

# Governor



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T.F. Riggs High School, Pierre, SD 57501

Friday, October 26, 1990

## Board adopts policy

by Stephanie Farries

**L**ack of communication was an underlying theme in the developing of the statement of athletic philosophy (see box).

The school board first presented the proposed athletic philosophy on Monday, August 20, at a regular meeting. Some changes were made and as expected, on October 15, the athletic philosophy was adopted by the school board.

The proposal was drawn up by the school board and administration because, while the board has long had a written educational philosophy, it had never had a written athletic philosophy, said board member Vern Brakke. It is designed to enhance communication between athletes and coaches, coaches and the board, and parents and their student-athletes.

Winning, though not included in the philosophy itself, is another issue that raises concern. "We are less concerned with win/loss records than we are with winning at all cost. We (the board) insist that every child be treated with dignity and respect," Board President Diana Knox said at the August 20 meeting.

Board member Tom Huber went on to say that he would never vote to fire a coach based on his win/loss record. "You can enjoy winning and losing just the same," Huber said. Huber also felt that the importance of winning in the community needs to be changed, and that it is not the players' and coaches' job to entertain the community.

Bob Judson, head boy's basketball and track hurdling coach, also pointed out at the meeting, that everything is a lot easier for everybody when teams are winning instead of losing. "When you get right down to it, like it or not, there is a lot less problem with self-confidence and self-esteem if you're winning," Judson said.

Brakke said that the philosophy was "intangible," or not definite or clear. "It's very difficult to support something that's intangible, and lots of times philosophy is intangible," Brakke said.

"A lot of times, it's your perception of what happened in a game or practice," assistant basketball and track coach Skip Kurth said. He said it is important to not just look at one event or one season, but one's entire career as a participant in athletics. □

## Statement of Athletic Philosophy

It is the intent of the Pierre Board of Education that each student who attends the Pierre Public Schools and participated in athletics has a positive experience. This positive experience will be limited by the dictates of the program.

Furthermore, it is the intent of the Pierre Board of Education that those students who participate in athletics have the opportunity to acquire and develop physical skills, mental and social attributes which will assist them not only today but throughout their adult lives.

The goals of the program for the student athlete will be to further develop and maintain self esteem and self confidence, responsible citizenship, good sportsmanship, respect for one's body, good health practices and effective leadership.

In striving to attain these goals, the Pierre Board of Education acknowledges the obligation to provide the opportunity for participation of students regardless of race, sex, creed, disability or economic background. It furthermore is the desire of the Board to ensure that open lines of communication are maintained among students, parents, coaches and administrators in order to positively benefit students through their participation in all athletic activities.

## Weekend warriors on alert

by Deanna Prue

**A**ctivation? Mean anything to you? To several young men at Riggs High it could mean the difference between life and death.

These seniors are all members of the Army National Guard who have already completed basic training and have been told their high school careers could be interrupted by a call to active duty in the Mideast.

Ray Heuer, Ken Heuer, Phil Klein, and Donny London could be

pulled from high school at any time, they have been told. "Since we have already done our summer of basic training, we could go anytime," said Ken Heuer.

Another four seniors could be activated and sent to basic training. They include Denise Langley, Tony Olander, Debi Herr, and Richard Ripley. They would have to complete basic training before they could be utilized on active duty.

Ray Heuer, senior, registered for see Activated, p.3



The Grim Reaper . . . Ms. Marcia Graney shows off a costume suitable for next weeks Halloween costume party sponsored by Torch/SADD.

# Comment

## New athletic policy - good or bad?

by Stephanie Farries

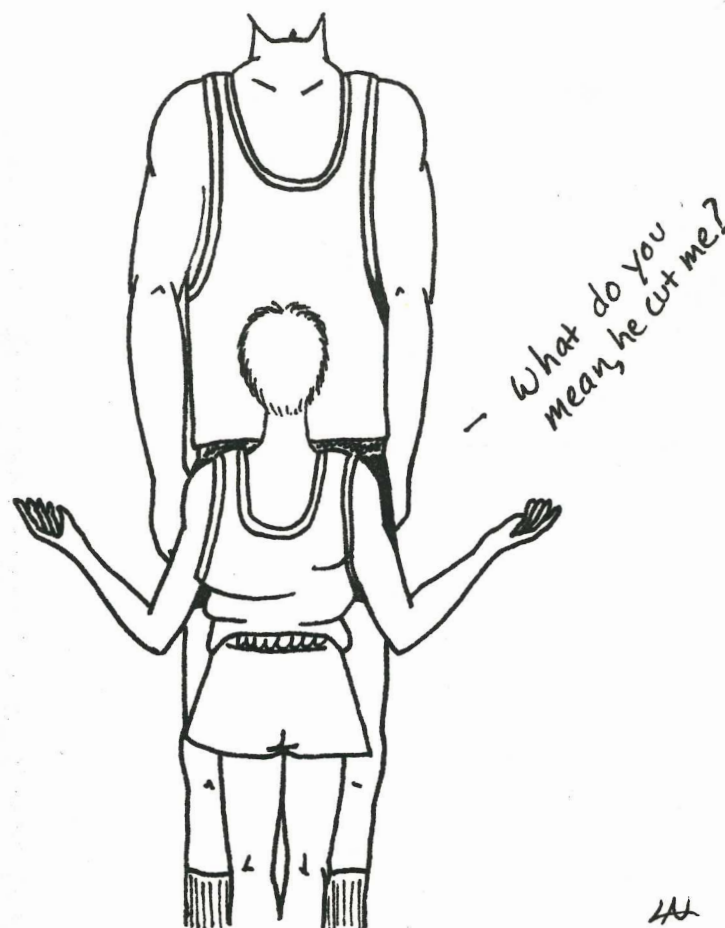
It seems as though the new athletic philosophy is a statement that is relatively unclear, broad, and doesn't say much of anything.

