

Lonbaken resigns as Riggs principal

by Cammy Clark

After 22 years in the Pierre School System, Riggs principal Roger Lonbaken will retire at the end of this school year.

Lonbaken has been a part of the system in every aspect. He began at Riggs as a teacher and coach; after that he was the first full-time assistant principal, and finally, the principal.

During his years at Riggs, Lonbaken has witnessed many changes, both in school and in education.

"Since I've been at Riggs the credits for graduation have increased from sixteen to twenty, Riggs has added the theater and the science wing, and the school has greatly advanced its technology," said Lonbaken.

Lonbaken feels his greatest accom-

"I've been planning on retiring for two years. I think it's time to do something else. I plan to hunt and fish and enjoy life."

--Principal Roger Lonbaken

plishment as principal has probably been the transition from quarter and semester courses of study to what the students have now.

"When I first began, we reduced our number of courses from 255 to 100. We went from what I call a smorgasbord curriculum to what I think is a well-planned one," said Lonbaken.

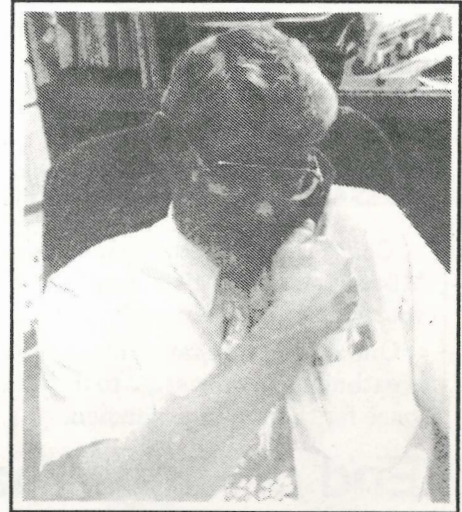
Deciding to retire was not an unplanned event.

"I've been planning on retiring for two years. I think it's time to do some-

thing else. I plan to hunt and fish and enjoy life," said Lonbaken.

The administration has begun looking for Lonbaken's replacement. They will hire a new superintendent to replace Mr. Tessier, who is also retiring at the end of this school year, and the new superintendent will help in the selection process for the Riggs principal. Anyone who is qualified may apply for the opening position.

"Mr. Lonbaken will definitely be missed; his guidance and supervision are a part of everything we do here at



Riggs principal Roger Lonbaken is retiring after twenty-two years in the Pierre School System.

Riggs," said vice principal Gary Merkwan.

Board seeks superintendent

by Cammy Clark

The Pierre School Board is hard at work looking for a replacement for retiring superintendent Darwin Tessier.

The school board is working in conjunction with the South Dakota Associated School Board in an intricate selection process.

School board member Evelyn Hyde explained the process.

"First, the Associated School Board gathers information from the local school board and then from a number of people in the community, including faculty members of the Pierre school system. The people from the community are asked what they think a good superintendent should be like, and their answers are used as input in the selection," Hyde said.

"The board collects the data and places advertisements for the job in nationwide papers, magazines, and newsletters. We then narrow the applicants down to five or six that will come to Pierre and be interviewed by the school board.

After the interviews we hope to narrow it down to one or two applicants and then make our selection," said Hyde.

The people who inquire about the job are sent packets containing an application, along with information on the school, city, and surrounding area.

Right now the Pierre school board is receiving applications and inquiries. The final cutoff date for applications is March 1, and the board hopes to have made its decision by the end of March, said Hyde.

When the new superintendent is chosen, the board hopes to include him or her in the selection process for the new high school principal at Riggs to replace Roger Lonbaken, who is retiring at the end of this school year.

"We want to have the new superintendent on hand when we select a new principal to replace Mr. Lonbaken. The new superintendent and principal will be working together a lot, so it is important that the chemistry between them is good," said Hyde.

New student body leaders have big plans for school

by Cammy Clark

Mike Shoup and Mike Huxford were elected student body president and vice-president last week, defeating Tom Lehmkuhl and Jim Gerdes on the second run-off ballot.

The first ballot included five teams. The first ballot eliminated the teams of Michelle Reinke/Chad Wharton and Todd Tedrow/Mike Youngberg. The succeeding run-off ballot eliminated the team of Jeremy Joy and Tobiann Vanderpol, leaving the teams of Shoup/Huxford and Lehmkuhl/Gerdes for the final ballot.

Shoup and Huxford plan to jump right in and get things accomplished. In their campaign speech they pledged to work for a senior lounge, hats in school, and increased school spirit.

"Our first plan of action is to form a committee to gain the privilege of wearing hats in school. We have talked with [vice-principal] Mr. Merkwan, and he thinks that this can be accomplished if done the right way. We plan to form a committee at our first meet-

ing to get the ball rolling quickly," said Shoup.

