

The Hoofprint

Volume 40 Issue 5

Buffalo High School Thursday, February 5, 2009

Now it's personal

Community members present alternatives for eliminating activities while the school board asks, "where was this support last fall?"

Cut?



ACTIVITY OFFERINGS	(Approximate) Check the Monitor
Girls and Boys Cross Country	August
Girls Tennis	August
Football	September
Girls Swimming and Diving	September
Soccer	October
Volleyball	November
9th Grade Volleyball	November 1
Multi-Act Play *	November 10
Special Olympics Bowling	November 17
Danceline	November 17
Girls Hockey	November 24
Mock Trial	November 24
Alpine Skiing	December 1
Nordic Skiing	December 1
Winter Sports Cheerleading	December 1
Girls Gymnastics	December 8
Girls Basketball	December 8
Boys Hockey	December 8
Wrestling	December 8
Boys Basketball	December 8
One Act Play	December 8
Boys' Swimming and Diving	December 8
Knowledge Bowl	December 8
Drumline	December 8
Speech	December 8
Spring Play	December 8
Pegasus Literary Magazine	December 8
MAA	December 8



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One Act wins Sub-Sections

Sections, public performance upcoming

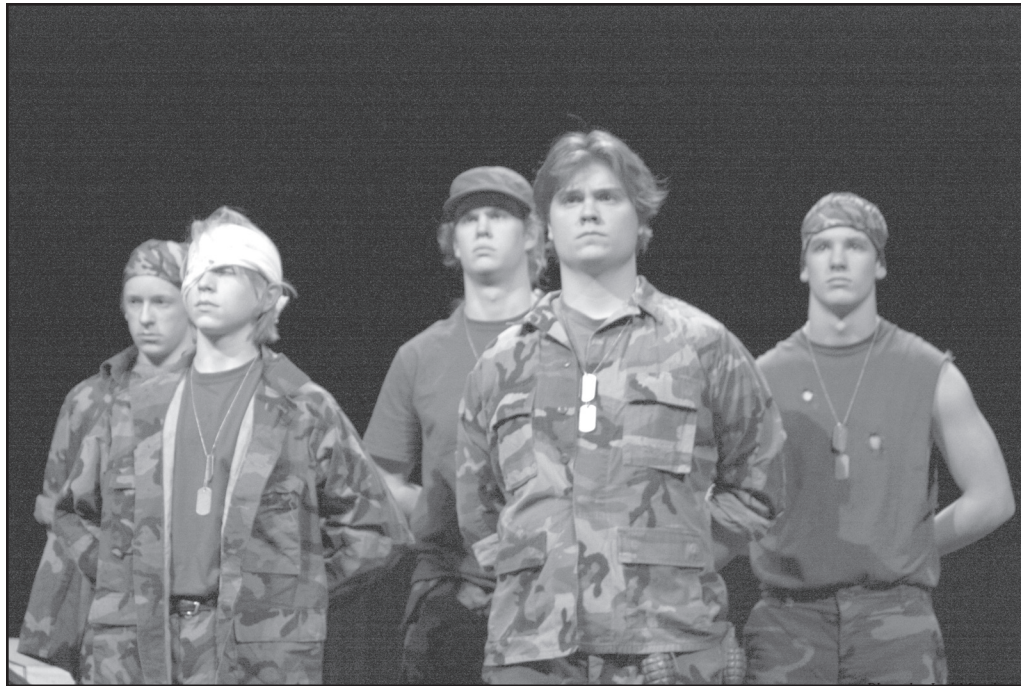


Photo by Joel Morehouse

Soldiers (from Left to Right: Wesley Miller, Bobby Person, Filup Rossin, Tom Polzine, and Dom Baine) stand at attention and wait for a doctor to assess their injuries, in order to find out if their wounds are fatal. The cast and crew of *Bury the Dead* took first place at the Sub Section meet and will advance to the Section competition on Saturday. The only public performance of the play will be on Monday night at 7:30 in the PAC. Student tickets are \$2.

Dani Krolak and Ali Kiernan
Sports and Activities Editors

The One-Act play, *Bury the Dead*, took first place in the Sub-Section 2AACompetition last weekend. The group received unanimous top scores from the three judges. They were judged on characterization, script interpretation, blocking, diction and volume. The cast will advance to the Section Tournament on Feb. 7, where they must take first place in order to advance to State.

The first scene in *Bury the Dead* is about five soldiers who were killed in combat but refuse to be buried. The play is a series of flashbacks uncovering each soldier's story and their reasoning for resisting death.

"It is a very timely piece about the agony of war, and we are in the middle of a big one right now," said Advisor Tracy Hagstrom Durant.

The play must be performed with a single set that can fit in a 10' by 10' square. Each cast is allowed 10 minutes for set up and five minutes for tear down. The play itself cannot exceed 35 minutes.

Delano was awarded second and Dassel-Cokato was also allowed to advance to the Section meet because of a technical malfunction during their performance. The three schools will advance to the Section Competition in Cokato this Saturday, February 7. The winner will then move on to State.

"I think we have a good shot this year," said Senior Hunter Otis. "Everyone's doing their best and I think that everyone has the same goal and has that goal in sight and is putting forth the work to obtain it."

The only public performance of the play will be on Monday night at 7:30 in the PAC. Student tickets are \$2.

BRIEFS

New quarter brings excitement for some, troubles for others

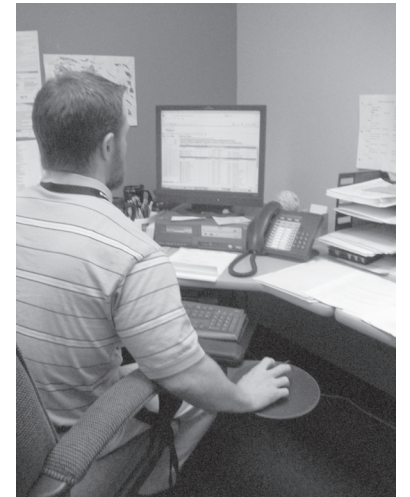


Photo by Emily Anderson

Emily Anderson
News Editor

Counselor **Mark Jones** edits a student's schedule

Upon arriving at school on January 20, students were presented with new schedules for the beginning of the third quarter. For a small minority of students, such as those who take year-long Band or Choir, at least one class remained the same. For the majority of students, however, the new quarter offers first-time experiences and new opportunities with a fresh batch of classes.

"My new schedule is definitely different," said Junior **Bekah Jacobson**. "I mean, I still have Spanish, but I also have Chemistry, and Pre-Calc, and Orchestra... my classes are harder and I get quite a lot of homework. It's really stressful, but I think it will be good for me overall. They can be a little boring, but that's just because I loved most of my classes last quarter they were fun and

a little easier.

With over 1760 students enrolled at the high school and roughly 200 different courses offered among 14 departments, counselors had a tedious job in forming schedules that pleased everyone. The first few days after the quarter switch, dozens of students could be seen entering the Student Services office, trying to change their schedules.

"There's always a rush at the beginning of a new quarter," said Counselor **Mark Jones**. "I think most students, especially upperclassmen, can understand now that there is not as much elbow-room. If I can't get them into a different class, I can't get them into a different class."

Fast Facts:

- *Snow Daze* will take place the week of February 9th through February 13th.
- *The National Honor Society* has chosen its Junior Executive Council: Tony Abramowski, Emily Anderson, Kenzie Haight, Taylor Krolak, Jake Letsinger, Samantha Mailhot, and Erik Starr.
- *The Future Educator's Club* is sponsoring a Book and Coat Drive through the 30th. Any gently used books and coats will be accepted.
- *The Mississippi 8 Leadership Conference* was held on Monday, January 12 and was attended by 19 students.
- *Mock Trial* is undefeated at 17-0.

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The Hoofprint is the official newspaper of Buffalo High School and is published monthly during the school year.

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

Globally Minded Student Activists take on the world

Adam Dale

Staff Writer

It's rare for students to get the opportunity to be actively involved in worldwide issues, but with the start of Globally Minded Student Activists (GMSA), students at BHS are beginning to see just what they can do for people in need. The group, started by many of the same students who took part in the Save Darfur benefit last year, has decided to focus on three of the greatest issues currently facing the world: the current crisis in the Congo, Acquired Immune Deficiency Syndrome (AIDS) and human trafficking, and child soldiers, particularly in Uganda.