First of all, exactly what constitutes a positive experience? Can a team that has won very few games feel good about themselves? Can a team that has won most of their games still not have a very positive outlook? And just how is the coach supposed to ensure that everyone (starters and non-starters alike) has a "positive experience?"

Whether or not people want to admit it, winning does make a difference. There are still too many people who are influenced by the win/loss record. The more games a team wins, the more people they have supporting them, the more positive the athlete's outlook is going to be. It is not the best attitude to have, yet it exists.

Another issue that the philosophy does not deal with is "cutting." "Cutting" is a way of reducing the number of players on a team to a size that is reasonable to work with. It is one of the coaches' most difficult jobs; however, it is necessary. Being "cut" from a team in no way can be considered a "positive experience," yet the athletic philosophy doesn't even touch this issue.

There are many issues that affect athletics that are not mentioned in the statement of athletic philosophy. The board is to be commended in dealing with the issue, but perhaps coaches and athletes alike need to know just how this policy is to be implemented and administered.



## What the People Say

The School Board adopted the new athletic philosophy on October 15, 1990. This is what the people say about the Statement of Athletic Philosophy.

“

Amy Schutt, Sr.

"Basically I feel the philosophy is stating the obvious. Does it mean that everyone who tries out for an activity should be accepted? The philosophy is too broad to answer a lot of questions."

“

Shad Riggle, Sr.

"I really; haven't seen any affects from it; it is pretty pointless."

“

Lora Den Ouden, Jr.

"They made a wise decision in adopting this athletic philosophy. In a town Pierre's size, the community gets extremely involved with school sports. As a result, too much emphasis is placed on winning. Anyone with an interest in sports should be allowed to play, regardless of their talent."

“

Beth Wahl, So.

"I think it ensures me of having good self-confidence and to be able to play without being discriminated against."

## Governor

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# Comment

## Earthday Everyday

People are often concerned about pollution from cars and factories. However, most people don't realize the amount of pollution within their own homes.

"Everyone is exposed to some form of indoor air pollution," Environmental Protection Agency's Eileen Clausen said. Indoor air pollution is a serious problem. In fact, you're more likely to get sick from pollution in your home or office than from pollution in the air outdoors.

The EPA studied ten office buildings, schools, and nursing homes for five years. At least 500 harmful chemicals turned up in each of the four buildings. Some of these pollutants include household cleaning products, air fresheners, drapes, carpeting, gas stoves, dryers, dry-cleaned clothing, paints, varnishes, hobby supplies, furniture, and cabinets. Some other possibilities are car exhaust fumes from attached garages and asbestos fibers escaping from floor tiles, insulation, or pipe. Even closer to home, aerosol deodorants, hairsprays, and perfume are common irritants.

These indoor pollutants can also cause health problems. Breathing problems are most common, though some people report dizziness, headaches, and loss of energy.

There are many ways in which you can help remedy these problems. Store chemicals and paints elsewhere, improve stove ventilation, and discourage smoking in your home. You can also use air cleaners or ionizers to purify the air. It is also important to use fans for activities such as painting.

Pollution concerns a lot of people. In order to help solve the problem, we have to start at the root of the problem by eliminating the pollutants in our own homes.

## Activated, from page 1

the draft but enlisted in the Army National Guard anyway. Now his status has been updated to "on call" with the crisis in the Mideast.

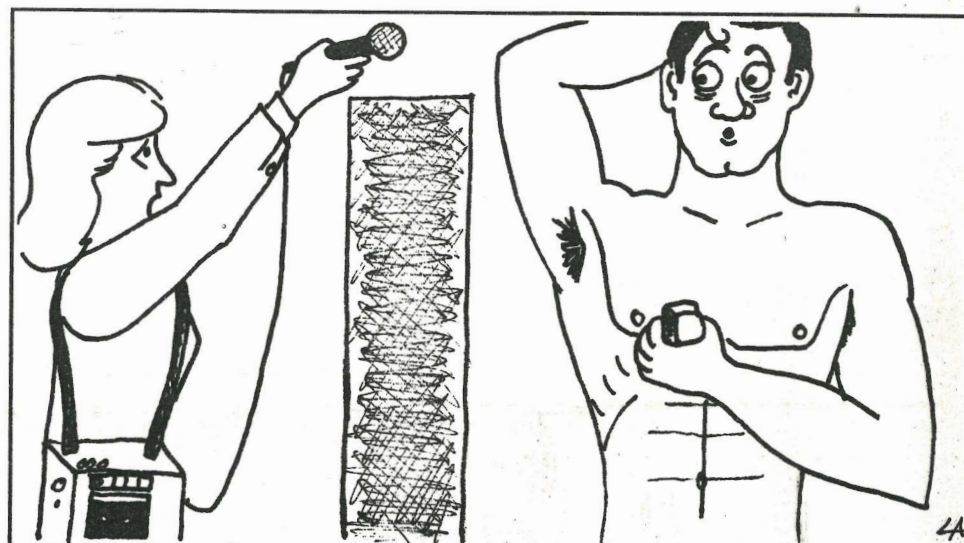
His main reason for going into the Guards was college money. "I'm not really in this for my country. This war is mainly a lot of rich politicians who are afraid they're going to lose money."

To be in the Guards, he took a physical and a test to determine what jobs he's qualified for. He's a 31 kilo (radio and telephone operator) which he thinks he'll go into in eight years when he gets out.