Shoup and Huxford are also proposing a senior lounge for next year, to be located in the current wrestling room off the library. Next year's wrestling practice facility will be located in the renovated skating rink on Poplar Avenue.

"The senior lounge is another one of our big topics. We would like a place for the seniors to hang out that wouldn't disturb the study hall and where there are no big glass trophy cases to break. Maybe we could get a Channel One TV in there and pick up some furniture at a garage sale or something. Food would be allowed in there, and we would have garbage cans around so that wouldn't be a problem," said Shoup.

"One of the things we want to stress is that we aren't doing this so we can put it on our college applications. We really want to help the students out and work for what they want," said Shoup. "We'll work hard to accomplish our goals."

Editorial

Seniors choose wrong road...

The senior class has selected a class song that will be sung at their graduation. They have chosen the song "End of the Road" by the group Boyz II Men. Is this how the senior class wants to be remembered? Isn't this song about a girl breaking up with her boyfriend? If the senior class wants to have a song at all, why don't they pick one that relates in some small way to their years at Riggs? This editorial board has come up with some equally relevant suggestions: "Rumpshaker," "There's a Tear in My Beer," and "This Side of Hell."

Senior lounge dead-end idea

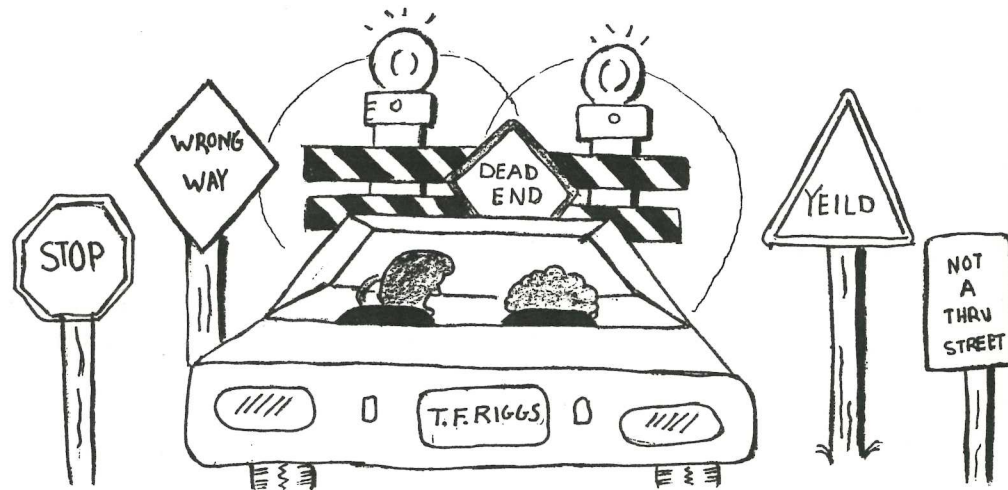
Congratulations to the new student body president and vice president Mike Shoup and Mike Huxford. We wish you luck in making good all of your campaign promises!

One of the campaign ideas was to create a senior lounge in the old wrestling room connected to the library. The library will no doubt want this space for their own expansion.

End of Riggs road for Lonbaken

A fond farewell to Riggs principal Roger Lonbaken! Thank you for your twenty-two years of service in the Pierre School System. His work behind the scenes has helped to create an organized, up-to-date curriculum, and he has provided the vision that has kept Riggs on the fast track. He will be hard to replace.

I'm begining to detect a theme June.



What the people say about... the senior class song



"It's OK, but I thought we could have picked a better one. It will do."
senior Ruth Twiggs

"I really like that song; it was one of the best choices, but they could have had one that represents our class better."
senior Leslie Lowe



"I guess it's o.k., but George Michael's 'I Want Your Sex' would be more appropriate for our class."
senior Shane Neuharth

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Dieticians stress eating to win

by Mandy Johnson

When it comes to nutrition, many athletes are their own worst enemy. Their opponents don't defeat them, and the clock doesn't beat them; they defeat themselves at their own training table.

Many athletes are unaware of how their diets affect their sports performance. It is now recognized that the right diet, along with the proper training, can significantly improve sports performance.

Exercise is the core of any fitness program. It is the best route to a more physical, healthier athlete.

Along with an exercise program, an athlete needs to maintain proper eating habits during training and before competition. During training almost all athletes are required to eat protein in reasonable amounts, increase their consumption of vegetables, fruits, and grains, and decrease their intake of fats and sugars. This will help shed those unwanted pounds and improve nutritional fit-

Ten terrific snacks to munch on

by Mandy Johnson

Are you one of those people who likes to grab a candy bar and a pop for an afternoon snack? Well, take a look at some more nutritional, low-fat, and healthy foods you can nibble on.