The Issues

The first issue, the Congo, began when Laurent Nkunda, a soldier who fought against the Hutu government in the Rwanda genocide of 1994, began an outbreak of killing in the African country. According to the International Rescue Committee, Nkunda's objective is the expulsion of the Hutu forces, although he has long shown interest in the fertile land and natural resources the Congo provides. Congo Awareness Week ran from Monday, January 12, to Friday, January 17, with orange paper people hanging over the main entrance. Each paper person represents how many people will be killed in the Congo from the start of one school day to the end of it. Ribbons were also handed out to selected students, each one representing what would have happened to that student if he or she currently lived in the Congo. If a student received a red ribbon, he or she was killed; if it was green, they were displaced (or forced out of their homes);

"If people can't deal with the things on TV and the internet, and decide to turn away or change the channel, that's what scares me most."

if it was white, they were kidnapped; and if it was black, they were raped. Students can also make donations outside the PAC during lunch.

The second issue involves AIDS and human trafficking. The U.S. Department of State defines human trafficking as "[...] modern-day slavery, involving victims who are forced, defrauded, or coerced into labor or sexual

exploitation. Annually, about 600,000 to 800,000 people—mostly women and children—are trafficked across national borders, which does not count millions trafficked within their own countries." Human trafficking is also a health risk because there's a chance that it can spread AIDS, and because it happens even in the United States.

The last issue is currently happening in Uganda, and involves children, especially in the northern regions of the country, being abducted by the Lord's Resistance Army (LRA). The LRA, formed by Joseph Kony, trains these boys and girls (often as young as 10 years) to kill without emotion, often beginning with their own families. And yet, Kony claims that he wishes to make Uganda into a country devoted to the Ten Commandments.

"It's so sad," said sophomore **Delaney Freer**. "[The child soldiers] see things at a young age no one should ever have to see."

The People

Each member of the GMSA has his or her own reasons for joining the group, although the answers their leaders gave are surprisingly unique.

"[I got involved because] I was asked if I was interested in any extracurricular activities," said English teacher and GMSA advisor **Katherine Kunz**. "I said that I wanted to be a part of a service-oriented group of kids. I've volunteered for the last 12 years, working with immigrants and refugees, so doing something global will be great."

The student leaders expressed this same need to aid others, bringing their own ideas into the mix.

"Ever since we were little, [Senior **Hannah Birkeland** and I have] been passionate about people in other countries," said Senior **Sarah Ramsey**. "We want to ease the suffering of those less fortunate than us."

"We felt restless in our own personal attempts," Birkeland put in, "so we started GMSA in order to get other people motivated."

No doubt, it worked. The GMSA now has over 50 members, causing many students to have to sit on the floor of the English resource area during Wednesday AAA meetings. For this reason, websites have been started on both MySpace and Facebook so those who cannot be at the meetings can still be a part of the cause.

"We hope to get the group on its feet this year so that it can continue [in coming years] rather than becoming a

one-year event," said Ramsey. "It's our main goal this year."

"The funny thing is that, in sixth grade, Sarah and I didn't really know each other; we didn't even really like each other," Birkeland replied. "It wasn't until we started talking about Africa in our history class that we realized we had similar interests. We made a promise to each other that, after graduation, we'd go to Africa together."

"We want to ease the suffering of those less fortunate than us."

The Inspiration

For now, it's just enough that these students are helping out with the conflicts they care about and setting an example for other students. It's no surprise, then, that their actions are inspired by the actions of their own personal heroes.

"I have maybe three heroes when it comes to peace and human rights," said Birkeland. "Gandhi, because he demonstrated some of the most peaceful acts [towards human rights] this world has seen; Mother Teresa [a Catholic nun who ministered to the poor and sick for over 45 years] and Samantha Power [a journalist who is also a scholar of foreign policy when it comes to human rights, genocide, and AIDS]. I also use the what I feel when I see the gruesome pictures in the news as fuel for what I do. If people can't deal with the things on TV and the internet, and decide to turn away or change the channel, that's what scares me most."

However, some members of the GMSA are inspired by people closer to home.

"[My heroes are] any survivors of some sort of casualty of war, no matter whether their civilians or soldiers," said Kunz.

"I'm actually inspired by everyone I see in school having a part in GMSA," said Ramsey. "It's a big inspiration; you make change through a group of people. I look at the good things [to keep me going]- the changes people are making by building wells and orphanages."

The GMSA will, with any luck, continue in the coming years, along with the message of hope its members emanate.



Photo by Joel Morehouse

Senior **Hannah Birkeland** hands out papers to fellow members of GMSA during one Wednesday triple A meeting.

Darfur

- 400,000 killed in a 5-year genocide.
- 2.5 million displaced from their homes.

Congo

- 5.4 million killed since 1998.
- 31% of children under 5 are underweight.



Photo by Matt Ebeling

Senior **Sarah Ramsey** and GMSA advisor **Katherine Kunz** study a powerpoint of the Congo shown at the group meeting.

GENOCIDE • AIDS • CHILD SOLDIERS

Now it Hurts

Over 90 citizens attended the school board meeting on January 26 to discuss proposed activity cuts around the district. Here are some of the proposed money-saving options:

Potential Cuts	Net Savings
Co-Ed Alpine Skiing	\$13,000
Co-Ed Nordic Skiing	\$7,000
Speech	\$8,000
Girls' Danceline	\$5,000
Boys' Swim & Dive	\$5,000
Drumline	\$7,000
7/8th Grade Coaches	\$5,000
Fee Increase	\$25,000

Miranda Cole and Dani Krolak
Features Editor and Sports Editor

Between 80-100 people attended the School Board meeting on January 26 in order to defend activities that the district has proposed for elimination and present other options for cuts or additional revenue. Although many members of the audience expected a decision at the meeting, no final answers or cuts were decided upon.

The informational meeting was held to present options, opportunities, and solutions for the 2009-10 school year budget. While no decisions were made, many possible options were discussed. Both middle school and high school activity directors **John Hayden** and **Tom Bauman** presented their proposed lists of activities to eliminate, taking into account the cost, participants, and history of each activity as well. \$75,000 in revenue reductions must be made at the high school, a course of action that was communicated to residents before the Levy vote in November, while the Buffalo Community Middle School needs to cut \$30,000.

Parents, participants, athletes, and others connected to the activities proposed for elimination pleaded with the school board to reconsider the cuts. Many suggested that groups could raise funds to cover some of the costs to the district.

Board members stressed that they did not enjoy this process, and that the cuts are necessary because of the failed Levy. Some members wondered where this level of support was before the Levy failed. They stressed that academics and test scores have already suffered due to cuts.

One way suggested to save money is raising the activity fees another 25%. However, in order to keep every activity in place fees would have to be increased much more than that. With numbers that high it is hard to estimate how many students will participate in future years.

"We don't want to have the have's and the

have not's," said Board Member **Rolf Mohwinkel**. "We would hate to raise the fees and then have parents not be able to afford it."

One step the district has taken toward budget reductions is conducting a hiring freeze. Besides the hiring of special education teachers and paras, they're expecting an increase of zero general education aid for two years.

Two more possibilities for saving money but still allowing students to participate in sports include sending kids to join activities at the neighboring Saint Michael-Alberville School, and bringing intramurals to the middle school. But these options remain unlikely since STMA is not far behind in budget reductions and the middle school has never tackled intramurals before.

With the reduction process long underway, residents and board members are realizing how influential the upcoming years will be, academically and athletically.

Board member **Patti Pokorney** brought up the significance of activities as well.

"The board has always had the philosophy that it's important that as many students should participate in activities as possible, because research shows it makes a better citizen."

Buffalo alumni **Melissa Brings** who is also Clerk for the Board of Education explained how hard this process was for her.

"I went to Buffalo schools," she explained. "I've seen where we were and it's painstaking to see this happen. It's great to see the families that we have here but I want to see this cohesiveness with the levy. We had 95 volunteers with the levy, 70 of which were district staff. It's disheartening to see this happen, but we can't spend what we don't have."

Further action towards budget reductions will be discussed at the next board meeting on February 23rd while final cuts and plans will be decided upon at the final meeting in June 2009.