He was strong on his views of the war, "It's not like Vietnam. That was candy. This is totally different because mustard gas is involved. Mustard gas burns out your lungs and suffocates you within a few minutes."

If Heuer is contacted to go, he will have 72 hours to get to the base. "If I do go, I want to do something, not just sit around."

Will these students be activated? For now, the answer is uncertain, depending on conditions in the Mideast. They could, however, be activated at any time, even before their schooling days are over. □



## Lady in the Locker Room

by Kristie List

Reporter Lisa Olson of the Boston Herald was sexually harassed on September 17 by members of the New England Patriots. Next, USA Today reporter Denise Tom was denied access to the Cincinnati Bengals' locker room by head coach Sam Wyche. Both stories stirred the dormant debate about a woman reporter's right to equal access in the locker room.

When you get down to it, though, the "big debate" deals with women's rights in general. Is it right for a woman to be barred from an interview with, for example, Roger Craig or Steffi Graf because of her gender? I do not think so. Equal rights are equal rights, meaning that no matter who you are, you should have equal access to a good interview. Too bad it is not all that simple, though!

The "Lady in the Locker room" issue goes much deeper. Being a female athlete myself, I can relate to both sides of the story. It is not fair that both Olson and Tom were discriminated against because of the fact that they are females.

But I also understand that athletes need a little privacy in the locker room, too. I would not appreciate it if a male reporter were to come in the girl's locker room and get a story while we were showering and dressing after a tough ball game. There is a very fine line that has been drawn in this issue.

But the line can easily be erased. I do not see any problem with members of the team keeping their clothes on (necessary ones, at least) for a set amount of time after the game is over for reporters, both male and female, to interview them. Also, a specified press room for all reporters and players is an idea that many college and professional teams have already put to use.

The "lady in the locker room" got blown totally out of proportion. Men need to realize that female reporters are just that--reporters looking for a good story, just like the next guy. Females need to realize that a man's privacy is important, too. If both are conscious of each others' needs, there should not be much controversy anymore.

## Letters to the editor

### Homecoming a disappointment

Dear editor,

After this year's homecoming, I was disappointed to say the least. Being a senior, I expected to enjoy it more this year.

I am not referring just to the dismissal of Kangaroo Court, but also the lack of school spirit this year. During my two previous years at Riggs, kids participated in most of the activities.

This year, however, there was little participation, especially during the different dress-up days of the week. Because of these two reasons, homecoming seemed to be missing something to me.

Somehow, homecoming needs to be built up into something the kids look forward to and like to partici-

pate in when they can. In the past there was a homecoming parade, but this was cancelled because of a lack of interest. Maybe now would be a good time to bring this tradition back. At least something needs to be done.

As this is my last year here, I will not experience another Riggs homecoming. But for those of you who will be back next year and who were disappointed with homecoming this year, don't just talk about how you felt about homecoming. Do something about homecoming next year and make it so you can remember your high school homecomings positively.

Sincerely yours,  
Lori Stulken, 12

## First issue congratulated

Dear editor,

I was very impressed with this year's first issue of the Riggs High Governor. Many positive changes have been revealed, and I feel that these changes will greatly improve our school newspaper. The use of color added a lot of class to the paper, and it's a great way to highlight quotes and features. However, the new printing paper is the best change; the entire paper looks much cleaner, and the pictures are repro-

ducing with much better contrast and overall quality.

I also like the addition of the environmental column called "Earthday Everyday." It gives students a chance to realize the importance of protecting the environment, and it is a nice change from reading about school issues only.

It looks great! Keep up the good work!

Sincerely yours,  
Kristi Hansen, 12

## News/Sports

# Are we having fun yet? One-two-three-smile

by Dawn Droppers

**H**ow important are senior pictures anyway? Well, to Mike Henderson they were worth two traffic tickets in trying to get there in time.

On Wednesday, October 17, Henderson had the indoor part of his portraits taken at Brief Photo with photographer Debby Bouchie. They have been doing senior portraits for three years now.

Bouchie said she enjoyed doing senior pictures because they "give me a chance to do some really neat things." Brief Photo uses mainly muslin backgrounds because of the way it catches light and is easily shaped. Bouchie said the average

inside shoot takes one to one and a half hours, and the average senior has three to four changes of clothing.

The shoot started with what Bouchie calls the "Grandma pose". This is the usual annual shot, the pose that the stereo-typical grandmother would like. Just into this first pose, Henderson learned photography rule number one: NO GUM!

After that, he learned to listen and react. "Drop your shoulder back a little, turn a little bit more, tilt your head. There!" A chance to look through the camera shows that what is seen there is really quite different than what might be expected, and different lighting gives a totally different effect.

