarkable students and teachers that contribute to our colorful school community.

One of the things that makes Buffalo unique is its versatility. The winter brings ice fishing and skating, snowmobiling, and a beautifully lit downtown at night, while warmer weather brings back Frisbee golf, spending time on the lakes, and farmers markets. Some year-round activities benefit charities, such as the annual clothing drive and polar bear jump in the lake, while others such as the Buffalo Community Orchestra (BCO) and Buffalo Community Theater (BCT) give opportunities for different community

members to come together while producing works of art. The Vault has grown into a place for good local entertainment. Wednesday nights mean youth group for many kids in the area, and for many families Friday afternoons begin another weekend at the cabin. The Buffalo Triathlon has become widely known in the metro area, and Buffalo Days provides a whole week of community activities, from craft shows to super-discount shopping to the parade.

The sheer number and variety of activities that this community has to offer is worthy of recognition. Combine that with the general friendliness of the people and the welcoming atmosphere, Buffalo has the ability to capture the hearts of anyone who spends time in it. As seniors this year move on to new places, we hope they all have the fortune of finding success in a community similar to Buffalo, in the way it enriches the lives of its inhabitants and creates a great place to call home.

Junior WILL ELLIOTT



Photo Poll

What do you appreciate most about your community?

"I appreciate how all of the people on my tennis team are all one big family. We celebrate and lose together, and there's a lot of support."
- Arts & Entertainment Editor **Madalyn Nones**

"The community has always been willing to sponsor events and fundraise for the school."
- News Editor **Emily Anderson**

"I appreciate the closeness of my community, and the sense of companionship you have with your neighbors makes you feel connected with everyone."
- Opinions Editor **Cora Fox**

"I think my community is open. We address problems, and I think we work hard together to fix them to benefit everyone to the fullest."
- Copy Editor **Mitch Budde**

"I like the hometown feel of Buffalo. We're a small enough community that everyone is interconnected."
- Spotlight Editor **Ali Kiernan**

"I think it's cool that at the academic luncheon the community was willing to come together and recognize students for their achievements."
- Features Editor **Minnie Ostvig**



WILL FELL IN LOVE with surfing at age 10.

When he lived in California he surfed at least 4 days a week.

Will returns to California every summer to surf.

He has been stung by many jellyfish and once stepped on a stingray.

Will's favorite memory is watching the sun rise and set over the beach.

Tracy Hulley



Before History Teacher Tracy Hulley taught at Buffalo...

She worked as a flight attendant for United Airlines for 48 months (4 years).

Mrs. Hulley has also had some experiences with well known people, including Jesse Jackson, and the LA Lakers.

“One of my favorites was when we [were in] Los Angeles and waiting for a plane to [take back to D.C.] The plane came and as people were getting out I noticed they had to bend down to get out of the door. I knew it was a basketball team, but then I recognized Magic Johnson and Kareem Abdul-Jabar so I realized it was the LA Lakers basketball team. I wish I had known that before because I would have stood outside it with my autograph book, or taken pictures, or something. My husband is a huge Lakers fan.”

It was during her career as a flight attendant that Mrs. Hulley met her husband, Glen Hulley.

“The absolute best thing out of my four years of flying with United was meeting my husband. He worked for the pilot to monitor weather. He came up one time and came onto the airplane, before anyone else was boarding. So he’s coming up and walks towards the door, but I don’t see an ID badge, ‘Where do you think you’re going?’ and he said, ‘to the pilot.’ and I said ‘well, do you have an id badge?’ He was really cute and I really just wanted to know his name. So I saw him a month later walking through the crew lounge. I waved but I was busy on another plane. When the pilot boarded, I introduced myself and he recognized my name. Apparently [my husband] had said [to the pilot] that he would be going down to Florida with one of the nicest people he has ever met, which was me. So then when I came back, I saw him and he asked me out, and I never went out with anyone different after that.”

Pursuit of Happiness

Sometimes happiness is right under our noses.

KALACZANSTKOWSKI
STAFF WRITER

There is something so magical about being happy. Through good times and bad, happiness is about staying positive and continuing on after tragedy. It’s the ability to think, “I’m not done yet. I have too much fight left in me.” It’s about altering the bad times to find some sort of good or joy in the situation. To give up is easy, and throwing in the towel often seems like the best solution when it feels like the world is weighing down on you. Maybe you’ve felt completely ridiculous thinking that someone isn’t worth your anger or tears. Honestly, they probably aren’t -- but sometimes you just need to let it all out through self-expression.

Everything happens for a reason. I would never have thought that one of the worst days of my life could have the best outcomes. And then you realize that a changed outcome can produce a changed person, and a changed person has a new pair of eyes with which to see the world. To see things from a different perspective is like a release. You gain back control of your life by loosening your hold on it.

For some, happiness is a feeling of pure bliss. We chase it all our lives, and are disappointed when something goes wrong and happiness seems unattainable. It’s easy to find faults when you look for them; although it’s easier said than done, waking up every morning with the mentality that it’s going to be a good day can improve your day.

For example, one morning I was determined that the day was going to be great because chicken patties were for lunch. For whatever reason, I decided that chicken patties were the thing that would make me happy. Those patties reminded me that nothing -- unexpected homework or high school drama -- was going to diminish that day’s greatness.

The Game of School

How to manipulate your way through high school

EMILY ANDERSON
SPOTLIGHT EDITOR

At this second, I have 8 days, 11 hours, 14 minutes, and 36 seconds until I graduate... and I’ve coasted throughout my entire educational career.

School is easy. It’s a game that we have been trained for. We have been classically conditioned since pre-school to raise our hands to speak, to answer questions in rote memorization, and to ask--embarrassingly enough--to go to the bathroom. I’ve lost count of how many pages of “busy work” I’ve been assigned throughout my four years here, and of how many cheesy speakers I’ve had to listen to. School is one giant scoreboard, and I now have no motivation whatsoever to fight for participation Euros or save up my bathroom passes in an attempt to get those few extra credit points to earn that top spot on the scoreboard. They have no educational value or meaning, but rather fuel the points race.

The faculty at BHS are part of the game, too. Favoritism plays a large role. We all have teachers we like, teachers we don’t like, and teachers we pretend to like because they help us. We all know how to BS our way out of a tardy and to manipulate our way out of a homework assignment. “My dog ate my homework,” actually *does* work, along with “I had a game last night,” and “I wasn’t feeling so great.” The teacher-student relationship is just a chain of favors and IOUs, and it works both ways.