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Photos by Joel Morehouse

Above Left: Parents, students, former student-athletes, teachers, coaches, and faculty from around the district made up the majority of the crowd that packed the boardroom at Discovery Elementary during the school board meeting on January 26. "We're the choir," said School Board member Patti Pokorney. "We don't want to do any of this. We worked our tails off on the levy. The people that need to hear this are the 8000 people that voted no. ... We've cut a whole lot more in the classroom, math and reading scores are going to go down. But how come they haven't come before us with that? We're an entire district, not single minded on activities or anything else." *Above Right:* Listening to ideas and opinions from the attending citizens, School Board member Doug Olson reviews the budget cuts. Before the decision to cut activities, Activity Director Todd Bauman shared he originally thought a 25% increase in fees and elimination of some of the coaching staff would be enough to reach the \$75,000 target. *Bottom:* Parents and other proponents of every activity proposed to be cut, excluding Drumline, spoke out against the cuts.



"I like doing competitions in my free time, I do one with the youth shelter and the volcom peanut butter and rail jam."

-Senior Amber Bergslein



"Once at Powder Ridge I was on the charlift and trying to grab one of the poles in the trees, and I fell off trying to grab it."

-Sophomore Colm Macnab



"Last year after packing up our things, I went outside and my \$500 snowboard was gone. I was so bummed."

-Sophomore Alex Charlson

Backcountry Boardin'



Photos by Joel Morehouse

Top: Senior Chris Lundquist does a tail grab off a jump at Powder Ridge. He has been snowboard for 11 years. "One time there was a cute girl so to impress her I went off a 30 foot jump, trying to do a 360. I went for it and spun about 270 and hit the ground. My hat and goggles fell off, and when I went to go grab them and the whole way down the hill I had a 90's rap song in my head like I was listening to my ipod. It was really weird. I didn't impress her but I think she got a good laugh," said Lundquist.

Middle: Sophomore Nick Solorz is doing a method while at Powder Ridge. Solorz participates in the Community Education program and goes snowboarding weekly through the program.

Right: Junior Kevin Hallagen poses for a picture after an evening of snowboarding.

Students get an education on the slopes at Powder Ridge...

Chelsey Erickson & Devon Siverhus
Staff Writer

Every Tuesday, Buffalo High School students venture to Kimble's Powder Ridge for an evening of fun in the snow. About 45 students go up to Powder Ridge through the Community Education program.

"I look forward to Tuesday every week, because it is cool to hang out with my friends," said Junior **Blake Christian**.

The group that goes to Powder Ridge ranges from beginners to experienced skiers and snowboarders. Lessons are available for those that want to learn something new or simply to tune up their skills. There are many different hills ranging from the 'bunny' beginner hill to a 'black diamond' level. Powder Ridge also offers two full terrain parks with rails, boxes, and jumps.

"I've been snowboarding for years," said Freshman **Ian Scheie**, "I've learned to do a lot of tricks like a melon, method, indy, and tail grab off big air jumps."

If you are not a fan of snowboarding or skiing, there are many other options at Powder Ridge. There is also a hill for tubing (with three different tubing tracks) where students and their families often go or spend

time with friends outside of the Tuesday program.

"I went snow tubing for a family friends birthday party," said Senior **Lauryn Groshens**, "It was nice having the pull rope instead of walking all the way up, and going down the tracks with a train of tubes is really fun."

Powder Ridge offers a heated chalet for relaxing, warming up, and eating. They have a concession area with a variety of food, snacks, and beverages and a room to host events. Some students may end up spending more time in the chalet than out on the slopes if they just wish to observe.

"Sometimes my friends and I just like to hang out in the chalet and eat food. At times we seem to have more fun in there just joking around than we would if we were out snowboarding," said Sophomore **Anna Mason**.

For many Buffalo High School students, even those not involved in the Community Education program, Powder Ridge is place to have fun skiing or snowboarding, while creating memories with family and friends.



Positivity during depressing times

Eye of the Bison

Hoofprint Editorial



When we returned to school in September, we were faced with negative changes; in October we hoped for a successful referendum, and in November we found out it failed—again. The negative consequences have characterized this year from others. And due to the failed referendum those consequences will extend into next year. However, there are positive things happening, as well, and it's important that we don't overlook them.

Although it's easy to focus on the unfortunate position our school, nation, and world has found itself in, it's debilitating to do so. It's always easier to find the negative in a situation (perhaps because there is so much of it) but it's essential to acknowledge the success as well. If we forget to realize that we are doing well, we're only going to enhance the negativity that has plagued the school.

It's easy to be consumed by the abundance of negativity surrounding us. Even while writing this editorial we are having difficulty thinking positively. At this point though, it comes down to how we perceive what is happening. We can let this defeat us or we can appreciate the opportunities we still have.

Our teachers are an example of people maintaining optimism and a healthy atmosphere even though their circumstances have become more difficult. Teachers are as willing to contribute to their school now as they were before the referendum failed. We need to respect them for that.

In addition to strong motivation by the teachers, individual success in academics has been present. For example, Senior Ryan Haasken has been nominated for the National Merit Scholar award due to his strong performance on the PSAT. Seniors Anna Brown and



Al Gutknecht have been nominated by the school's administration for the AAA (Academics, Arts, and Athletics) award.

It's true – the referendum failed again, and changes will be coming. However, ignoring the positive in favor of intensifying the negative is a choice we as a school need to avoid. Our academics are strong, the administration is doing all they can to lessen the blows, and our teachers are looking forward. It's time to join them.

“It's always easier to find the negative in a situation... but it's essential to acknowledge the success as well.”

How do you deal with BHS's unfortunate circumstances?

Photo Poll



“I don't really think about it. I really don't care.”
- Freshmen Alaina Johnson



“I relieve my stress with dance, poetry, and exercise.”
- Sophomore Danneliz Vega



“I listen to my music, and it makes me happy. I'm able to ignore the unfortunate things.”
- Freshmen Ben Haseltine



“I don't even watch or listen to the media. I hate everything about it.”
- Junior Shelby Quady



Travel With A Purpose

Exchange Teacher goes from teaching English in Thailand to learning the customs of Americans



Madalyn Nones

Staff Writer

7995 miles Southwest of Buffalo, temperatures in Udon Thani, the home Providence of Exchange Teacher **Chanathip Sitthipsom**, rise to a steady 80 degrees Fahrenheit. Clouds dotting the sky cast small rays of sunshine down onto the palm trees and citizens roam around in T-shirts. Back in Buffalo, a layer of snow and ice covers the ground. Temperature drop below freezing and students and teachers bundle up in thick winter jackets.

Sitthipsom experienced these extreme changes when left his home in Udon Thani, Thailand to come teach at the high school. Back home, he teaches English to kids ranging from nine through twelfth grade. Here, he also helps out with the English Languages Learners department, working with students in smaller groups.

“He helps us a lot with our English and also with big tests like the MCA’s,” said Freshman **Anna Morquecho**. “He teaches us writing and grammar. He is very nice and very helpful. He makes class fun because he is different from other teachers. He is actually the first teacher I’ve had that could speak another language.”

Sitthipsom quickly saw the difference between Thai and American schooling. The biggest difference, he thinks, is that American schools split secondary school, from sixth

grade until graduation, into middle and high school.

“Schools in Thailand are bigger than they are here,” said Sitthipsom. “They have two levels for the secondary school. The lower secondary school has six through ninth grade, and the upper secondary school has tenth through twelfth grade, but both are in the same building. Buffalo is a very nice school, though. It reminds me of a Thai

“It’s very cold here. It doesn’t get this cold in Thailand, but I can handle it. I really love the snow.” -Chanathip Sitthipsom

University. When I walk around, everything feels very comfortable.”

More than just schools differ between the two countries. Sitthipsom must also deal with the weather contrast between the two places. He traveled from a country where the temperature rarely drops between 40 degrees, even in winter weather to Buffalo, Minnesota, a town that expects below zero temperatures.

“It’s very cold here,” said Sitthipsom. “It doesn’t get this cold in Thailand, but I can handle it. I really love the snow. It very wonderful and exciting. On the weekends I like to go out and play with the snow and take pictures of it.”