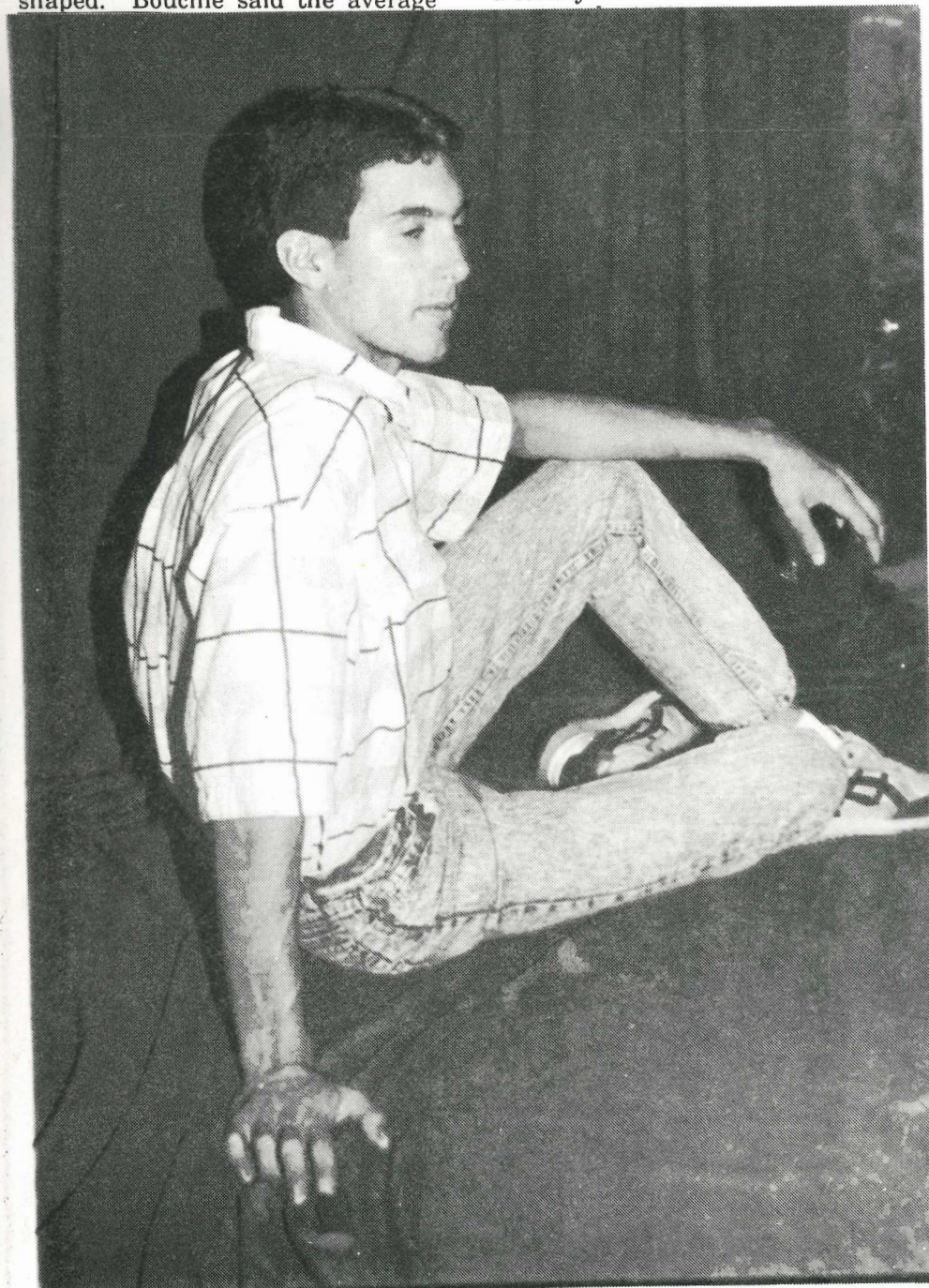
**"Lift this knee up, move your hand up a little, move your other leg down a little more -- there. Perfect! Now do you really hurt? It's time to take the picture!" --Debby Bouchie**

Next they moved on to a more relaxed pose with Henderson sitting on one hip leaning on his hand. Again he was told to "lift this knee up, move your hand up a little, move your other leg down a little more, there. Perfect! Now do you really hurt? It's time to take a picture!"

After this pose, Henderson changed shirts and was asked his favorite color. They then put a couple of barrels of different sizes

under the muslin. After twisting and draping another piece of cloth of his preferred color from the top of the backdrop and down over the barrels, the set was ready for Henderson to step in. He then sat on the lower barrel and leaned on the higher one.

The last pose was with a painted locker background, only available at Brief Photo. After a change of clothes, Henderson picked a locker and leaned up against it. A couple



All set . . . Senior Mike Henderson gets ready for an indoor, casual pose.



Through the eye of the beholder . . . Reporter Dawn Dropper looks the scene will appear. Photographer Debby Bouchie gives a quick