Teachers have their own favorites who they seek out to perform tasks, or who they give special privileges to. When a faculty member asks “Emily, can you copy this?” or “Emily, can you watch my kids this weekend?” I know that it will go a long way and I tend to expect something in return. Suddenly teach-

ers start handing over stacks of excused tardy slips and their classroom keys. Privileges inside the classroom go a lot further when you’re an athlete, too. Coaches who have their athletes as students work especially hard to make sure their players’ grades are staying up.

Grading in general is a problem. Take ten different teachers and you will see at least six different grading practices. How does a student manage with that type of instability? S/he doesn’t. Here’s something your teachers won’t always tell you: your grades don’t matter. Not as much as you think, at least. Grades are just numbers and letters on a piece of paper. They add to the points earned in the game of school. They don’t attest to what you take away from the assignment, and that’s not necessarily the teacher’s fault. It’s because the assignments aren’t meaningful. Too often students are taught to test instead of taught to learn, and the teachers who deviate from this path are far and few between.

Do not misunderstand me. I love the faculty and in this environment I have thrived. The people here are dedicated to providing students with a firm foundation and promote students to do and be better. Aside from the bookwork, I have had meaningful discussions and learning opportunities which have challenged my beliefs. Understand that education as a system is flawed, and that as humans we are flawed. High school may be easy, but that isn’t where a student should stop. Never be okay with stopping at “just doing okay,” otherwise the experience will never be rewarding. It took me 13 years to realize that.

At this second, I have 8 days, 11 hours, 9 minutes, and 14 seconds until I graduate, and I regret that I won the game of school in such a meaningless way. Winning the game of school doesn’t feel as good as I thought it would.

Getting Started Early

Advice on how to start applying to college

GRAHAM WYATT
EDITOR-IN-CHIEF

After dropping college literature into shoeboxes for three months, you might have to purchase another pair of sneakers to hold the next letter. The length of your deer-in-the-headlights phase can put you severely behind your peers in the application process, and that only perpetuates procrastination. But to avoid the downward spiral toward your mother's basement, you need to get thinking early—and students are waiting too long to ask the most important question: How am I supposed to start this whole applying to college thing?

I started thinking about college when I was a sophomore, and I found the extra time to look at schools extremely helpful. Now that I'm done, though, I've had time to reflect on my applications and realize my luck: I followed a structured path, which held me accountable to significant milestones. The outline prevented me from turning backwards or feeling helpless. I always knew the next step, and I think my path would be useful to anyone wondering how to start. Here's the five-step system I used to gain the strength to open my shoebox and choose a school:

1. The first, and arguably most important, step is to determine what you want from your college experience. Understand that you have the ability to demand criteria from your school and reject them if they don't provide. Think about sizes, locations, and majors. If you're set on becoming a mechanical engineer, then The Art Institute probably isn't your best fit. Create a list of what you want from your college. Would you prefer walking off-campus into a bustling city or a

small town? Would 20 students be too many for your freshman biology class? What about 50? Determine the qualifications your school must meet for you to apply.

2. After you know

your criteria, make liberal use of your resources—counselors, friends, and Google—to find schools you like. This can take months or days. Spend your free time at the College Confidential forums (talk.collegeconfidential.com) searching for answers to your questions and finding schools. The College Board (www.collegeboard.com) has profiles for nearly every school in the nation, and they offer a search tool that generates a list of colleges that meet your preferences on 25 different criteria. Start a log of colleges you have an interest in, and keep notes about each one.

3. Seek the assistance of your guidance counselor and present your list to them. Ask them to help sort your colleges into three categories—reach, target, and backup—based on your grades and test scores. Reaches are schools where you have a small chance of acceptance, targets are those you plan on being admitted to, and backups are the ones you have little concern about. Most applicants subconsciously sort their schools into these categories, but having them on paper makes the process easier to handle.

4. Now it's time to turn words on paper into sights and sounds by visiting the schools on your list. I visited 26 colleges before submitting my first application—which was probably too many—and I learned more about what I wanted to avoid in a college than have. Print an online college visit to-do list before arriving on-campus and try accomplishing as much as time allows. Make sure to take notes on each school and add it to your log. The best advice for your visits is to simply go with your gut, though, as I made my decision whether to apply within five minutes at each campus.

5. After you have started to appreciate the differences between your schools, you need to get picky. Cut colleges from your list until you have your favorite two reaches, four targets, and one backup remaining. Completing this before your senior year leaves you plenty of time to perfect applications.

There you have it, but keep in mind this five-step system won't work for everyone. My only hope is that future Buffalo applicants won't fear opening their shoebox early.

- 1 Qualifications
- 2 Research
- 3 Categorize
- 4 Campus Visits
- 5 Narrow List



Jon Holtz



You may not know, but Art Teacher Jon Holtz...

Was diagnosed with Testicular cancer on April 18m 2005. Photography became his therapy.

Holtz has traveled the world for his photography.

“I love to leave the continent as frequently as possible. It's a good excuse to go somewhere and just interface with a new culture. I've been to China five times, South Korea, Brazil, Peru, Tanzania, and Japan briefly.”

From his battle, Holtz has learned valuable lessons about beauty, family, and character.

“One of the biggest things it taught me was to slow down. I think a lot of the nature photography is to find out that a lot of things just overlook everything,” said Holtz. “[Cancer] made me say no to certain things and put my family first. I don't think they were on the back burner, but they elevated. And I just realized the power of your attitude and just what you choose is very powerful. If you're above ground, it's a good day because a lot of people didn't get to wake up today. I've seen different lifestyles where we're living the good life. Everything is at our fingertips and I've seen people where their job each day is to break rocks into smaller rocks. And I've driven past villages and towns in certain countries where I can't even wrap my head around the idea of: what's a good day for them? Survival? Maybe, I don't know. And I'm guilty of it, too. We all start to complain about really small things and I'm not putting myself above anybody else, but when you go there, you're like, 'I'm going to shut up now.’”

Junior Katarina Randall



Katarina is a JUNIOR
OLYMPIC SAILOR.

She TEACHES other
kids ages 6 to 14
to SAIL.

Katarina has been
SAILING since age 7.

She OWNS 2 SAILBOATS:
Uniquely Passonate
and *Kat's Meow 2*.

"I have learned a lot
from sailing. Racing is very
competitive and different,
but most of all a lot of fun!"
-Junior Katarina Randall

College Controversy

One student considers the benefits and drawbacks of attending a higher institution of learning.

TYLERPETERSON
STAFF WRITER

How does \$51,206 sound compared to \$27,915? These numbers are the respective salaries of some with a college degree and a high school diploma. In every high school student's mind lurks concerns about making big bucks in their career. If they go to college and get a bachelor's degree, instead of just a high school diploma, the chances of this happening are much higher. Those who pursue and get an advanced degree are making around \$74,602 a year.