Sitthipsom enjoys more about Buffalo than the winter weather. He also indulges in “truly American” meals, his favorite of which is steak. However, Sitthipsom occasionally misses the food back home.

“Food is a lot cheaper in Thailand,” said Sitthipsom. “Here a lunch costs about three dollars and the food is pretty good. Back in Thailand, a lunch costs about seventy cents and the food is still really good and fresh. America has a lot of good food, but I sometimes miss the food back in Thailand. A lot of Americans think that Thai food is spicy, but not all Thai food is spicy. It is really fresh, though.”

Sitthipsom arrived in Minnesota in early September. During the day, he works with English Language Learners Teacher **Shana Bregenzer**, and at night he stays with Michael and Barbara Demmer. He will stay with them until he leaves for home in June after school ends, where he will return to teaching job in Thailand at the Banthaen Witaya School.

Get to know Mr. Sitthipsom’s Favorite things

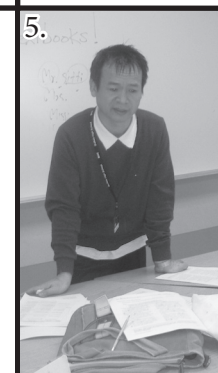
Color: Yellow

T.V. Show: C.S.I.

Sport: Basketball

Number: 09

Food: Steak



1. Sitthipsom visited the Renaissance Festival during the summer of 2008. Seeing the way in which Americans celebrate history was a fun experience.

2. Sitthipsom poses for a memorable picture in front of an American flag.

3. Sitthipsom helps two students out on their homework during a first block prep.

4. Sitthipsom poses for a picture with Senior Miranda Cole, Freshmen Eugene Sherman and Bruce Thao during fourth block Arts Magnet English.

5. Sitthipsom listens intently while being given directions on what the assignment is that students are supposed to be doing.

Simulated Parenthood

Students learn the ropes of parenthood with Infant Simulators by their sides

Samantha Schaeffbauer & Nicole Spier
Staff Writers

Your parents may have told you that having a kid as a teen will ruin your high school career. That your reputation will be destroyed, and that it will be the hardest thing of your life. The students in fourth block Child Development class, taught by **Julie Mundahl** are finding out how that prediction could be true.

After learning that they can have the baby over a weekend or two school nights, the kids looked nervous to finally know that the time has come, to be a parent for a few days. In this class the students are learning how to become parents of the future. By taking home a life like mechanical baby.

"I have learned what most girls should know and most guys don't need to know in this class," said Junior **Paul Rankin**.

After finding out that they would be taking home a "fake" baby, their parents weren't all that thrilled. Thoughts that might go in their heads when their child says "I'm bringing home a baby," could give them the wrong idea.

"They thought I was pregnant," laughed Sophomore **Minda Simonson**. "They told me to keep the baby in my room so they don't have to deal with it."

The babies not only act like a real baby, but they look like one too. They come in different races and also different sexes. Some differences from a real baby are that the baby's eyes never close, the mouth stays in a certain position, and the body parts don't move unless you move them. The most obvious one is that it is plastic. Some similarities are; it cries, makes cute baby noises, you need to feed it, and also you change the diaper.

The way that the baby knows that you are its parent is by the wrist band you will need to have on at all times. Mundahl puts it on your wrist and makes sure it is tight enough that you can't take it off and give it to someone else. If they try take the wrist band off it will stretch out and Mundahl will know and they will be docked points for not providing the care themselves. Every time the baby cries they have two minutes to get to the baby and use their wrist band to "chime in." Once they have done this the baby will recognise that they are the one giving the care and will respond to them giving it.

There are certain things that they will have to do like; change the diaper, feed, rock, and burp. If they drop the baby's head or handle it roughly it will scream loudly and they will have to rock it to stop it from screaming.

After hearing what they have to go through to have a baby and how much a baby actually costs, they realized that they don't want kids at this age.

"I have thought about having kids," said Junior **Jordan Skelly**. "I just don't know at what age yet."

Worrying about having this baby isn't all that the class is talking about. They are also talking about what they are expecting.

"I expect it to be annoying and cry a lot," Said Rankin. "I wish I could just give it to my girlfriend, but the teacher won't let me."



Photo by Nicole Spier

8 things you didn't know...

1. Three-quarters of a million teens between 15 and 19 become pregnant each year.
2. Very few teens who become mothers plan on doing so.
3. Two-thirds of teen pregnancies occur among teens 18-19 years old.
4. Teen mothers account for 11% of all births in the US.
5. Out of all teen pregnancies, 57% end in birth.
6. Nearly a third of pregnant teenagers choose abortion.
7. US teen pregnancy rates are higher than those of other developed countries.
8. Teen pregnancy rates declined between 1991 and 2005 but are on the rise again.



Photo by Nicole Spier

“My stomach drops when the door open and I hear the now familiar scream come from underneath the baby blanket.”
A student faces realities during a weekend as a mom

Sarah Ramsey
 Staff Writer

How does one ever get the experience of parenting without actually becoming a parent? Senior Sarah Ramsey chronicled her experience with an Infant Simulator over a weekend trip.

5:00pm Friday, December 12

“What would you like to order?”

We are now half way to our destination of Moorhead, Minn. for my brother’s PeeWee A hockey tournament.

“Umm, turkey on Italian herb and cheese.”

I hear a faint grunting cry under the small blanket. My heart stops as I see the Subway sandwich maker give me a look of inquiry. A wave of embarrassment sweeps through my body as hear the cry start to grow louder. The cry seems to have created an invisible billboard on my forehead that says, don’t talk to me, don’t even look at me; I have now lost all availability of communication. I walk out to the car with humility and my newly screaming baby.

12:13pm Saturday, December 13

I walk into the hockey rink making pleading prayers that the baby doesn’t cry and once again make me want to crawl under a rock and hide. I break off from the only support I have at this point, my dad, to go get a snack before the game. I start to order hot chocolate almost forgetting that I have the responsibility of being a parent. I am suddenly shaken to reality when three high school age girls walk by. They all stare at me until they realize that the baby I am holding is my own. I look away once again convincing myself that these looks have no affect on me. I see out of the corner of my eye the two girls nudge the third girl and whisper as I realize their attention is still directed toward me.

“Oh my God. Like what a slut!”

The second girl adds in “Yah...like what the heck.”

They walk away as I pray to God to somehow grant me the power to burn holes through people with my eyes. Frustration and misunderstanding run through my body.

What makes them think that just because I have a baby I’m a “slut”? It’s said that eight out of ten girls in high school are sexually active before the age of twenty. What makes people think that just because they have not gotten pregnant yet that they are better off than those who have? According to kidshealth.org; 15% of people get pregnant while using birth control. And while enrolled in the Child Development course one will learn that 85 teens get pregnant every hour.

12:14 pm- it cries to be fed

12:24 pm- it cries to be burped

12:28 pm- it cries to get its diaper changed

12:30 pm- it cries to be fed once again

10:14 pm Saturday, December.13th

“I seriously don’t want to take you to this party, do you know how embarrassing that is going to be? I’m going to be like, hey guys this is my friend Sarah from Buffalo, Minn. ohh...and her baby!”

“D, just chill. She probably won’t even cry!” I had now put myself in the worst situation possible. A high school party.

I was now at my friend’s house from Fargo, North Dakota. His parents thought it was a good idea for us to go to a neighbor’s party, where I knew... no one. Having second thoughts I ask, “Hey D, how many people do you think will be there?”

“Ha ha now you’re getting nervous. My mom said like twenty people, it’s not a big deal.”

10:52 pm- My stomach drops when the door open and I hear the now familiar scream come from underneath the baby blanket. I collectedly walk to a room with no inhabitants and rummage through my diaper bag to find the bottle. Letting out a small sigh of relief I find the solution to the crying. I realize that this was the first time I didn’t get a deep feeling of embarrassment in my gut. I sit back, hold the bottle to my baby’s mouth as I start to think of how this whole thing has not only prepared me for the physical aspects of having a baby but also the mental and emotional aspects.

10:52 pm- I walk out of the room packed with no where close to twenty high school students but more like sixty. But I am pleasantly surprised once again, no feeling of embarrassment. I carry my baby close as I walk through the crowd to try and find Dylan. Stares and condemning looks hit me from all sides, as I try to focus on the lessons I am taking from this.