1. Fresh and dried fruits
2. Vegetables
3. Popcorn (hot air popped

w/out oil)

4. Unsalted pretzels
5. Rice cakes
6. Unsweetened applesauce
7. Low-fat yogurt
8. Fruit roll ups
9. Sherbet ice cream
10. Licorice

These ten terrific snacks are ensured to give you the proper combinations of carbohydrates, proteins, and fats that your body needs daily.

ness.

Eating before competition is another aspect athletes need to improve on. It is impossible to create a pre-game meal that is best or right for every athlete in every sport. But there are some guidelines athletes can follow to help them select the best pre-game meal for their chosen sport and personal taste. The following guidelines are suggested by Dr. Robert Hass in his book Eat To Win.

1. Don't eat large meals before competition or exercise. Your body can't perform at its best if your stomach is overloaded with fats, proteins, and carbohydrates. Wait at least two hours after eating before competing or exercising.

2. Your pre-game meal should consist primarily of complex carbohydrates, such as whole grains, cereals, breads, pasta, and vegetables. These foods will allow your body to slow

down the stomach emptying time of other vital nutrients that you use for energy and endurance.

3. Drink water beyond what your thirst requires. This is the single most important nutrient. You should drink numerous cups of water before, during, and after competition or exercise.

It is very easy for athletes to follow these guidelines, but motivation is what keeps one person on task when another might give up. Having the responsibility and control over your diet will make you feel better and more productive.

To keep yourself motivated, stick with a fitness program and a simple diet. Start by deciding what you want to accomplish and then visualize success. It is important to actually see success in your mind's eye.

Eating to win can give an athlete the competitive edge over any opponent. Becoming motivated and using these guidelines with proper care will help the athlete achieve his or her personal best.

Weight loss: how far should you go?

by Mandy Johnson

Any active sport demands that you eat properly—a well-balanced diet including foods from the three major food groups: carbohydrates, proteins and fats. Carbohydrates supply long-term energy; proteins are the muscle builders; and small amounts of fat are necessary to maintain healthy skin, hair and digestion. If you consume the right foods in the proper amounts, you will feel better, look better and perform better.

Maintaining your present body weight is one of the most important factors that will help you increase your personal best during competition or individual activities.

In his book Eat To Win, Dr. Robert Hass advises athletes not to lose more than two pounds of body weight in a week if they intend to compete at their peak performance level.

Unfortunately many athletes violate this rule and follow a crash weight-loss diet in order to qualify for com-

peting in a specific weight category, such as in wrestling. These competitors who attempt drastic weight loss

shortly before competing generally lose not only the weight but the match as well! Drastic weight loss just prior

to any type of athletic competition (more than two pounds) will decrease your maximum aerobic capacity and severely diminish your athletic endurance.

Many times the athlete's goal is thinness, so he or she doesn't realize that with all the exercise they're getting they *need* to eat. Eating disorders such as anorexia and bulimia are becoming a serious problem with active people. If untreated, either of these eating disorders can lead to serious physical and behavioral consequences, in some cases causing death.

Generally, an athlete's diet should be composed of: 50-65 percent carbohydrate, 20-30 percent fat, 15-20 percent protein.

A high intake of complex carbohydrates such as fresh fruits and vegetables and whole grains together with an effective exercise program will keep the athlete healthy and properly nourished for upcoming competition.

Tips for safe weight loss

by Mandy Johnson

* Women should stick with a diet plan of no fewer than 1200 calories a day and men should stick to 1700 calories a day to prevent serious nutritional deficiencies.

* Eat a variety of foods

* Munch on fruit about 40 minutes before dinner, and you will eat less dinner.

* Exercise suppresses appetite. Exercise about an hour before a meal.

* Eat slowly. This is important! Enjoy your food; you will feel satisfied with eating less.

* Eat smaller portions.

* Don't skip meals. You'll have a

greater tendency to overeat at the next meal.

* Overeating is a habit that can be broken.

* When you think you are hungry but are really craving something, take a brisk walk instead, or drink a glass of water, or brush your teeth. It's pretty hard to eat something right after you have brushed your teeth.

* Try to eat your last meal by 7 p.m. and make the last meal of the day the lightest one, since you are less active after dinner.

These dieting tips are compiled from the Personal Fitness Planner written by Lesile Carola.

Sexual harassment

Student employees need the facts: Laws apply to teenagers too

by Molly Robertson

Sexual harassment can affect anyone, including teenagers. In fact, some of the most common and *unreported* incidences of sexual harassment happen in workplaces that employ teenagers.