“With a college degree your entry level in the work force is way higher.”
-Counselor Christina Cox

With a college degree students open themselves up to more job opportunities. The unemployment rate for an American with only a high school diploma is 9.4% and only 4.7% for those with some type of degree.

“This makes sense and I can see why,” said Student Counselor **Christina Cox**. “With a college degree, your entry level in the work force is way higher. You can find more jobs with a degree than without one.”

Jobs that traditionally didn't require a college degree have begun to join the throng. Labor jobs such as construction, mechanics, carpentry, and masonry jobs are fast becoming the few hold outs.

However, some adults show that college is not the only smart option to pursue. Bill Gates, the richest man in the world, as well as many other successful people including Richard Branson, Barry Diller, Matt Drudge, and Rachel Ray, dropped out of college for other opportunities. These millionaires may lack academic abilities, but they make up for it with tenacity, brains, guts and strong business sense.

“I don't think college is the only smart decision,” said Daycare Owner **Terry Peterson**. “If you have a plan and you are determined, anything is possible. I was one of the students that had no interest in going to college;

I was going to open a daycare and see how it went.”

Peterson started doing daycare out of her house with 10 kids. Eventually she built the business “Kids Haven.” The business steadily expanded over the years, causing Peterson to have to three times. Currently she employs 67 staff members and enrolls 300 children.

“My whole family never went to college, but we are in a new time period,” said Peterson. “If kids don't have a mind set to do something they should go to college and figure it out, then enter the work force with a plan ahead of them.”

Although some cases such as Peterson's work out, the percentages of students going to college continues to increase. According to the Bureau of Labor Statistics, 60% of students go to a four-year college and 23% attend a two-year college, leaving just 17% of students not college-bound, a number predicted to decrease with every year.

“All of my friends expect for three I can think of are going to college next year,” said Senior **Tucker Vogt**. “Two of those three are going to play in the juniors for hockey, and the other is going to work for a year or two to get some money and then go to college. I think in today's world you have to go to college to make it.”

Students that pursue a higher degree than a high school diploma will

“College helps kids grow up and become more responsible.”
- counselor Christina Cox

on average make more money, but this does not mean it is the only decision that will bring them success. On the other hand, college may provide benefits other than higher salaries.

“Even for students that don't know what they would go to college for, I would still recommend them going,” said Cox. “It helps kids grow up and become more responsible.”



Above: Freshman Dane Starry represents the University of Minnesota on College Day last Snow Daze. Right: Sophomores Austin Ellefson and Jason Prigge talk to each other while representing their favorite colleges.

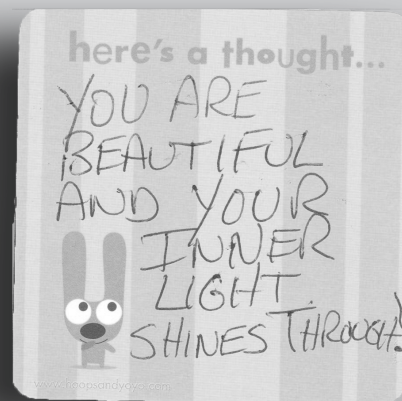
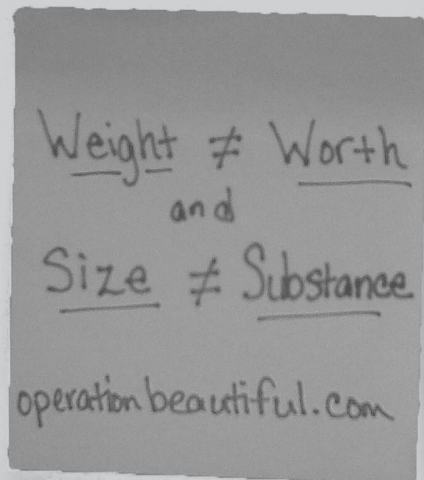


OPERATION BEAUTIFUL

The Mission—

The goal of the Operation Beautiful website is to end negative self-talk or “Fat Talk.” If this little blog only does one productive thing, I hope it helps readers realize how truly toxic negative self-talk is — it hurts you emotionally, spiritually, and physically

- Operationbeautiful.com



INNER BEAUTY

Inner beauty has become a widespread phenomenon. On April 14, freshman girls attended a seminar on inner beauty and its effects in the media.

HOPEMUELLER & KALIEYJOHNSON
STAFF WRITERS

On April 14, freshmen girls went to a presentation about inner beauty. The girls came together to get a better look on inner beauty and the effects that the media has on young women. Most people classify beauty as having clear skin, being thin, and having perfect hair; when really beauty is someone who is healthy, confident, and true to themselves.

“I liked the presentation, it feels like girls don’t hear about inner beauty enough,” said Counselor **Christina Cox**. “It’s a good reality check, I’m glad they choose that topic because it’s a constant issue.”

As freshman girls walked into the presentation they didn’t know what to expect. The whole seminar was an eye opener because the media effects so many things and people don’t even realize that. One of the things that touched most freshmen girls were the dove commercials that were shown to them.

“I thought the videos were interesting. They showed reality and how people in magazines aren’t even real. They’re just morphed,” said Freshman **Emily Varner**.

Teenhelp.com states there are 40 percent of new cases of anorexia in teens 15-19. Body image is something that continues to take a huge part in young women’s lives.

“I think that the girls in the videos should get a therapist because

they obviously have body image problems,” said Freshman **Alina Miller**.

Certain people can be inspirational in different ways. Tiffany Gunderson, also known as Miss North Metro 2009 came to talk to freshman girls on what she believes inner beauty truly is. Being able to overcome her insecurities and talk to them shows them the new found confidence she has found.

“I thought the speaker did a good job,” said Cox. “I feel like there have to be people in the ‘industry’ that can come talk to you guys about body image. There’s more to it than what we look like.”

Although Miss North Metro 2009 had a good message some think there could have been a better way to present the information.

“It felt like she read from a script, it didn’t seem like what she was saying was what she actually felt,” said Varner.

People had different reactions to the presentation because it’s a sensitive topic and not everyone feels the same.

“Friends have so much pull with each other and they can get the point across,” said Cox.

Body image isn’t always the easiest topic to talk about. Everyone is entitled to their opinion on what they think beauty is, but many wonder how things would be different if we all had the same idea.

“I think inner beauty is your personality. When you talk to someone that’s the impression you get, and that’s who they are,” said Miller.

“I was eight years old when my parents were told I had cancer, I was shocked because I never thought anything would happen to me.”

-Senior Ben Aslesen



Ben Aslesen

Senior Ben Aslesen was diagnosed in 2001 with Rhabdomyo sarcoma. During the year and a half of having cancer, Aslesen lost all of his energy and hair and had three ribs removed. Since the ribs around his heart are gone, Aslesen has to wear a chest protector to keep it safe. Aslesen still manages to participate in lacrosse, hockey and fly planes.