2:25 am Sunday, December 14th

My dad rolls over trying to drown out the cries once again as my brother sits up getting ready to throw my baby into the hotel pool. I change her diaper and go to sleep once more.

2:33 am- she cries for a diaper change

4:16 am- she cries to be fed

4:24 am- she cries for another diaper change

4:30 am- she cries again to be fed

5:46 am- she cries to be fed

6:40 am- she cries to be rocked

7:00 am- I hear the breathing stop as a wake up and realize my baby has shut off. The slowly grown attachment that was connecting us now gently tore. With the feeling of freedom came an unexpected feeling of emptiness. I think at that moment I actually kind of missed my baby.



Photo by Nicole Spier



Photo by Nicole Spier

Opposite Top: Junior Brittany Babler holds her “new born baby,” while she laughs and makes predictions about the future days she will spend with him to her classmates.

Opposite Right: Senior Angela Petroske experiments with different ways to hold her baby. The students were given some class time to “bond” with their babies and understand what it would feel like for the remaining weekend that they had to take care of the baby.

Far Right: Sophomore Marissa Moe practices feeding her baby in class. Getting the hang of handling the baby is an important trick to getting a good grade on the assignment. Every time a student gave improper care to the child a sensor recorded it and deducted points from their grade.

Right: FACS Teacher Juilie Mundahl demonstrates how to properly handle a baby in front of her Child Development students. “This assignment really helps students to learn how important it is to remain aware when your caring for another person’s life.”

School switches to Diet

Student reflects on the school's decision to switch to diet pop



Graphic by Tyler Schenk and Joel Morehouse



Rachel Schwietering

On October 27, BHS replaced regular soft drinks with diet soft drinks in all of the drink dispensers throughout the school. This was brought about because the sugar content of regular soda was too high for school regulations. Diet soda has always been portrayed as the “healthier choice” over regular sodas, but diet drinks include many ingredients that make them unhealthy.

Marjorie Nolon is a registered dietitian from the University of Texas Health and Science Center. She counsels diet pop drinkers to realize that diet pop may not always be the right choice. The artificial sweeteners in the pop actually make you gain weight. These sweeteners stimulate the taste buds in the consumers mouth, making the brain falsely expect food to enter the stomach. The body then requires more and more food to nourish its system. This causes artificial sweeteners to throw off a person's internal ability to judge how much food they consume.

Diet soda also contains aspartame, a sugar substitute, with health effects that bring up debate. Susan Mayne, a professor at Yale School of Medicine, did a study on aspartame and the affects it has on the body, especially

with cancer patients. Mayne did a study of 1,095 cancer patients and 687 controlled subjects. Mayne and her colleges did full dietary interviews on the patients, directing some to drink diet soda, while the others drank regular. They found that potential causes of certain cancers may actually be linked to drinking diet pop.

Some of the medical problems found in diet pop are still being discussed, but it is true that diet pop has less sugar than regular pop. What doesn't make sense, is that standing right next to the pop machines in this school are candy machines. Most teachers also allow drinking in their classrooms, and students can bring in their own beverages. If the school really wanted to limit the amount of students drinking sugared drinks, the school should crack down to allow only water in classrooms, and eliminate the candy machines.

Even though BHS thinks that changing the regular soft drinks to diet is a good idea, it really doesn't accomplish the goal of less sugar. Drinking diet soda can cause the consumer's body to want more food, and can raise the risk of cancer. Why does BHS feel that diet soda will actually help the student body? In hope of eliminating sugars by changing to diet soda, the only thing the school is doing is adding additional health risks.

Political Corruption with the Constitution

Student offers his opinion about poor decisions made by familiar political leaders



Mitchell Budde

America was founded on two main ideas; that we would be free from other countries, and that We the People would have the power to make decisions, limiting politicians' power over us. We decided what power politicians would have in the U.S. Constitution. However, many politicians (on

both sides of the political spectrum) have forsaken it for personal political power, corrupting what they stand for.

“It all comes down to a fight between branches on what they can do,” said American Experience Teacher **Evan Ronken**.

On October 26, 2001, the Bush administration signed for Public Law 107-56 (more commonly known as the Patriot Act), which allowed the FBI, CIA, and other law enforcement agencies to intercept and search private files from certain people without a warrant, and which also made it easier for them to receive warrants. This law went right around the peoples' Fourth Amendment which states that law enforcement must have probable cause and a court subpoena (warrant) to search through private files (if not voluntarily given). The recent Patriot's act gave far too much power to the government, and made many people fear what the government was up to. Bush and congress were far too hasty in making this law, sparing little thought to what this meant to our constitutional rights. Thankfully, the courts have overturned many of the parts of the act.

“I can see what they were trying to do,” said Ronken. “But I'm not surprised that the courts have taken so much away from it.”

By 2011, President Bush is having 20,000 troops from the National Guard deployed around the country in the name of national security. The Executive branch cannot deploy a standing army in such a way, unless we are in a state of national emergency (which we currently are not). The power to deploy temporary troops then falls to the state governors. We must be wary of such events because the last time a full-time standing army was deployed, England sent over troops to keep Americans in line before the American Revolution.

The military tribunal of Guantanamo Bay is another example of the Constitution being undermined. Many prisoners were not given fair trials, and were not given the protection they were entitled to under the Geneva Conventions. The Supreme Court has recently ruled the treatment that the prisoners received was unconstitutional.

“We must hold all politicians accountable to the Constitution, to every article; otherwise they will continue to undermine it until they're stopped.”

al, but this is a problem that should have been dealt with much sooner than it has been.

Hillary Clinton being appointed Secretary of State by President Obama is also causing quite a bit of Constitutional controversy. According to Article 1, Section 6, of the Constitution, no Senator or Representative shall be appointed civil office in which they have received emolu-

ments (pay raises) during their term (which Mrs. Clinton has). There has been no movement to overturn this decision, which is wrong. We must hold all politicians accountable to the Constitution, to every article; otherwise they will continue to undermine it until they're stopped.

Obama says that he's a strong believer in the Second Amendment, and that the reversal of the Washington gun ban ratifies his position on gun control. Incidentally, before the reversal he said that he believed that the gun ban was constitutional. Not only that, but he has supported several handgun and semiautomatic gun bans (essentially a ban on most guns sold within the U.S.). Also he supported a ban of sales of firearms within 5 miles of schools and parks (basically anywhere in any town in the U.S.). This limits the second amendment which is a power he is not entitled to, determining that falls to the courts.

Politicians say that their decisions fall within Constitutional boundaries, even when they don't. It is very simple for them to take a look at the constitution and see whether or not they can. However, even when you point out that the politicians can't do that, they come up with excuses to why this decision is necessary for now. It is wrong of them that they should have to do this, they should just make constitutional decisions in the first place so they don't have to try and cover everything up.

The Constitution is one of the greatest documents we have. It limits the powers over us, but throughout America's history politicians have abused this power. We need to hold our leaders accountable for the decisions they make, and whether or not they're helping us, or if they're helping themselves.

Inventive Setting

Acting students participate in Improvisation games with friends during Monday AAA

Many students wish for a place where they could exercise their creativity and find their inner self- a place where they could interact with their peers in a fun, non-judgmental atmosphere. Students can find such a place on Monday during AAA in the black box for Improv.

Nicole Cantin & Nicole Spier
Staff Writers

"The whole Improv thing is amazing in general," said Junior **Alex Johnson**. "It's the place to be and you can act free, you're un-judged."

The Improv group has been around for three or four years, always led by the English Teacher **Melissa Bertsch**. There are four main improv games that the students play: Freeze Frame, Questions Only, Press Conference, and Party Quirks.

"My favorite memory is when Alex Johnson was doing First Date Catch Phrase, 'I may not be Fred Flintstone but I can still make your Bedrock,'" said Senior **Cody Williams**.

Only current and past students of Bertsch are allowed to attend Improv. It used to be open every AAA, but when some students asked for more time for class work, it was reduced to once a week. Many students look forward to and attend this weekly event.

"It started with about 10-12 people- it was a real small group then it got to be

40-50 people. Now its back down to 30-36 people," said Bertsch. "Sometimes I have to turn people down so it doesn't get too crazy."

Each student has their own reason for attending Improv. Some students just need a place to go while others have heard about Improv from friends. Many seniors have been coming since they were freshmen.