## Features

# , Seniors!

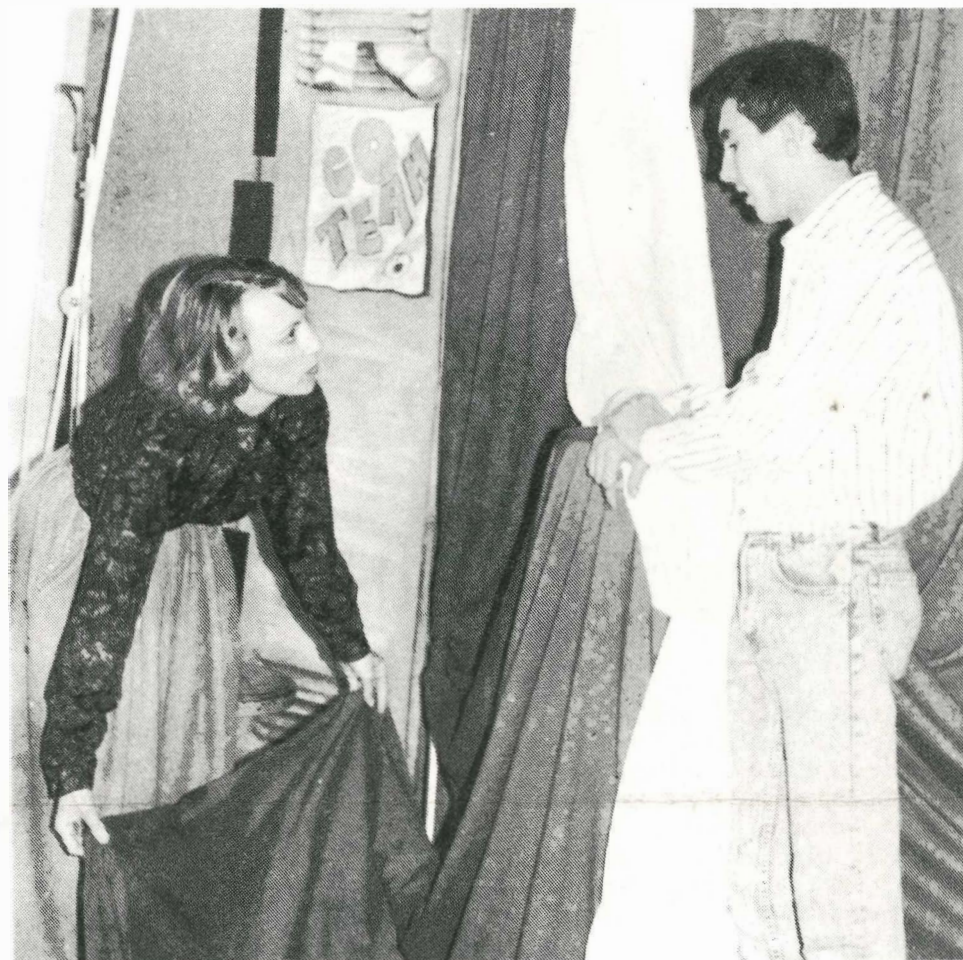
books thrown on the floor along with some crumpled pieces of paper completed the look. After a couple of shots here, the session ended. Henderson received a free T-shirt, and when he places an order he is entitled to a free family setting, as with any senior who goes to Brief Photo.

Bouchie also has many other opportunities for personal portraits. They have many different colors of muslin for backdrops and a brick wall background along with the locker setting. They offer a reflective mirror and the notorious white '91 for whoever wishes to use them. They also offer outdoor shots and will go anywhere (within reason, of course) to get the shots wanted. With these shots one can include friends, boyfriends/girlfriends, pets, or about anything one can imagine.

One thing the photographers at Brief Photo really focus on (no pun intended) is originality. Each year they have a different background available only to the seniors for that year. This year they have the locker background. This leaves a lot of room for creativity. "We've had people pose with pop cans, a mess from their lockers on the floor, sitting on books, just a little bit of everything," said Bouchie.

The photographers go to Minneapolis once a year for formal training, and come back ending up doing the opposite, according to Bouchie. Consequently, they're bound to be original! "If there are certain poses I really like, I keep it for one person - that's going to be his pose," said Bouchie. "I want people to say 'I know where that was taken' not because it's the same pose but because they are original."

No matter where students go, senior portraits play a large part of the senior year. They may seem costly to some, but they definitely are a lot of fun and are something that will help keep record of the senior year for many years to come. □



Yards of fabric . . . photographer Debby Bouchie drapes fabric to provide a pleasing background for Mike Henderson's photo.



"If there are certain poses I like, I keep them for one person - that's going to be his pose."

## Portraits prove costly

by Dawn Droppers

Senior Pictures are a part of the average graduate's memories of the hopefully memorable senior year. But most seniors are finding out quickly it is quite an expensive one.

Many seniors end up paying between \$200 and \$400 by the time they pay for new outfits, sitting fees, and finally the portraits.

Leah Withers said she spent close to \$400 at Slager's in Highmore. She spent about three and a half hours in the studio and used eight outfits. She ended up with 32 proofs. Jenni Turbiville also went to Slager's but spent \$350. With nine changes of clothes, she had about 30 proofs.

Angie Tedrow got hers taken at Photos to Go. With five hours and five outfits, she got 45 proofs and spent \$200.

Stacey Gavin spent \$100 for her portraits at Photos to Go and wore three outfits. She was there two

hours and had 24 proofs. The time and money spent is mainly up to the individual.

Were senior portraits always such a big deal? The answer to that question is evident in the answers of these teachers. Jon Gonsor, chemistry teacher, said he spent \$50 on his one pose. He also commented that he was very good-looking, so he got his money's worth.

Miss Zakahi went all out and spent \$100 on two poses. The whole session took her about half an hour. She went to Miller's, which was about the only place in Pierre to go at the time. "Most people only had one pose," she said, "but I wanted one looking over my shoulder and my parents wanted the usual one."

Senior pictures have changed a lot over the years, but for the better most think. They now better portray the individual's personality and are a lot more fun, too. □

into the camera to see how lesson in framing the pose.

# News

## From Panama to Pierre: Student learns language

by Tyrell Allardyce

Three foreign exchange students year attend Riggs High School this year, including Giovanna Rios from Baquete, Chiriqui, Panama.

The schools in Panama are a lot different than in America. Giovanna goes to school in a town called David, which is 45 minutes away. "School is very different in Panama because we all wear uniforms, and we stay in one classroom with the exception of computer and typing classes," Rios said.

Giovanna likes the American way of living. She feels that the younger people are more independent because many have jobs and cars, unlike kids in Panama.

The weather is another thing

that is very different for Giovanna. When asked about what she thought of her first sight of snow she said, "It is cold, but very pretty."

Giovanna had a few apprehensions about coming to America. She was afraid of being alone, when she first found out that she would be coming, because this would be her first traveling experience. She misses her family, especially on important holidays, but feels very comfortable staying with the Zastrow family. "I'm very happy though because I am with a beautiful family that makes me feel at home," said Rios.