Free Running

Students Explore the Art of Movement



Climbing up the apartment building until you hit the roof; running across to the next building doing a gap jump and roll over the opening. Swinging off the railing doing a reverse vault down to the closest deck, then cat-dropping all the way down back to the street. This is a typical freestyle route for Traceur Junior **Tony Thein** on his way into town.

Thein, quite the free-running expert, who has been running for four years now, uses parkour as a hobby of his.

"After tennis, it's one of my most favorite things to do!" said Thein. "I probably do it about 4 to 5 hours a week! It keeps my mind off of all the stress I deal with at school. You just feel like a free man with nothing to worry about, except for your next move!"

Although a chunk of BHS students parkour, there are a lot of people who don't even know what it is. Parkour, defined by Dictionary.com is a sport or athletic activity in which the participant seeks to move quickly and fluidly through an area, often an urban locale, by surmounting obstacles such as walls and railings and leaping across open spaces, as in a stairwell or between buildings. A good example at BHS would be getting yourself up onto the track in the BAC, without using the stairs.

"There's only one problem you have, and it's how to overcome the certain obstacle in your path. It's just you versus earth. That's what it's all about," said Thein.

Thein began running when he was 13, back when little was known about the sport. It has become very popular

lately. YouTube has thousands of videos of freestyle runners from all over the world. The television show "The Office" also had an episode containing the sport. All sorts of media influences teens to try free-running.

"I was surfing channels on TV one day and I came across a sick documentary about parkour," said Junior **Trevor Cohen**, "I was fascinated with some of the things they were doing, so I decided to try it. I've been hooked since. I can't walk down the street anymore without jumping on stuff!"

Parkour consists of many different tricks. When you string them all together you make combos.

"My favorite thing to do is jump off buildings, it feels like I'm flying," said Thein, "The craziest thing I've ever done was a combo series all the way across an unused 50-car train! It was perfectly legal because I asked for permission at the station and the attendant said it was fine because the train was no longer in use because it was no longer safety certified."

Parkour occupies a large amount of time as a hobby for participants of it. Runners have a lot of different reasons why they do it. It's a good way of keeping teens out of trouble, as long as they don't break the law, and is also a huge stress reliever.

"It's not about the moves or the jumps, it's about the feeling of freedom you experience!" said Cohen.

CODY ELLETSON
STAFF WRITER

RACHAEL ETTER



Left: After pulling his car out of the ditch, Senior Joel Morehouse performs a backflip off the back of his Honda. "[Senior Dan Hanson] came to help me get my car out of the ditch," said Morehouse. "and afterwards we had a lot of adrenaline so we just started doing backflips off of my car."

Above: Junior Tony Thein, a traceur, demonstrates a Tuck Jump in the Courtyard. The formal name for Parkour is l'art du déplacement, or the art of moving. Photo by Rachael Etter

Junior Tony Thein

"You get better as you keep trying new things. I fell when I tried to do my first backflip, but you just have to get up and try it again. That's the only way you can get better."



Junior Tony Thien is a traceur who has been free running for four years. He spends about two to three hours a week running around Buffalo, perfecting his techniques and learning new tricks

MARCUS ANDERSON

He has many random hobbies such as feeling textures, picking scabs and observing people from a distance. But his favorite thing to do is imitate people's voices.



He has many different imitations, some of the main ones include a dog barking, a little girl screaming, and a mentally insane person going "nuts." Marcus' close friends think he could be a comedian someday.

It's an Epidemic

By fourth quarter of their fourth year, 84% of seniors say they have let their grades slip as they suffer from a well know disease, senioritis.

KAYLASCHIMMELE & RACHAELMUSSELL
STAFF WRITERS

The countdown begins...only 10 days until I'm done. Just keep going, just keep going, just keep--Oh, look at the sun outside! It looks so nice out. I wish I could--Oh right, Newton's First Law: An object at rest tends to stay at rest and an object in motion tends to stay in motion...Only 10 more da-- Concentrate! Concentrate!

"Senioritis," also known as "The Senior Slide," is described as a "disease" that normally sets in on high school seniors in the fall. It starts out with a low attention span, not much focus, and having trouble making decisions. With graduation near, seniors have completely lost the battle with this disease. Senioritis normally sets in when they have been accepted into college and have already completed all of their scholarship applications.

According to Time Magazine, Senioritis affects a wide range of students.

"[Attention spans] kind of depend upon the dynamics of the class because every class has different personalities," said Physical Education Teacher **Jason Karn**. "There are some kids who say, 'Oh it's January, I'm done.' And then there are others who work through the end of the year. It all has to do with the maturity and frontal lobe development."

With summer and graduation right around the corner, seniors find themselves slowly losing focus in their schoolwork. Eighty-four percent of seniors believe they have caught 'senioritis' and from them, 66 percent believe their work ethic between junior and senior year has decreased.

"[I think it's easier to stay focused the first three years] because you still had another year to say, 'Oh this is only freshman year, this is only sophomore year, this is only junior year,'" said Senior **Allyson Pecarina**. "Then you get to your senior year and say, 'I don't have any years after this; I need to work hard. But then summer's right there, and it's really nice out, I just want to go outside and not do my homework.' It's really hard to sit there and look outside and want it. Sitting in the classroom at seven o'clock in the morning trying not to fall asleep, and it's bright and

sunny outside."

But summer vacation is not the only "cause" of senioritis.

"I have a lack of motivation to do homework," said Senior **Nicholas Teetzel**. "I feel like I've done enough. You get to that point where you just say, 'When am I going to use this later on? What's the point of it?'"

Despite the many "causes" of senioritis, it is avoidable. Even with the high percentage of seniors believing that they have this annual disease, it some manage to maintain their work ethic. Twelve percent consider themselves immune and continue to put forth effort when it comes to their schoolwork.

"[The affected people around me] shouldn't really make a difference with my work ethic, because I still have to get my work done," said Senior **Beau Gagnon**. "I still have to send final transcripts to colleges. It matters for sports, so [the colleges] can see if I'm trying. I'm

not one to give up on something."

One of the biggest things that seems to be occurring is when the

"There are some kids who say, 'Oh it's January, I'm done.' And then there are others who work through the end of the year. It all has to do with maturity and frontal lobe development."

seniors effected by this disease go off to college, they get a big dose of reality. They didn't work as hard at the end of their senior year, making it hard for them to continue working hard in college. According to Time Magazine, 50 percent of incoming freshman need remedial help once they get onto their campus of choice. In order to overcome this hard-hitting disease, seniors need to maintain the right attitude for the entire year.