"I started as an Arts Magnet student," said Williams. "I had Bertch and she talked about the Improv group and I went from there"

A diverse group of students in attendance makes for some amusing memories for improv attendees. Laughter is often heard emanating from the black box.

"My favorite memory was when I was a velociraptor (dinosaur)," said Sophomore **Micheal Patchen**.

Many improv students have fond memories of the first time they tried Improv. Everyone remembers whether they were nervous or not.

"I wasn't nervous because I didn't know anybody," said Freshman **Andrew Jacobsen**.

Memories from the past combine with the current experiences to create the atmosphere of Improv.

"It's a great way to realize your energy," said Patchen. "The first time I did it was last year."

Students often feel a sense of relief

when they can relax and let out their feelings through improvisation. Students that have become deeply involved in acting believe it's a great thing for other students and would like more people to come and join the fun. Students agree that it takes guts to do Improv in front of a group, but when many people do it together it becomes easier.

"I started freshman year," said Johnson. "It was intimidating because I was not as outgoing."

With past experiences in dancing or acting, some students would have expected to be less nervous in front of an audience. Unfortunately stage fright means a lot to some, and students need to work to get over their fears. Experience with sports and activities help some students to feel more comfortable in the spot light.

"I have been in dance for eleven years so I am use to being on stage," said Patchen.

More and more days pass when students at BHS will be busy and have to

go to a different AAA but wish they could be with Bertsch in the black box doing Improv. Improv students encourage others to keep school work their first priority and to attend Improv only if they have the time to spare.

Students involved with Improv really enjoy having new people in their group. After a long day of school, they look forward to AAA to have fun and relaxing time with their friends while exercising their creativity.

"It's good, you can act like a freak and get giggles from the audience," said Patchen.

Improv would not be possible without the organizer Melissa Bertsch – a fact that students recognize and appreciate. In return for their respect, Bertsch works with students to push their improvisational skills.

"A lot of what they do is really creative and funny," said Bertsch. "Sometimes they go places they shouldn't and push the limits but they always bring it back."



Photos by Matthew Ebling

Above: Seniors Adam Dale, John Klingelhoets, Sophomores Jacob Bastin and Michael Patchen act out their given roles in the game Party Quirks. In this Improv game students are party guests and one is the host; the host must guess who their guests are just by their props and their 'quirks.'

Left: The host of their party, Sophomore Jacob Bastin, was attacked by Senior Steven Daudt, one of his guests who was a boxer.

Visionary Entertainers

“We three young musicians looking to change music as we know it.”

Molly Muntfering, Calli Durst, and Lauren Wilson
Staff Writer

What happens when you take three regular Buffalo High faculty; Assistant Principal **Matt Lubben**, Science Teachers **Ben Starns** and **Charley Keifenheim** and put them together? You get a rock band.

These three teachers have been friends for about two years and get together to go golfing or eating out. While listening to music one day, they then realized they could form a band.

“We just got together and started jamming,” said Starns.

The song by Cinderella called “Heartbreak Station,” became the inspiration for their band name. Heartbreak Station mainly plays classic rock like the 80s band they took their name from.

“We have a plethora of songs we play,” said Lubben. “Heartbreak Station will tug at your heart strings.”

While all three of these teachers seriously enjoy music, Heartbreak Station has a fairly casual practice schedule. They fit practices into their schedules at times they are able to get together. They rehearse mainly in Keifenheim’s basement, with

Starns and Lubben doubling as lead singers and guitarists. Keifenheim is in the back, on rhythm guitar.

“Mr. Keif is our main dude, he is our spine,” said Lubben. “Mr. Starns is the flashy rock star, he has the look. I have the rock star attitude. Put it together and you’ve got one heck of a band.”

When it comes to live performances, Heartbreak Station’s audience rarely exceeds five people.

“We are still holding out for the Excel Energy Center,” said Keifenheim with a grin.

Despite the lack of performance experience, the band seems to hold themselves in very high regards.

“We’re probably one of the best, if not the best band you’ve never heard,” said Starns.

The three rock stars are hoping to make a difference in the rock n’ roll industry someday. Their desired dreams are to make it big.

“We are just three young musicians with stars in our eyes,” said Lubben. “Just looking to change music as we know it.”



Photo by Matthew Ebling

Every year, in Science Teacher Ed Cox’s Arts-Infused physics class, Heartbreak Station makes an appearance to discuss waves, harmonics and introduces cords. “I have them come in as artists and residents,” said Cox. “I invite kids to bring in instruments.”

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Tracing the Beat of Minnesota

Matthew Blizel & Samantha Nyberg
Staff Writer

Minnesota has a huge desire for new, low profile artists. There a huge variety of local music and it’s becoming easier to get a hold of. New artists can be found on a friend’s iPod, local music venues, the fresh new bands that you happen to go to school with, and on the internet. Naturally, all of these ways are taken advantage of, which means that everyone is able to have their own library of music from many genres—whether mainstream or not.

“I listen to everything from punk to classic rock,” said Junior **Alex Johnson**. “Occasionally, I’ll listen to techno.”

What makes Minnesota music different is that it comes from many different forms.

“The thing that distinguishes the Twin Cities from many other music scenes around the country are the great fans,” says Band Member **John Munson** from the band “The New Standards.”

While waiting in the very square and oddly neat room, the feeling of the upcoming tour of the MPR (Minnesota Public Radio) was very average. The feeling was overturned by the overwhelming attention to music submitted from the local Minnesota scene. Attention is given to anyone that

submits music. The music director has a bin full of submissions from the surrounding area, compared to other employees’ inboxes which fit a small stack of envelopes.

The underground music that grows from Minnesota often has its start, on FM station 89.3 “The Current.”

“If anyone wants to get onto ‘The Current,’ they need to make a good record,” said Mid-day DJ **Jill Riley**. “Put a lot of time into it. Get a producer that isn’t your mom and go play some shows; get a fan base going.”

“The Current” plays a variety of music genres.

“I listen to classic rock and metal... I listen to ‘The Current,’ I love ‘The Current,’” said Papa Murphy’s Employee **Clay Hathaway**.

“Fans and what seems to be the talk is what gets played,” said Riley. “Every once and awhile, we get the submission and calls from an unknown band that has their friends request the song, but those get filtered through.”

After awhile, bands start to get recognized.

“As far as local music goes, I like Cathy Crescendo, Two Wurds, and The Hold Steady,” said Senior **Brandon Aldrich**.

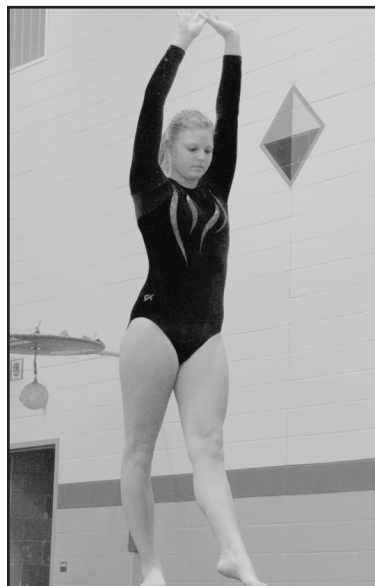


Photo by Kelly Kiernan



Photo by Matthew Dealing

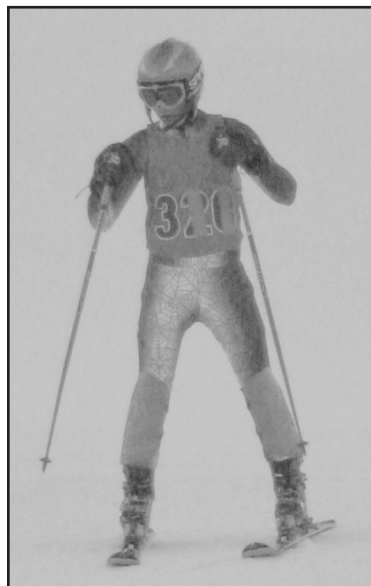


Photo by William McMillan



Photo by Joel Morehouse



Photo by Joel Morehouse

Gymnastics: Christina Bond (12) **Basketball:** Michelle Besemann (12) **Alpine Skiing:** Aaron Anderson (12) **Cheerleading:** Hannah Gulstad (11) **Hockey:** Lauren Rosso (11)

Athletics place an increasing amount of stress on students. *What causes them to keep going?*

sport n. (spôrt)

1. a. Physical activity that is governed by a set of rules or customs and often engaged in competitively
b. A particular form of this activity
2. An activity involving physical exertion and skill that is governed by a set of rules or customs and often undertaken competitively
3. An active pastime; recreation

Prentice Basten & Brittany Glad
Staff Writers

Nowhere in the definition does it list the life-changing aspects of something as simple as a sport. It doesn't mention the sweat, blood, tears, and struggles that go into what used to be as simple as an after school activity. Yet, in the textbook definition it also doesn't point out the thrill of success and pure happiness students can experience through their athletic activity.