According to Labor Law Reports in the 1991 Guidebook to Fair Employment Practices, all employees are entitled to a workplace that is free of any biased atmosphere. This means that an employer is obligated to prevent sexual harassment and can be held to have violated the law when it permits this type of behavior.

The most common occurrence of unlawful sexual harassment is between a male supervisor and a female subordinate, but some times these roles are reversed. Any unwelcome sexual advance, request for sexual favors, or any other verbal or physical

conduct of a sexual nature when the response or reaction affects employment decisions are considered unlawful. An employer can even be held liable for the harassing conduct of persons outside its employment, such as customers.

Often sexual harassment is unrecognized by both the offender and the offended. Generally anything that is perceived as offensive can be called sexual harassment. Employees who believe they are being harassed should be advised to:

1. **REACT**, by telling the offender the behavior is unwelcome and should be stopped immediately.

2. **KEEP A RECORD** of where and when the incident took place.

3. **INVESTIGATE** whether other employees have been similarly harassed.

4. **SEEK HELP** from a trusted associate to cope with the problem and provide corroboration.

5. **COMPLAIN** immediately to the immediate supervisor. If that supervisor is the culprit of the action or if the action taken by the supervisor is unsatisfactory, take the complaint to the next higher echelon.

The South Dakota Division of Human Rights is the agency that handles discrimination complaints, including sexual harassment charges.

Many work environments high school students come into contact with involve having a supervisor who is also a teenager. These supervisors often have little managerial training and do not know how to deal with sexual harassment charges. There are some general guidelines for managers to follow.

To avoid being charged with sexual harassment, supervisors should be instructed to:

1. **AVOID PHYSICAL CONTACT**, including innocent hugs and pats, which could be misunderstood.

2. **SHOW NO FAVORITISM**, indicating a special relationship with a particular subordinate, which may be perceived as a form of sexual harassment.

3. **DO YOUR OWN PERSONAL BUSINESS**.

4. **WATCH WHAT YOU SAY**. Avoid suggestive comments or personal compliments.

5. **INFORM EMPLOYEES** of their right and obligation to report instances of sexual harassment.

6. **DEMAND A PROFESSIONAL WORK CLIMATE**. Do not tolerate derogatory or sexist language.

7. **ACT IMMEDIATELY** when you receive a complaint about sexual harassment.

The South Dakota Division of Human Rights handles discrimination complaints, including sexual harassment charges. Any questions or charges should be taken to them.

Harassment not a problem here, say teachers, students

by Cammy Clark

Sexual harassment seems to be a big issue in the United States these days, but how about the Pierre School System?

According to Riggs students, sexual harassment between teachers and students exists, but sexual discrimination is more common.

"I suppose it exists, but I think it's about equal for guys and girls. It's nothing like Ted Bundy, but it's definitely there. Discrimination because of gender takes place all the time," said senior Mark Brost.

"I think there is some sexual harassment, but I take it in a joking manner; some people don't and the fine line between having fun and hurting someone's feelings gets crossed," said sophomore Dusty Johnson.

"I don't think there is any sexual harassment in classes; I'm even in mechanics, and if there was any sexual harassment, that would be a big place for it," said senior Chance King.

Teachers are also aware of sexual harassment in school and have different ways of dealing with it.

"I joke about sexual harassment in my classes all the time as a point of humor, but I believe it's a very serious issue. The idea of joking about it makes everyone aware that I'm aware it exists. I try very hard not to treat students differently because of their sex," said sophomore biology instructor Bob Judson.

"I read an article about a study that was done concerning teachers calling on students. The study showed that regularly boys were called on more than girls, so I make an effort in my classes to call on girls and boys

equally," said sophomore English teacher Ken Larsen.

Students seem to feel that some teachers attempt to treat their pupils equally but that others don't try at all.

"I think that there are certain teachers who try very hard to make things equal. For example, in my Latin class Mr. Mickelson makes a supreme effort not to offend anyone and to call on students of both sexes equally," said junior Scott Kennedy.

"In my history class it seems like the teacher favors guys and is easier on the girls because he thinks they need to be helped along," said junior Sara Harens.

As for student to teacher sexual harassment, teachers have varied opinions.

"I've seen disrespect from both boys and girls, I think that students respond more to a person than to his or

her sex," said Larsen.