"We have a solid group of kids here whose parents make them work and participate in household chores, who make them accountable for their grades, and whose parents don't buy them 57 pairs of jeans," said English Teacher **Sandra Goers**. "To me, that's what makes a difference. It's kind of your attitude towards life and your attitude towards school."

Students relax with a game of disc golf

LOUIE CLIFTON & RYAN BARTL
STAFF WRITERS

On a warm sunny day at West Pulaski Park in Buffalo, many high school students often get together and hang out by playing disc. Disc, also known as Frisbee golf or “frolf”, has grown very popular among teens lately, perhaps because it provides a cheap, relaxing way to have fun with friends.

“I started playing 2 years ago, but really started getting into it last summer,” said Senior **Alex Kramer**. “It’s an addicting game.”

Disc is played much like regular golf. A course consists of nine to eighteen “holes,” but a rubber Frisbee is used instead of a club and a ball, and a metal basket instead of a hole in the ground. The scoring is also similar.

“You want to get the lowest score possible on each hole,” said junior **Hunter Stenberg**. “You can get a hole-in-one, a double eagle, an eagle, a birdie, par, or you can bogey the hole. If the hole is a par-three, you get three chances to make it in the basket or you bogey. That’s where you have to add a point to your score.”

Double eagles (also known as albatrosses), eagles, and birdies depend on the par of the hole. They refer to, respectively, three, two, or one stroke under par. For example, on a par-five hole a birdie would mean the player got his or her disc into the basket on the fourth try. Many strategies are used to improve the score, such as adjusting the throw of the disc to accommodate obstacles, water hazards, and wind. There are three typical ways of throwing a disc: backhand, sidearm, and tomahawk. The most common ways are backhand and side arm.

“I throw it backhand, I don’t know how people throw it side armed and tomahawk,” said Kramer.

Disc is a competitive sport, but is mostly a relaxing sport. Amateur and pro tournaments are held during the summer, but most people just play for fun.

“I’ve never gone to a tournament,” said Stenberg. “Those people have been playing forever and have like twenty discs for any type of hole.”

Minnesota contains 167 disc courses, most of them in the metro area. They vary between the cities and the woods to offer a mixture of terrains and obstacles for the players.

“I have played at Buffalo, Plymouth, Becker, and Annandale,” said Kramer. “My favorites are Becker and Plymouth because they’re both in the woods, but my best score was at Buffalo, 11 under [par].”

Disc continues to attract new players for being inexpensive, simple, and fun.

“Disc isn’t about winning or losing,” said Stenberg. “It’s all about getting out with your friends and having a good time.”

Top Right: Junior Hunter Stenberg tosses a Frisbee towards the basket while enjoying a game of disc one afternoon.

Bottom Left: Junior Hunter Stenberg crouches as he prepares to throw a disc for a birdie.

Bottom Right: Sophomore Sam Klein aims directly towards the basket to score.

Below: Frisbee golf proves not only a relaxing sport to play, but also to watch as Junior Nick Jones and freshman Lindsay Babbler take it easy in the sun and watch a disc game in action.



NICKWEERS



NICKWEERS



NICKWEERS



NICKWEERS

Freshman Julia Bothun

Freshman Julia Bothun is a self-taught clown who entertains at parties and circuses with her mother.

“One time I was teaching myself how to ride a unicycle in the middle of my street,” said Bothun, “and all the neighbor kids would laugh at me everytime I fell.”

Bothun also attended a circus camp where she was taught the Flying Trapeeze, Clown Car, Spanish Web, and how to set up a Circus Tent among others.



“Clowning ends up being an everyday life. Whenever you’re walking in the hallways and something happens or whenever you react to something, it ends up being way bigger just because you’re a clown.”

-Freshman Julia Bothun

Nina Jepson

Junior Nina Jepson has an eye for artwork that comes from her mind. "The music I decide to listen to at the time is what affects the style of the piece I'm working on at the moment," said Jepson. There are many accomplishments to an artist that makes their work feel more awarding. Jepson's "Woven Bird" is her most interesting piece of artwork she has done and feels accomplished with it.



The major thing about being a starving artist is to make work that not only you like but that a lot of people will like and want to buy. Jepson hasn't sold any of her own work yet, but she has been hired to do some work for some of the teachers around the school. "If someone wanted my artwork they would just have to ask me," said Jepson.



There are favorite kinds of artwork and style to every artist and a different perspective about how they see things. "Pencil drawings are my favorite because it just comes naturally than other [forms] of artwork," said Jepson.



Lights, Camera, IMPROV!

Students express themselves through improvisation during AAA

CAROLYN FOX
STAFF WRITER

A mass of hands shoot up as soon as English Teacher **Melissa Bertsch** asks who wants to go first. As soon as she picks a few eager students, the fun begins. The audience roars with laughter, as the actors start to move and talk. Improv is a place where people can let loose and be themselves.

"Improv is a creative outlet and a place to let off steam and laugh," said Bertsch. "It also is a good way to work on your acting skills and a place to be creative and let off steam and laugh. I started improv in AAA for the kids who wanted to do more than just in class. At first they wanted to make an after-school club, but they were everywhere and never got it organized. It also is a good way to work on your acting skills and a place to be creative and let off steam and laugh."

There are a number of different games that can be used for improv. Some are preferred more than others.

"My favorite game is 'The Dinger Game', where two people are up in front of the class and one person is the bell ringer who dings the bell," said Sophomore **Katie Fuller**. "The people in the front are talking about a random topic but every time the bell gets hit, the person who said the last line has to switch out a word or change the sentence. They sound crazy and the topic gets all switched around."

Students go to improv for a number of different reasons. Some go for the acting opportunity and others go for the laughs.

"It really helps an actor think on their feet and develop the character."

"It really helps an actor think on their feet and develop the character," said Sophomore **Andrew Jacobsen**.

"For me, improv is a way to come up with good ideas off the top of your head and it helps with your creative skills," said Fuller. "It's helpful when you're acting in a play and someone forgets a line so you have to try to cover up the screw up and move the play along. It's fun to see how people react to what the other people are doing and ramble off stuff that is both hilarious and pointless. It always makes me laugh every time I go."

Many memories are created by watching the other students perform.

"There was this one time when I was there and we decided to play 'Press Conference,' which is where you have two people step out and the audience decides who they are going to be," said Fuller. "When the two students get back to the front of the class, the audience asks questions

hinting about who they are and the people being interviewed have to guess who they are. We decided to have Lady Gaga marry Hannah Montana. The audience was being really obvious and almost falling to the floor with laughter, and the people up front could not for the life of them figure it out!"

Students all throughout the school attend this interesting way to learn how to act and express themselves. Anyone is welcome to go, so long as they sign-up beforehand to secure a spot. Improv is every Monday and Friday during AAA. For students who are taking Bertsch's stage acting class, they have the opportunity to earn extra credit points if they participate.