Overall, she is having a great learning experience. She is learning more English each day and hopes to meet more people each day. □



Getting adjusted . . . Giovanna Rios adapts to life in the United States.

## Voters to decide on mining initiative

by Stacie Zastrow

On November 6 the voters in South Dakota will be voting on Initiative 2. The initiative, if adopted by the voters, will restrict large-scale surface mining within the Black Hills to 3,100 permitted acres. Currently, there are 2,000 permitted acres of large-scale surface mines.

Under the initiative, if a company exceeds this restriction, it may start or expand an operation only by reclamation of mined areas or

nonuse of permitted, but unmined areas.

A controversy has arisen as to the initiative's effect upon the land used with the Homestake underground mine. Opponents claim that the initiative will immediately prevent any further surface mining, because they interpret it to include surface land used with the Homestake underground mine.

Kim Kiepke, president of the Surface Mining Initiative fund, was quoted in the Sioux Falls Argus Leader as saying that 725 surface

acres disturbed by the Homestake underground mine are not covered by the initiative because the underground mine is not permitted.

The Homestake underground mine is not covered by the permit because South Dakota did not have mining permit laws until the early 1980's, nearly 100 years after the Homestake mine began its operation.

The initiative was suggested by a group of citizens in the state who were not satisfied with the current legislation, said Eric Holm, Natural

Resource Engineer in the state's Office of Surface Mining.

If the initiative doesn't pass, said Holmes, there could be more action in the next legislature from the environmental lobbyists.

Holmes suggests that voters should listen to both sides of the is-

sue before the election. Surface mining has its benefits and its drawbacks, he said, but whatever the outcome of the election, the state will be affected. □

## Lights, Sound, Set

by Thomas Kamnikar

As the lights begin to dim in the theatre, a cry rings over the headset, "Wait! A door is broken! Hold the curtain!" There is less than a minute to go before the play is to start, and tension is rising.

"I didn't know what to think; all I could think of is 'What are we going to do?'" said Robyn Hoing, a junior who worked the sound for the theatre department's recent production of *You Can't Take it with You*.

"Just tear 'em off!" came a commanding voice from Heath Heuhl, a senior who helped build the set and stepped into fill a vacant spot in the play as a G-man.

But just who are these unsung heroes such as Robyn and Heath? The ones who step onstage when the actors step off? The ones who fix the set in record time? Or the

ones who give the comforting words to nervous actors and actresses?

They are the 'tekkies,' the backstage crew who keep the show moving and provide all of the technical assistance that any play needs to keep going.

"It's really sad; no matter how much they do, people always treat tekkies like dirt," said Andy Potter, a senior who portrayed Paul Sycamore.

"We had two major disasters in the play and they both were resolved quicked without anybody in the audience noticing them--all because of split second thinking by the tekkies," said Brian Shekleton, a sophomore who played Donald, the Sycamore's servant.

The fall play *You Can't Take it with You* opened right on schedule without a hitch because of the dedication and hard work of these backstage workers--the 'tekkies.' □

## 'Tekkies' provide backstage support



What'll we do ... Eric Morrison, Brian Shakleton, Andy Potter, Eric Manus and Kristen Job wonder what to do with the inebriated Barb Fabish.

# News

## Youth to attend leaders conference

by Amy Schochenmaier

Stacie Zastrow has been selected to attend the 1990 National Young Leaders Conference from October 30 to November 4. Having demonstrated academic achievement, leadership and citizenship, Zastrow will be among 350 high school students from across the nation at the conference for outstanding young leaders sponsored by the Congressional Youth Leadership Council.

The theme of the National Young Leaders Conference is The Leaders of Today Meeting the Leaders of Tomorrow. Throughout the six-day conference, the scholars will meet with the key leaders and newsmakers from the three branches of gov-

ernment, the media and the diplomatic corps.

Highlights of the program will include welcoming remarks from a Member of Congress on the Floor of the United States House of Representatives, a government relations forum comprised of senior-level congressional staff and lobbyists from corporations and public interest groups, and a panel discussion led by prominent journalists at the National Press Club. Diplomatic embassy visits and a briefing at the State Department will also be among the week's activities.

Zastrow will meet with Senator Thomas A. Daschle, Senator Larry Pressler, Representative Tim Johnson, or designated members of their staffs. These meetings provide an

opportunity to discuss important policy issues and focus on topics of state and local concern. Culminating the National Young Leaders Conference will be The Mock Congress on National Service during which scholars assume the roles of United States representatives by debating, lobbying, and voting on proposed volunteer service legislation.

The National Young Leaders Conference is sponsored by the Congressional Youth Leadership Coun-

cil. Founded in 1985, the Council is a non-profit, non-partisan, educational organization committed to recognizing outstanding youth and providing them with a "hands-on" civic learning experience in the nation's capital. Over 300 Members of the United States Congress join in the commitment to educational excellence as members of the Council's Honorary Congressional Board of Advisors.

## Students of the month named

by Ann Hofer

Students of the month for September are Angela Tedrow and Josh Ley.

Angela's school activities are band, chorus, basketball, drama, National Honor Society, and Teens on the Road to Chemical Health (TORCH).

Her community activities are ballet, Fellowship of Christian Athletes, St. Peter and Paul youth group, and city band.

She is presently employed at J.C.

Penney in the Pierre Mall.

The advice she gives to the underclassmen is "apply yourself in whatever you choose to do, but don't lose perspective and have some fun!"

Josh's school activities are football, intramural basketball, and chorus.

His community activity is being a Kiwanian member.

Josh does not have a job at the present time.