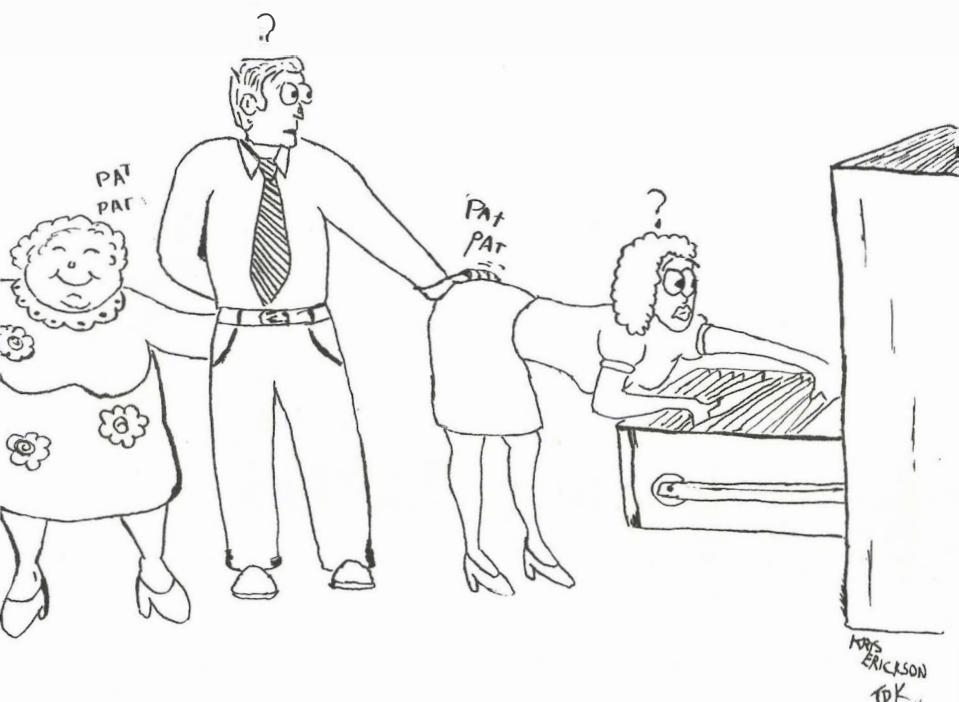
"I've noticed at that at the beginning of the year some of the younger guys will test me to see if they can dominate me. Also, if I wear a skirt I seem to get more respect from the students," said Spanish instructor Marcia Graney.

"I never really think of myself as being sexed. Sometimes I think because I'm big I am perceived as being tough," said Judson.

According to vice principal Gary Merkwan, sexual harassment is not an issue that is dealt with much in the Pierre School System.

"We don't receive many complaints about sexual harassment. When we do, we call in the student and the teacher, they visit with me, we analyze the situation, and see what we can do to resolve it," he said.

it can happen to you



Sexual harassment: maybe not such a bad idea?

by Thomas Kamnikar

My sister recently started a new job, and on her first day she received a lot of slack from her male co-workers about signing a sexual harassment waiver.

My sister soon forgot about this incident, but it got me to thinking. What if we lived in a world with such a thing? Certainly it would make life for us males a lot easier, not to mention electing a president. But what about everyone else? Would this really work for them? Of course it would. Maybe there would be a few secretaries and assistants who would mind. But hey, what's a little pat on the rump anyway? I mean, there are some women out there who would kill for a pat on the rump, especially from someone rich enough to afford a secretary or an assistant. (Let me stress that my tongue is seriously in my cheek right now, and the female members of the editorial board have a noose waiting for me outside.)

Where was I? Oh yes, women. But you have to look on the bright side.

This would be beneficial for you too. I mean, think about goosing that cute delivery boy or the mailman?

Certainly this would be a requirement for some jobs; you'd probably have to agree to sign it before they hired you. In politics it would be a must, like for congressmen. Any instructor for tennis or swimming with a name like "Biff" or "Buffy" would have to sign one, too.

This would probably be advantageous to teachers, too. Now if a student wanted an "A," they'd really have to work for it. (My colleagues are tightening the rope.)

Students would have to sign one, too. Can you imagine what walking down the halls would be like? Actually, now that I think about it, probably the same as it is now.

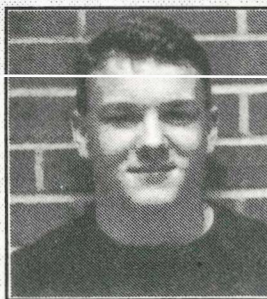
As you probably have noticed, I have been making fun of the idea. So please, oh please don't start up a Femme-Nazi posse to come burn my house down. (Don't worry, the editorial board has taken care of that part. G g g k k k l l l s s s . . . *)

*(translation—ouch!)

Have you ever been sexually harassed?