Imagination Creation

Art students showcase their best projects

PAMELA ACKERMAN
STAFF WRITER

Every year the art department hosts an Arts Finale to showcase artwork created by students. The Arts Finale was started decades ago, and displays the best pieces of art from painting, drawing and ceramic classes. Creativity surrounds the event and draws a diverse group of artists and artwork.

Art is a form of self expression. Students are able to relay their emotions through their artwork. Junior Samantha Kramer has been working on a mixed media piece of art involving both painting and drawing. The artwork is of a little girl in a fairytale land, and was inspired by the Flyleaf song "Set Apart This Dream."

"There is always a thousand words to describe one picture, but for this piece just one song says it all," said Kramer.

Students are not limited to the amount of art work they have shown in the art show. Some seniors in the Arts Finale have many works of art from their Arts Magnet Capstone projects. Senior Jess McGinty is one of them working hard on her watercolor paintings for the show.

"One of the best parts about being an artist is that I get to show how creative I am, who I am and my style of artwork," said McGinty.

The art show starts at 6:30 p.m. on Thursday, June 3 and is open to anyone who would like to attend. Even if someone goes there and thinks everything there is amazing, the artists still think they could have had more time to get everything right and prepared. Sometimes they get frustrated that they never will have enough time to make an art piece perfect but when people see it and comment on how much they like it, it always turns out alright for them.

Painting For A Cause



Seniors Cora Fox and Angelee Hale and Juniors Nina Jepson and Tyler Nyberg painted one of the three murals the Buffalo Fire Department will hang in their building. This painting was derived from Fox's original sketch she drew. The group worked on the mural for several weeks, working on it during class and after school. "The process of painting the mural was a lot of fun," said Senior Angelee Hale. "We would have painting parties until 8pm and order pizza sometimes."

The Grand Finale

Showcase concert highlights senior performers through music

LAURENHUMASON
STAFF WRITER

On Friday, May 21 the music department hosted a Music Showcase performance to honor graduating senior musicians. Every year the concert is dedicated to seniors that perform in the top music programs offered by the school: Concert Choir, Concert Band, Orchestra, Jazz Ensemble I and BHS Singers. The male performers sported black tuxes and the girls wore their elegant prom dresses, getting a second wear out of them. This concert is said to be the final hoorah for senior music students--for some, this was the last opportunity to perform together with their classmates.

The Music Showcase celebrates an era of musicians. Some students have been playing their instrument since fifth grade, and their fondest memories of middle school and high school are treasured as they walk upon stage. It is the final concert of the year, and a lot of preparation goes into every piece. There is also a lot of hours put in by volunteers, as well as the students who make the slideshow. Showcase is the one thing the musicians will remember doing all together. At the end of the night, all three groups perform a combined song. This year, the groups are performing *Festival of Freedom*, which is comprised of American folk songs. It is a very interesting thing all put together through two 30-minute rehearsals.

"Showcase is my favorite concert of the year. I love the fact that all the main groups of the school get to perform together. It shows all the accomplishments that each of the groups have done this year, and it's nice that they recognize each of the seniors," said Senior **Jessica Herdklotz**.

After all the groups perform, a senior slideshow is conducted. It shows

a baby picture of all the students and a senior picture. It is a cool thing; as the baby picture flashes across the screen the senior walks across the stage amidst "aww"s and laughter. Then the senior picture comes up. It is neat to see how everyone has changed over the years. On the other side of the stage, the three directors (Band Teacher **Scott Rabehl**, Choir Teacher **Michael Walsh**, and Orchestra Teacher **Mike Knutson**) wait for each student to hand them a plaque and a program of the concert. The reason they give seniors a program is because it contains each student's summary of what music has meant to them during high school and what their future plans are.

"Showcase is my favorite concert of the year. It shows all the accomplishments that each of the groups have done this year."

Before the performers go on stage, the directors talk briefly about the history of the concert. It is a long-standing tradition whose origin is not known for sure. The school has an awesome and talented music department, and without the seniors they wouldn't be able to keep it running. Most of the seniors dedicate all four years of their life to the music department. There are some that are involved with both Choir and Band and work twice as hard, too.

"I think it's a good concert to have because it highlights seniors and also gives everyone a chance to hear all of the music groups BHS has," said Senior **Ali Geelan**.

The Showcase marks the last time that many of these students will perform together and demonstrates the deep bond that is formed through years of performing together. Many musicians and singers come off the stage crying, but know that the memories that have made in the music program at BHS will last forever.

5 Musical Groups **78** Seniors
17 Songs **1** Night

"I'll miss the whole orchestra, they're like a family. We get to be with the 9th and 10th graders which is unique."
Senior Avery Holm



Photos submitted by Dani Shepard

Bobby Person

Throughout his entire life, he has had a passion for singing and music.

"In first grade, Jessica McGinty told me to shut up because I hummed and sang every day in class."

No single person stands out to him as an inspiration. However, he only agreed to voice lessons when his brother did as well.



He enjoys opera better than choir. Choir is one body with one voice and an opera consists of many soloists performing together.

"I remember when I performed at the Ordway. It was completely different looking into the crowd because everything was black. I couldn't believe how big it was. I never thought I would be performing at the Ordway."

He hopes to one day sing in the Fargo-Moorhead Opera. His pursuit of that dream will start with the Concordia Choir, which he will be singing in next year.

- Tips From Bobby:**
1. Act loose, calm, and confident, even if you aren't. If you act nervous, it will show in your voice.
 2. Don't eat dairy before you sing. Soda is also bad, but not as bad as energy drinks or coffee.
 3. Drink A LOT of water.

CODY LING

PROFESSIONAL SKIIER

“It’s great to make a living off doing something you **really love**. I get to meet people and **travel** a lot. But at the same time it’s hard **being away** from friends and family for months at a time.”

-Cody Ling, a senior at BHS, began skiing at the age of three. He turned professional last season.

-He is gone from November to May during the school year and takes online classes from where he is training.

-He skis about thirty hours per week when he is training.

-Some of his favorite places to ski include Breckenridge, Aspen, and Keystone, CO, Mammoth Mountain, CA, and Hyland Hills, MN.



“I’m moving to **Colorado** in November to train and pursue my career. I hope to compete in this season’s **X Games**.”

Seven Years and Going Strong

As the 7th annual Buffalo Triathlon approaches, triathletes prepare themselves for race day

ELLEBECKER
STAFF WRITER

The smell of summer is in the air, and has everyone excited for what is to come, including vacations, grad parties, and Buffalo Days. One of the major events of Buffalo Days is the Buffalo Triathlon. Nearly 1,500 people register for the triathlon each year, which makes it the second largest in the state.