Athletes have been thrown into a competitive "win at all costs" environment that persists in our culture from the expectations they have learned from the athletic role models in their lives. Athletes going to extreme measures have become more popular among, not only professional athletes, but among the players on high school teams as well. While some players have been pressured into improving their skills, others simply have a pure love for their sport.

"When you love what you do, it doesn't feel like work," said Senior Gymnastics Captain **Christina Bond**, "because

everything you're doing is just getting you closer to your goals, whatever they may be."

Many of the best athletes seem to possess some of the same important traits: drive, determination and personal future expectations. These hard-working teenagers are being forced to balance many things on top of one another, yet, in a survey of over 100 Buffalo High School athletes, 90% of student athletes say they feel like their life revolves around their sport. Over 80% of athletes say they have been struggling through relationships, school work, social and family lives on top of their sports.

"When I'm getting up at 5 a.m to get that workout in before school, I ask myself, 'why I'm doing this?'," said Freshman Varsity Swimmer **John O'Donnell**. "I need a lot of reminders of my goals to keep going."

According to Athletic Trainer **Kris Savaloja**, young athletes personal drive to be the best is at record heights. However that drive is not always coming from the athlete themselves. 85% of students surveyed said that pressure comes from somewhere other than themselves, including parents, coaches, and teammates. In Varsity sport, the coaches tend to be pushing their players to their limit.

Lifestyles of dedicated athletes call for extreme structure and commitment. Sometimes signing up for a sport and being fully committed can mean turning over control of your schedule. More and more students are being forced to become "one-sport athletes" which only increases the

pressure being put on them. Training for a specific sport all year long is enough to completely occupy some students.

"I think athletes that do two or more sports are more well-rounded," said Savaloja. "It tends to be the one-sport athletes that become overstressed or overworked."

Daily calorie intake is now more popularly monitored to stay in shape for many sports. With over 50,000 dietary supplements on the market, teens can also feel pressure to experiment more and more to maintain their body and weight at specific standards.

"I've seen athletes stop eating completely," said Savaloja. "Mostly wrestlers, but gymnasts and dancers starving themselves is common too."

One benefit that can come from high school sports are the sponsorships and scholarships that can come along with being in sport. On average, 9% of high school graduates receive a sports scholarship in the U.S., and the possibility of those people making a living off their sport later in life is only 3%.

Despite the hardships, challenges, and roadblocks that can get in the way during someone's high school athletic career, it can also be a very rewarding time in a person's life. While some people benefit for their dedication and commitment, others are content with the life lessons learned and memories made.

"I would die for my sport, just anything about it," said Skier Junior **Cody Ling**. "I've been through a lot but its my life and I love it."

The Painful Truth

Gymnasts must overcome emotional and physical setbacks in their quest for perfection

Megan Durst & Frannie Pearson
Staff Writers

"Gymnastics is a mental sport, if your not strong in your head it will rip you apart," said Senior **Christina Bond**.

This sport literally ripped Bond apart. On Saturday January 3, the Buffalo Girls' Gymnastics team headed down to Gustavus Adolphus College for an invitational competition. While warming up on the balance beam, Bond took a stumble to the ground, ripping her leg open on the way down from a bolt sticking out of the beam by fault of assembly. This left the team in dramatic terror as they continue on with warm ups and the rest of the competition.

Gymnastics athletes have to be aware that this sport takes guts, strength, courage, balance, and an extremely high amount of confidence. It's an extremely physically demanding sport, and it's nearly impossible to steer clear from injuries for an entire gymnastics career.

"In gymnastics you have to be ready physically and mentally for your own safety, anything could happen before you compete but you have to pull it together and do it anyway," said Sophomore **Alicia Malewicki**.

Gymnasts are often limited by a mental weakness or block. A mental block is when fear takes over the gymnasts

body and mind control. There are methods that gymnasts and coaches can do to overcome mental blocks. Gymnast to coach communication is critically important for both the athlete and the coaches safety.

"It's about focusing on what your supposed to be focusing on doing, rather than the things that you can't control," said Coach **Martha Driscoll-Nelson**. "I think gymnasts are some of the most focused people. They have to balance on a four inch beam, rotate around a two inch bar, and keep their heads at the same time."

Working Harder than the rest

Wrestlers sets
lofty goals,
individually and as
a team

Tucker Vogt and Lowell Engle
Staff Writers

As the bell sounds signaling the end of the day, most kids are either going to work or going home to do whatever they may please. For those on the wrestling team, the bell is a constant reminder of the physical and mental strain they will have to endure for the next two and a half hours at their practice.

While other teams are shooting baskets or trekking across the football fields and school grounds on skis, the wrestlers are busy drilling, running, lifting, and live wrestling (to simulate an actual match). The team hopes to make it back to the state wrestling tournament, which will be held at the Xcel Energy Center later this year.

“A pretty tough practice for us would start off with some live wrestling situations, then simulation matches,” said Captain Junior **Tim Ruter**. “Wrestling with the coaches makes these drills twice as hard; our coaches are ridiculous. They don’t stop pushing you, if you’re tired or slowing down they’ll just step it up and make you work even harder.”

One thing that the coaches like to do as a form of conditioning are plate workouts. These workouts are by far one of the more difficult activities the wrestlers will have to do, possibly harder than an actual match. In these workouts, the wrestlers have to grab a 35lb or 45lb weight, depending on what weight class they wrestle in. The wrestlers grab these weights from the weight room and then will be led through a series of vigorous exercises in the wrestling room. Athletes must never let the plate touch the ground, or it means sprints for the entire team, or time added to the ominous red clock that times the workout, which sits in the front corner of the room. During this particular workout, the wrestlers are led through numerous exercises that the coach thinks will be toughest or best for his team.

“I hate the plate workouts; they are extremely hard and you’re already completely exhausted from the wrestling and sprints,” said

Ruter. “They usually last about 10 or 15 minutes depending on how hard we were working during the earlier part of practice.”

To add to the toughness of these practices, some wrestlers go through them while cutting weight. Almost all wrestlers agree that the weight cutting is the toughest part of the sport, both mentally and physically. A lot of the guys that are cutting weight will wear long sleeves and sweatpants during practice in order to help them lose some of the weight. Some wrestlers can lose up to five or six pounds in one practice alone. A few of the wrestlers cutting weight are not able to lose all that is needed during practice. This means that they will either stay after practice or go for a run when they get home.

“Most people who don’t really understand just ask us why we don’t just go up a weight and eat as much as we want,” said Captain Senior **David Baker**. “But if you go up a weight, you’ll be weaker than most of the other kids [opponents] who are cutting down to that weight. Essentially we want to have the least amount of fat with the greatest amount of muscle. It’s not much fun, to be honest, but it’s all worth it at the end of the week when you get your hand raised after the match,” Some wrestlers say the reason they actually enjoy the sport is because they get a sense of satisfaction after practices and matches, knowing that what they just accomplished is something only a handful of kids are capable of doing.”

The wrestlers believed that all their hard work paid off for the team last season, When it made its first trip to the state tournament in 15 years. Most wrestlers have their own goals set for themselves this season, whether it be making it back to state, or just placing in sections.

“This year I’d like to make it back to the state tournament, as both an individual and with the team. I placed 6th last year and I’m hoping to improve on that,” said Baker, “but I think that making it as a team again would be my top goal, and the team’s top goal also. That’s why we work so hard every single day.”

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Saving Lives Under Any Circumstances

Fire Fighters share their experiences, opinions, and feelings about what happens on fire scenes.