"Sometimes teachers make jokes about a smarter gender. It doesn't bother me as long as it's geared toward gentlemen."

junior Wendy Birhanzel



"A teacher once stated that her girls always came through for her and made us guys look dumb. She make it look like males are not as capable as girls in that class."

junior Nate Kuchta

"Teachers seem to favor girls in a nicer way than guys."

sophomore Jason Robinson



"Yes, some of my teachers prefer to call on one sex over the other."

senior Jonathan Urbach

Wrestlers proving they are 'a good, solid team'

by Jen Hauschild

January is proving to be a busy month for the Pierre Governor wrestling team, and it's not over yet.

With a 2-2 record in the ESD Conference, Pierre must face unbeaten Watertown at tomorrow's Watertown dual. "They're the ESD champs, and we need an upset over them," said Bryant. "It will be an exciting meet."

Pierre had a disappointing loss to Brookings last weekend. The final score was 30-31. Pierre has now suffered two losses in the ESD Conference.

"I think we need to regroup and re-evaluate our team. We have to set our eyes on the region and state tournaments and focus on our team and individual goals," said Bryant.

At the Winner Invitational, the Gobs placed fourth.

"That was also a disappointing loss. We're in the lull of the season now which is typical. We just need to show a little character," said Bryant.

Sophomore Eric Sprinkle, 103 pounds, "did a fantastic job," said Bryant. "He beat the 103 lb. wrestler from Mitchell which helped him a lot. It was an important win for him."

Senior Ryan Noyes, 135 lbs., finished in fourth place. "He had to default because of an injury, but hopefully it won't be a problem," said Bryant.

Senior Chris Stotts, 189 lbs., fin-

ished in third place. "It was nice to see him come back. He had a tough loss in the semi-finals," said Bryant.

Senior Levi Hillmer, heavyweight, still remains undefeated and finished in first place. "He has pinned every one of his opponents and has given up only two points the whole season," said Bryant. "He is physically strong, and he dominates his opponents well. He puts on good pressure, and he sets up good pinning combinations."

Pierre placed third at the Mitchell Invitational two weeks ago.

"We wrestled well and placed six or seven individuals," said Bryant. "We only lost by one point to Mitchell. They're a team we have to beat at regions."

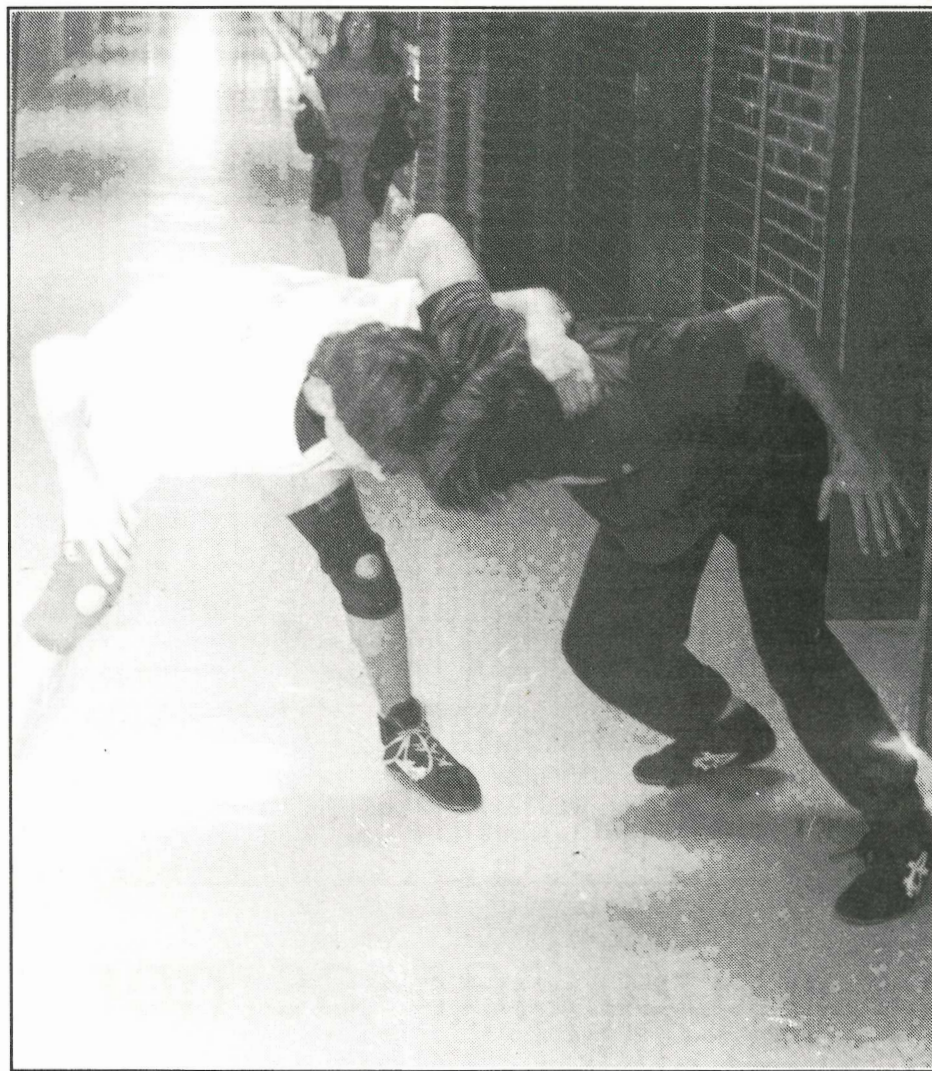
In Yankton, the Gobs beat Brandon Valley and Yankton but once again lost to Mitchell.