As the countdown begins, Race Coordinator **Brett Oden** is getting prepared for race-day.

“I started the Buffalo Triathlon in 2004, and have been in charge of putting it on ever since,” said Oden.

The Buffalo Triathlon takes place at Sturges and offers two different races to choose from; the sprint course and the Olympic course. The sprint course, which is a little less than 1/4 the amount of the Olympic course, consists of a 1/4 mile swim, 12 mile bike, and 3 mile run. The Olympic course consists of .9 mile swim, 24.8 mile bike, and 6.2 mile run. The triathlon can require a lot of training, especially the Olympic course. Some of the athletes take about 8-12 weeks before the race to prepare. People wanting to get involved in a training program can join a beginners program taught by Oden, or the Buffalo Triathlon Club which rides and runs weekly.

“I started the triathlon mainly to get people into the sport and to help them get more fit and healthy, as the benefits of cross-training can have a lifelong impact,” said Oden.

Juniors **Linnea Pallesen** and **Katie Oden** have been participating in the

triathlon since it’s start and both fell in love with the sport, although they prepare different ways. Oden doesn’t train much, but tries to bike when she has free time. Pallesen practices double distances to prepare for the triathlon. Many competitors take the initiative to improve from year to year and set personal goals.

“My first time competing was crazy. I had no clue what I had gotten myself into,” said Pallesen. “My goal this year is to get 3 minutes faster than last year. I just love all the components of the triathlon, so I will be happy no matter what happens.”

“My first time competing was crazy. I had no clue what I had gotten myself into.”
-Junior Linnea Pallesen

Competitors come from all over to race and vary in age. Ages range from 15 and under to 60 and older. Throughout the years, Brett Oden has met a variety of people.

“One year there was a soldier who was just discharged from Walter Reed Army Hospital after losing both of his legs in the desert storm,” said Brett Oden. “He never heard of a triathlon, so I paid his way to come here and race. He had thousands of people in tears as he crossed the finish line. With support of the foundation, I got him new artificial racing legs and a competition wheelchair. He went on to run with former President Bush at the White House and was quoted as getting his start at the Buffalo Triathlon. He now races on the U.S. Para Olympic Ski Team.”

The triathlon is built off the quote “To some extent, we are all labeled by what we are able to achieve. But more importantly we are defined by what we attempt.” This year’s race takes place on Sunday, June 6 at 9 a.m.

Capturing Conference

Boys’ track team takes the conference title for the 7th consecutive year

NICKGOEDEL
SPORTS EDITOR

“We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline, and effort,” said Olympic Gold Medalist **Jesse Owens**.

The Bison Boys’ Track team had dreams of their own entering the 2010 season.

“Coming into this year we wanted to repeat as state champions and win our seventh conference championship,” said Track Captain **Rex Schneider**. “Besides that, our team goal is to send as many athletes to state as possible.”

They have already accomplished one of their goals this year. They won their seventh Conference championship at the meet in Rogers on May 18.

“I just love this school and I’m extremely proud,” said Activity Director

Tom Bauman. “But I get the most joy out of watching the athletes develop relationships with coaches.”

The Boy’s Track team is lead by Coach of the Year **Scott Palmer** and the senior captains, which include **Jake Letsinger**, **Beauregard Gagnon**, and **Schneider**.

“I thought the captains were great,” said Freshman **Andrew Mussell**. “They were encouraging and made everyone feel like they fit in like they were meant to be there. They included the younger kids all the time and at the Junior Bison meet Jake Letsinger sang to a Hannah Montana song and they all loved it.”

Sections are scheduled to take place on June 2 and June 4 on the Gustavus campus.

“This year has been a success so far” said Letsinger “We are excited to defend our Section Title and State Title”



1. Freshman Andrew Mussell warms up before a home meet at the middle school. Photo by Sarah Oliver 2. Senior Beauregard Gagnon pole vaults at the meet on the University of Minnesota Campus in the early season. Photo by Nick Weeks

CROSSING OVER

Lacrosse looks to become an official school sport for the 2011 season



Senior Brittney Knight battles an opponent for a shot at the net. The girls' lacrosse team hosted a tournament and won.

NICKWEEKS
SPORTS EDITOR

As the Buffalo Lacrosse club teams conclude their seasons, they look forward to next spring and the possibility of becoming a high school sport.

What's the price of becoming a high school sports team? The price is 11,000 dollars for one team, which makes it 22,000 dollars for both gender teams to be funded. Then they could become self funded sports at Buffalo High School, comparable to Nordic skiing and boys' and girls' swimming.

"It's a lot of work," said Sophomore **Amanda Krcma**. "We are going have to do a lot over the summer. It's worth it though, the teams are so much better at the high school level."

The 22,000 dollars is going into operation of the teams, which includes \$16,000 for the coaches, \$4,000 for officials/workers, \$6,000 for transportation, supplies, and custodial/fields, and \$1,000 for administrative/office work for the team.

"The first year is the most challenging," said Activities Director **Tom Bauman**. "It's getting people to be committed, and then coming up with the money. It's frustrating for parents because they pay for the team to get to play high school [level], and then they pay for the activity fees."

The portion of the \$22,000 that isn't spent goes on to benefit the next season. Every year the team will have to produce \$22,000, but unlike football, hockey, and basketball, lacrosse obtains the money from attendance at their games. This money goes directly back to them for the next year. This process is also used for Nordic skiing and boys' and girls' swim and dive.

"It's absolutely worth it," said Buffalo Lacrosse Club Treasurer **Karie Bruder**. "This will bring Buffalo Lacrosse to a new level of play and bring more awareness and opportunity."



Senior Brady Anderson defends an opponent during a home game.

KASSIE DAVIS DANCER & ARTS

“Competitors and judges will recognize family names, which can create **bias**. I have been getting more recognition lately due to my parents.”



Every Year Davis travels with her family around the Midwest to attend powwows.

At powwows, Davis competes in the jingle dress dance which is a dance in which one must dance to create the jingling noise of the metal cones.

Her dresses are hand made and cost \$2,000

She hopes to continue on this tradition in her own family someday.

“The **same people** go to the powwows in the area every year. You know right off the bat who is going to be a **big competitor** and who is not going to do so well.”

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NICKWEEKS

Meet Junior Nicole Nystrom

"To prepare for opening night everyone gets into what we call a focus circle and sings a song called 'Opening' to help us relax and get warmed up for the opening performance."

"I was 5 years old when I acted in my first play."

"In the summer we have 30 to 40 performances over 2 months, we start practicing 1 month before opening night every day from 7:00-9:30 p.m."

"I have been in a total of 9 plays."