As black smoke from the burning house clouds the sky, two firefighters do their best as to take action and bring down the flames. *Photo submitted by: Chantel Harnois*



Firefighters surround the perimeter to hose the house down, while other fighters go in to see if everyone has safely gotten out. *Photo submitted by Chantel Harnois*

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Sizing up the area, the chiefs are the first ones to enter the fire zone. Searching the area around the building to look for windows and exits, they can often tell what rooms are bedrooms, living rooms, or kitchens by analyzing how the windows are placed. Fire Fighters are running around everywhere getting instructions from the chiefs. Despite stressful circumstances, everyone stays calm. Firefighters know that greater harm could result if they allow their fear to take over.

Smoke rises clear up high in the sky, unfortunately drawing curious on lookers. Firefighters' jobs are made more difficult when they need to worry about and keep track of onlooking citizens. The real danger, however, is lurking inside the burning home, with thick smoke and skyrocketing temperatures around every corner.

"Going into a fire gives me a feeling very hard to explain. Fear and excitement at the same time," said Lieutenant 1 **Mike Swartzter**. "The smell is missing because of our mask. Many times there is no visibility and we have to use our other senses to find our way."

"Going into a fire is kind of exciting, wild and scary all in one," said Fire Investigator **John Anderson**. "The fires are mostly black and you can barely see at all. We cannot usually smell smoke, because we are wearing masks, and so all we smell is pretty much the rubber. We are always hot, our gear is warm, and when you put on the mask, it takes effort to just breathe through it, so you can get hot even when there is no fire."

When going into a fire you always need to be aware of your surroundings and what's going on everywhere in order to survive and keep you and your co-workers safe. And keeping safe also makes you a little nervous.

"I do get scared, to a certain degree," said Fire Chief 2, **John Harnois**. "It is good to be a little scared and never get to comfortable. It's best to be prepared for the unexpected and it's the unexpected that scares me."

While firefighters may be frightened while on the job, they agree that the dangerous aspect gives it an exciting challenge.

"I think everyone gets scared during a fire call," said Anderson. "I know others feel the same way, that when we put our gear on, it does kind of make me feel invincible in a way, it makes you feel like you can do anything."

Every member of the fire team has different instructions and duties. Training Officer **Steve Becker** waits for instructions when the fire call goes off. According to Becker, the person in charge has a plan on how they want to attack the house fire or car accident. In order for Fire Fighters to know what they are suppose to do at a situation like this, they have to go through hours of training. Within the last year, the entire department completed over 2,800 hours of training.

"I prepare myself for fire calls by training," said Swartzter. "I spend about 2-4 hours a week reading articles and training manuals to keep up on everything. Plus we have training practices 2-3 times a month with the whole department."

These weekly meetings, trainings, and fire calls bring firefighters close together as a community. Even during a rookie's first fire call, they must already trust their fellow firefighters to protect them, and in turn be willing to protect their team.

"We create very close relationships," said Swartzter. "We go through things together that other people cannot understand so it bonds us in a special way. Also we learn to trust each other with our lives."

These firefighters are risking their lives for other people. Throughout the stress and fear they persevere to keep their community safe. The majority of firefighters also have children and family members at home, if they got hurt, they it would affect more than themselves.

"I am glad my dad is a firefighter, it makes me proud," said Freshman **Chantel Harnois**. "I do get scared, I mostly get scared when he has to go on weather watches, because my family is all in the basement everyone but him, and it just doesn't feel right without him there. That's when I mostly worry."

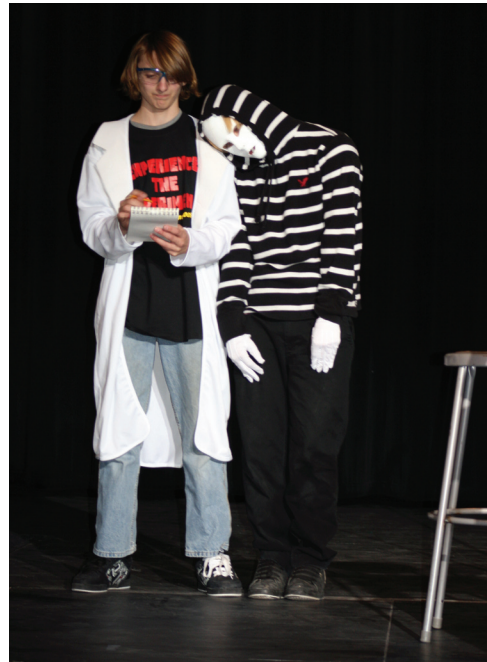
Within the last year, the department has been called out on 260 fire and rescue calls. Not all of them were fires, but they were all in need of help and the brave men and women from the Buffalo Fire department risk their lives everyday to save people in need.

“The show was a celebration and showcase of the class and gave the students a chance to see what it’s like to plan, rehearse, and be backstage in a performance.”

-Art Teacher John Gunderson

“I sang the song *This is Me* by Demi Lovato with [Freshman] Reycl Christianson. We chose that song because it shows who we are and what we love to do.”

-Freshman Ellen Stetter

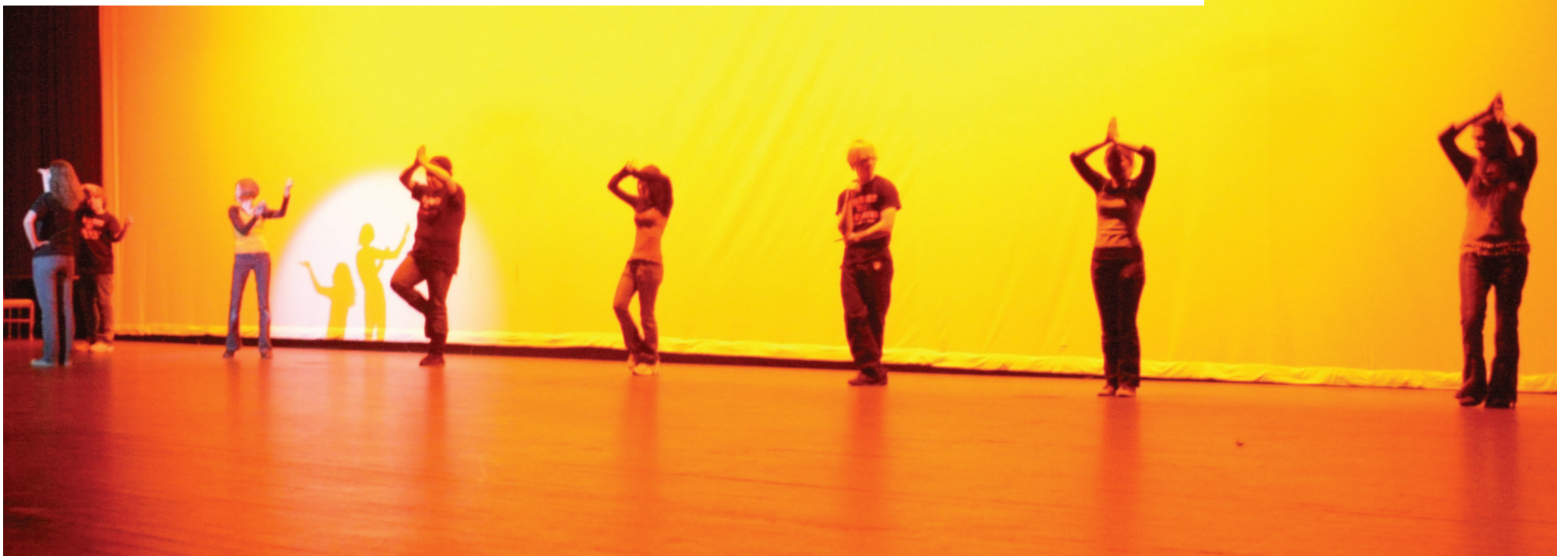


Far Left: Freshman Caitlin Atwood sings the Song *My Immortal* by Evanescence.

Middle Left: Freshman Andrew Jacobson as a scientist and Freshman Korbin Canny as a robot star in the *Android Act*.

Left: Striking a pose, Freshman Korbin Canny Break dances during the Foundation’s Art Show.

Below: Using a screen as their canvas, Silhouette Dancers make shapes with their shadows.



Experience The Experiment