Advice he gives to underclassmen is "be excellent to each other." □

## Briefly

### Journalists win All-State

by Dawn Swendsen

Students from both the Governor staff and the Gumbo staff attended a one-day workshop and awards ceremony on the campus of South Dakota State University on October 8.

The workshop consisted of sessions on news writing, graphics, journalists' responsibilities and different aspects of putting together an award-winning publication.

The awards ceremony recognized

publications from the 1989-90 school year from schools across the state. The Governor, advised by Mrs. Elizabeth Vogt, received All-State recognition in their class. They also received an honorable mention for the first issue of the 1990-91 school year.

The Gumbo also received an All-State award in their class. This award now makes the eighth consecutive year that the Gumbo has received an All-State with Mr. Terry Peterson as adviser. □

### Marching band places first

by Jvonne Heard

Emerald Regiment marching band received first place in Class 11 A in marching competition in Spearfish on September 29.

Drum Major Ben Jensen led the band down the streets of Spearfish during Swarm Days.

The band has started concert music and will join the chorus for the first time on October 29 for the Fall Sing. □

### All-State Chorus Selected

by Dawson Her Many Horses

This year, twelve students from Riggs have been selected to participate in All State Choir. The concert will be held in Huron on November 3.

Three quartets, consisting of four people each, will be going. Quartet #1 consists of Stephanie Vietor, Paulette Disberg, Ben John-

son, and Jason Knox. Quartet #2 consists of Jennifer Turbiville, Kellie Sutton, and John Wellhouse. Quartet #3 consists of Corrine Iverson, Carly Snyder, Robert Stiles, and Eric Manus.

The quartets will be staying at a private home. Will Hanson, chorus teacher, Larry Johnson, band director, and Mrs. Sutton are the chaperones. □

## 4-Her learns leadership skills

by Stacie Zastrow

"I wanted to go to D.C. to see the sights and become a better leader," said Paula Weeldryer, a junior who recently spent four days in Washington, D.C. for a national convention.

The 4-H convention entitled "Profiles for Tomorrow" was attended by Weeldryer and one other girl from South Dakota. "The most exciting thing about the whole week was meeting people from around the U.S., Guam, and Puerto Rico," said Weeldryer.

The purpose of "Profiles of Tomorrow" was to provide leadership training to key teenage 4-H members and to provide an exchange of ideas on the roles of teens in 4-H among states throughout the country. Weeldryer said that the convention has had a great effect on her. "I feel like I have more self-confidence," she said.

"A fellow 4-H member informed me about the trip, so the county extension office sent me the application," said Weeldryer. The application asked questions about involvement in the community,

leadership roles, school, and 4-H. Only two students attended from S.D., but some states had more than others, said Weeldryer.

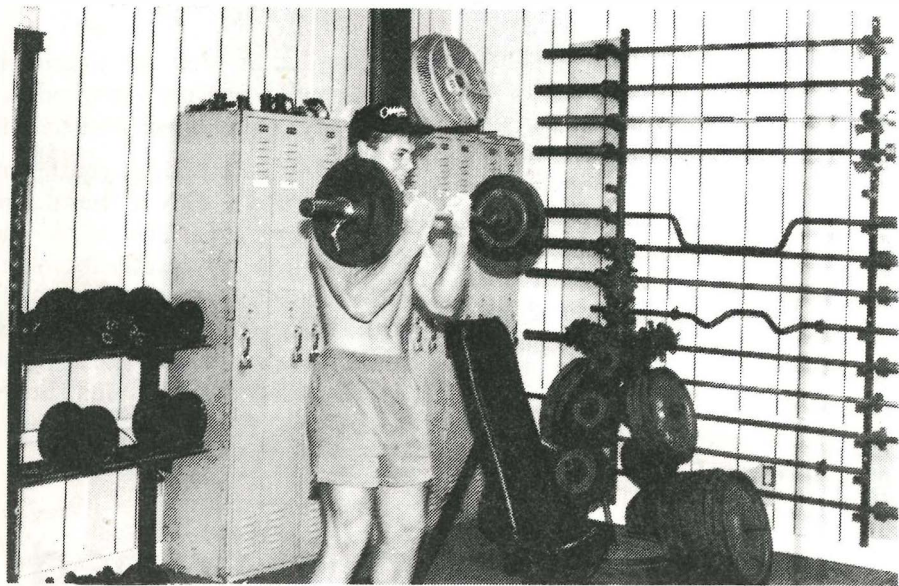
During the four days the students attended workshops given by different speakers on a variety of subjects. "One of my favorite speakers was John P. Murphy," she said. "He got you fired up!" Weeldryer laughs about some of the quotes he used in his speech. One of the best was "It is better to aim at the stars and miss than to aim at a pile of manure and hit it." Murphy, a professional speaker, talked about leadership, life skills, and how to unlock your full potential.

The 4-H members were involved in many other activities during their stay. "We were divided into groups, given metro and bus tickets, and sent out into D.C. with directions to find our leadership role models, such as the Lincoln Memorial and the Kennedy Center," said Weeldryer.

The convention has held October 5-8. The 4-H members attending the convention stayed at the National 4-H Center in Chevy Chase, Maryland. □

## Sports

# Pumping Iron:



The power is on . . . Chris Sonnenschein keeps in shape by lifting weights at Larry's Gym.

# Athletes stay fit by lifting weights

by Brooke Severson

**F**or athletes, staying in shape for their respective sports is hard work.

Weightlifting has become the one of the most popular ways of staying in shape, especially for guys. "It has improved my strength and helps me feel more confident during a game," senior Kyle McKeever said.

This muscle madness has increased the number of gyms to choose from. However, Larry's Gym has proved to be the most popular. It has the most diversified equipment available and most agree that Larry is a great consultant for the activity.