"My favorite play was called Projectile, we did it in the Fringe Festival in Minneapolis in 2009. Other actors and I wrote it so we got to create our own characters and plot of the story. I loved it because it was a Promenade piece, meaning the audience followed us around to different parts of the building where the scenes were played."

"I'm not afraid to make a fool out of myself, so I can take on crazy roles when I'm acting"



Ghosting AND 3-Step Hiding

Cost-free, harmless means of entertainment for teenagers

BENLESCH
STAFF WRITER

Ghosting and 3-step hiding are a series of games played by students at Buffalo High School, and young adults in general. These games consist of a series of challenges that must be completed within a matter of minutes. In 3-Step Hiding you are required to put a paper bag over your head and another player will leave you at the doorstep of someone's house. They ring the door bell and remove the bag leaving you by yourself with only three steps to hide and not be found by the person who answers the door. Ghosting is slightly different, your task is to follow as closely behind someone on foot as you can for as long as you can. It may sound simple but when you are being timed and watched by everyone around you, the pressure could make you trip or cause the person being ghosted to notice you.

Junior **Craig Kowalski** says that when he and his friends go play around the neighborhood and 3 Step-Hide, there is never a dull moment.

"When we're going up to a house and someone is about to ring the doorbell, you can feel the pressure building." said Junior **Mikey Bonnell**.

Both student agree that Junior **Hunter Stenberg** is the best 3-step hider, he always seems to get the right houses and find the most obscure places to hide.

"The best part about 3-step hiding has to be the thrill of getting away without getting caught." said Stenberg. One thing that everyone seems to agree on is that this activity is a good one because no one is doing anything illegal or really wrong, its just a cost-free way for teenagers to have fun.

Bonnell not only participates in 3-step hiding but also in Ghosting.

"The thing about Ghosting is that it's hard to find good locations to be able to do it, you need a highly populated area, for example at a Twins Game or walking around in the Cities." said Bonnell.

"One time I was tagging along with Bon-

nell and Junior **Alex Hotan**," said Kowalski, "It was my first time and I was kind of nervous, so when I was deciding who I wanted to "Ghost" I chose an older woman thinking that if I was caught, she wouldn't be very angry. But I was completely wrong, after she realized that I was following her, she turned around and blew up at me, luckily she apologized after we explained that it was all in good fun."

It seems that 3-Step Hiding and Ghosting are just harmless ways for kids to have fun. They're cost-free, exhilarating, and great ways to socialize.

"People just need to understand that we are simply having fun and don't mean any harm," said Bonnell, "This is an activity that I think students should try at least once, because even if it doesn't sound fun, until you actually experience it you have no idea what your missing out on."

Seven Little Ducklings

The courtyard provides a home year after year

MATTLINGO
STAFF WRITER

As students walk through school in late May, they can't help but notice commotion in the hallways with custodians holding large pieces of wood. When they go over to see what is going on they can hear peeping noises. They soon realize that it's a family of ducklings making their way through the hallways and outside from our courtyard. The releasing of duck families has been going on for five years now, and has turned into an event that people love seeing. It is a great sign that spring is near.

Five years ago, a mother and father Mallard made their way into the courtyard. The female was pregnant and came looking to start a family, so she found a settle spot along the side of the building.

"Seeing the ducks in the courtyard for the first time gave me a good feeling knowing that there was going to be a new family in our school." said Custodian **Kevin Underberg**.

After a few days of the ducks being in the courtyard, students and teachers noticed something new, a nest had been built, and there were seven little eggs inside.

"When I saw the eggs laying in the nest, that's when it hit me that those eggs were somehow

going to have to get out of the courtyard. I knew that the baby ducklings wouldn't be able to fly out." said Underberg.

Within a few weeks, the eggs hatched, and there was a brand new family waddling around the courtyard.

"When I came to work that morning, I went to check on the eggs. The mom was already up and walking around with each one of her babies following right on her tail," said Underberg. "But now I knew we had to think of a way to get the family out so that they could move on."

A plan was made between a few of the custodians and teachers to open the doors and try to escort the family through the hallway and outside. It was a success and the family made it through perfectly. After let outside, the family was led down to a pond and not seen the rest of the year.

"I was amazed when the plan actually worked. I thought that the mom would be so scared to walk that close to people while protecting her new babies," said Agriculture Teacher **Todd Lubben**.

But not every year runs so smoothly. Three years ago the family had returned just like the years before. All had gone well and the ducklings hatched. When it was time to release the

family, the same plan from the previous years would be used. As the doors opened and the family was being escorted out, the mother duck was spooked and flew over the boards.

"Nobody was expecting it. It shocked us all! Luckily, we had the doors in the hallway closed so the mom couldn't travel to far. If those doors wouldn't have been closed, I don't know if we ever would've caught that duck!" said Underberg.

According to the Humane Society of the United States, ducks like soft wetland as their habitat. The courtyard seemed like an unusual spot for nesting.

"Ducks look for a spot that can be protected from predators of all sorts. Also with nothing but green space, the courtyard probably looked very inviting for a mother duck to make a nest and start a family," said Lubben.

The Humane Society also claims that ducks like to return back to the same nesting spot from the previous year. Sometimes that can be difficult if a new family has taken their spot.

This family has become a small piece of our school. After returning to the courtyard year after year, they have found a spot they can call home. Now, when the ducks return home, BHS knows it's almost spring.

GET TO KNOW BHS' 2010 HALL of FAME



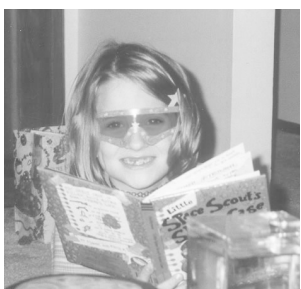
ERIK STARR



Where are you going to college, and what for? Northwestern College for Kinesiology (Pre-Chiro)
 What are you going to miss the most about high school? The relationships I've built with teachers
 What would you have done differently? Getting more out of what I've learned and applying it
 What did you want to be when you grew up when you were little? Police officer
 What do you remember most about your first day of high school? I remember being overwhelmed by how big the school was. I felt lost.



Where are you going to college, and what for? I am going to Anoka Ramsey community college before transferring to double major in art + english
 What are you going to miss the most about high school? The five-o-clock wake-up call. 😊 And the sense of companionship with the students at this school.
 What would you have done differently? I have always wanted to be in a BHS play. And I would have cut back on late-night, caffeinated study grams.
 What did you want to be when you grew up when you were little? A firefighting, horseriding, veterinarian, fairy princess that fights crime, flies, and is also a doctor.
 What do you remember most about your first day of high school? I arrived late to class. I was SO TRAUMATIZED!!



CORA FOX