Pierre did pull out a victory at the Pierre Invitational beating Aberdeen and Miller. "They're teams we should beat, and we're proving that we are a good, solid team," said Bryant.

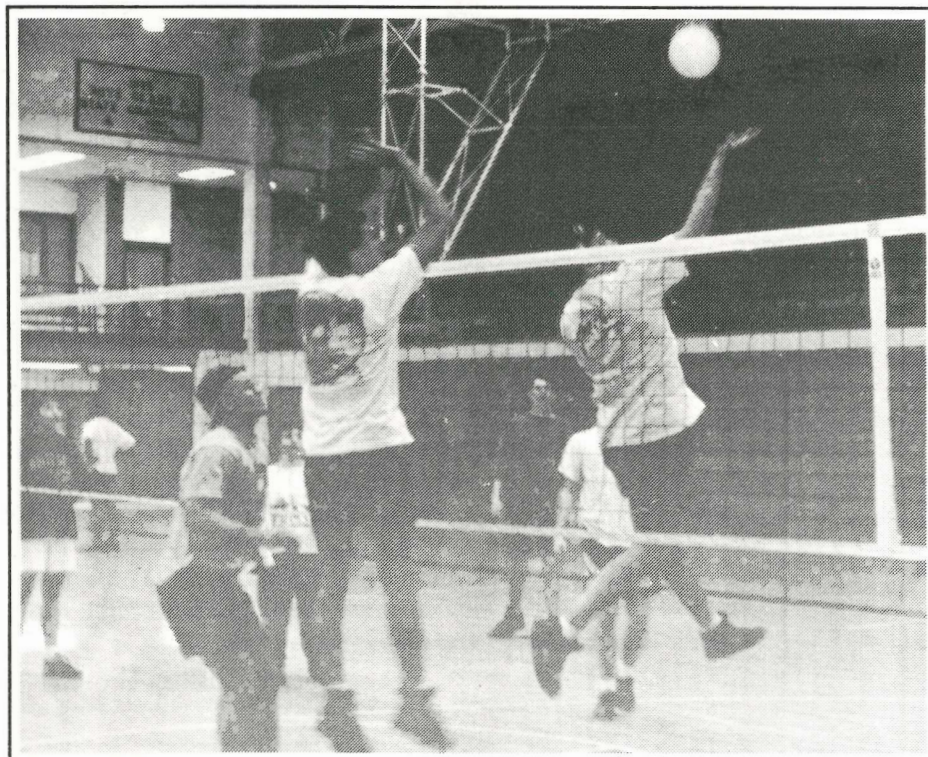
The JV team is also having a good season with a 3-1 record in the ESD Conference.

"We've been very successful," said Bryant. "We beat Mitchell, and our only loss was to Brandon Valley."

"We have an outstanding, young team. We hope to see some decent wrestling in the next few years," said Bryant.



Take down! Wrestlers Nate Hamm and Brian Hermanson practice their moves.



The right stuff! Preventing a point, senior Shane Neuharth blocks a spike by Bruce Pearson.

Co-ed volleyball provides alternative entertainment

by Jen Hauschild

Co-ed intramural volleyball has started once again this year, due to the efforts of coordinator Carol Pickering.

"Co-ed volleyball started about three years ago. Intramurals was originally for girls but not enough signed up for it, so we opened it up to guys also," said Pickering.

IVA's has drawn a big response from many students. "We have eleven or twelve teams with about ten people on each team," said Pickering. "There has to be an even number of boys and girls on each team, but the boys usually show up more than the girls."

"It's fun to play on a co-ed team,"

said senior Rob Hall.

The volleyball teams have no special rules except that there has to be an equal number of boys and girls on the court. Other than that, they play by regular volleyball rules.

"This is normally a Monday night activity, but because so many events are booked in the gym, we have to hunt and peck for nights," said Pickering. "That factor cuts down attendance, but the students must be pleased with it, because they show up to play."