Being in shape can be the difference between winning and losing. Many athletes attribute their success in sports to weightlifting.

"Lifting weights has played a major role in my success on the football field. The increase in size and strength has helped me dramatically," senior Alex Klocker said.

Although no two people have the same workout or time limit, most students try to attain a routine schedule. "I usually workout for an hour and a half, four times a week. It usually consists of many repetitions for each exercise," junior Chris Sonnenschein said.

This goes to show that training for a sport does not stop after team practices and conditioning. □

# Golfers compete at state meet

by Heather Hagemann

**T**he 1990 golf season came to an end this fall, with the team of young Governors gaining experience and depth.

Although the team was young for the most part, there was a lot of talent and experience among them. They improved throughout the season and found success at many tournaments and duals.

Five players qualified for the state tournament by placing in the top 20 at the Region IA Tournament, where the team as a whole took third place. Eric Sibson, Chris Stout, Jeff Meidingen, Matt Friez, and Matt Ellefson all competed at state, with Sibson placing twelfth.

Coach Jensen felt the state tournament was a great experience for the young team. "What's important is that the kids went into the tournament with a desire to compete as hard as possible. That's all a coach can ask," Coach Jensen said.

Members of the team include: Marc Ulmen, 12th grade; Mark Hyde, Willy Lyon, Chris Ott, Eric Sibson, Chris Stout, and Dave Vavra, 11th grade; Darrin Dyksra, Matt Ellefson, and Jim Gerdes, 10th grade; and Damon Durick, Clinton Fouts, Matt Friez, Miles Hunsley, Chad Larsen, Jeff Meidinger, Ryan Peterson, Jon Schaak, Taylor Sonnenschein, John Palmer, and Nathan Weber, all from junior high. □

# We've got spirit!

## Cheerleaders work hard to 'pump up' fans

by Ann Hofer

**C**heerleading has changed over the years. There are now cheerleading camps for the cheerleaders to attend. These camps help them learn new cheers, dance material, and different ways to get the crowd to cheer on their team.

"It used to that cheerleaders were a 'fluff group' adorning the side lines. Now I think it's more of a sport; it requires a great deal of athletic ability, strength and endurance. It's hard work!" cheerleading adviser Miss Carol Pickering said.

Cheerleaders have to learn numerous cheers and dances to get the crowd involved. Learning these routines takes a lot of time and athletic ability. They also spend hours making creative banners and locker signs. Cheerleaders have to obey all the rules the player do. They have a set of guidelines they have to obey just like any other athlete.

Girl's basketball cheerleader Jenni Turbiville said, "Competition has become more competitive--one school against another. Cheerleaders are taking more pride in what

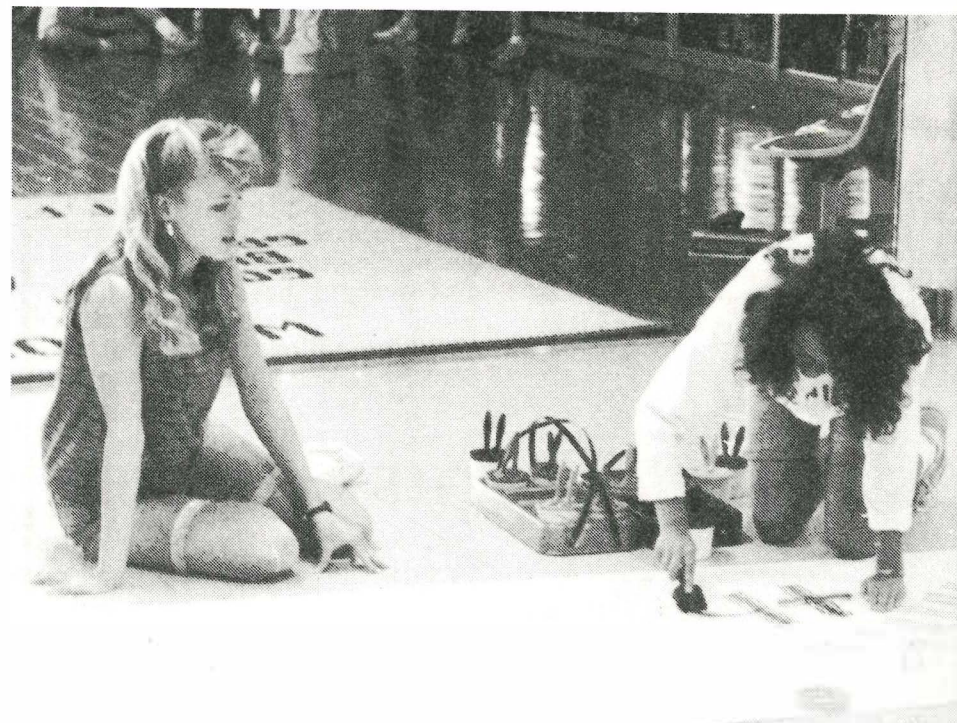
they are cheering for."

Boy's football cheerleader Kellie Sutton said, "I think a lot of people realize that cheerleading is hard work, too."

Senior basketball Matt Judson thinks cheerleaders perform a vital function for the team. "They get the fans pumped so they yell louder for the team."

Junior basketball player Paula Wheeldryer said, "I think cheerleaders are more competitive. I think that they have to work harder."

"I think the cheerleaders have become more involved in their sport. Cheerleaders get you pumped up, which makes you play harder," said Jamie Liudahl, sophomore football player. □



Showing their spirit . . . Daisy Hunsley and Brandi Lebea are painting signs for upcoming football games.