"It's something fun to do in the evenings," said sophomore Amy Swenson.

"You get to see your friends in the evenings, and it's something fun to do," said junior Dawn Henderson.

Young and old find enjoyment in skiing

by Jamie Clair

The cold thrust of winter's biting wind on your face, the sight of the mountain you are determined to conquer, and on a good day the sun's gentle warmth on your back—all of these the skier experiences at the top of a snowy peak preparing for the descent.

What attracts millions of people—young and old—to the sport?

"I like the snow," said Jim Gerdes, senior. While sophomore Sherri Zeller says, "I enjoy the competitions." Other

"I like the snow bunnies!"

---junior Ryan Beck

students find enjoyment out of a different angle of the sport, like Ryan Beck, who said, "I like the snow bunnies."

Skiing is unlike many other sports in that it can be enjoyed by the young

and the old. Just as many students enjoy skiing, several teachers at Riggs enjoy the sport as well.

"My most memorable experience when skiing was when I was chaperoning some high school kids. I fell,

and it took five of them to pick me up," said Sharron Whitney, Riggs' librarian. Whitney has skied for five years.

Skiing has recently given birth to snowboarding. Jim Gerdes has enjoyed the sport for four years. This alternate form of skiing is becoming more and more popular. In fact, in 1992 the number of snowboarders increased by 100,000, and the number of skiers decreased by 1 million!

Many skiers believe this sport is a great escape from the winter blues and a sure cure for cabin fever.

Sports injuries should be taken seriously

by Cammy Clark

Slowly you make your way down the clogged hall. The people in front of you don't seem to be moving. Looking to see what is blocking traffic, you see a student on crutches moving painfully slowly. A sports injury has struck again.

According to Carrie Mikkonen, an orthopedic nurse for the orthopedic clinic in Pierre, sprained ankles and injured knees are the most common problems students face in high school sports. "We probably see the most injuries from basketball," said

Mikkonen "this is because the players are moving very fast and changing directions constantly and quickly. As far as sports injuries go, your best bet is golf."

The orthopedic clinic in Pierre sees about eight kids from the surrounding area a day with sports related injuries. Not all of these injuries happen in the heat of the battle. "A lot of kids get injured playing with their own teammates, just horsing around," said Mikkonen, "this happens just because they aren't concentrating on what they are doing."

Rehabilitation always seems to be

a problem in high school sports because the seasons are so short. If a player is seriously injured at the beginning of the season there is a good chance that they are done playing for the year.

"One of the most difficult problems I deal with in my job is students and parents that try to take shortcuts in the treatment and care of an injury," said Mikkonen. "They need to understand the duration of recovery and rehabilitation needed in restoring the student to full capacity."

Not all of these injuries have to happen. Mikkonen suggests some

methods for prevention. "Be in good condition, make sure you have a proper warm-up and cool down, play by the rules, and eat properly. Good nutrition helps to make all body systems function better under stress," she said.

To prevent injuries on the basketball court, the players work on conditioning and calisthenics every day at the beginning of practice. During the off-season the players lift weights to prepare themselves.

As long as there are high school sports, there will be injuries. So just be patient, you'll make it down that hallway.

IBA's gives non-varsity players chance to shine

by John Jordre

The sound of basketballs fills the gym on Tuesday and Thursday nights as a large part of the Riggs male population gathers to participate in the intramural basketball program.

The IBA league consists of 8 teams that play each other over the regular season with playoffs and a championship game on March 16.

The competition is fierce but players enjoy it.

"IBA is fun because you don't have to practice and memorize plays for games," said junior George Vandel.

The league is open to all who want to play. Games are open to the public and anyone is welcome to watch.

Junior Scott Kennedy summed up the basic idea of IBA's with this. "IBA gives all the players who couldn't quite make the team a chance to play along with those of us who are really bad."

Pressure, injuries hamper netters

by Jen Hauschild

It's been a "slow season" for the Lady Gov volleyball team, according to Head Coach Jamie Breske.

"We're missing a few key players this year," said Breske. "Krista Oehlerking is still out with a head injury, and Ruth Twiggs is out for the rest of the season due to a knee injury sustained on the first day of practice."

This is Pierre's fifth season of volleyball and Breske's first year as head coach.

With a record of zero wins, eight losses, and one tie, Breske feels the team lacks experience.

"The team can pull their own, but the team leaders are my starting six," said Breske.

The starters on the varsity are Beth Wahl, Bonnie Wahl, Kari Gabriel, Karen Sjerven, Michelle Reinke, and Jenny Schlekeway.

"The team was nervous. They had brain lock, and they were under a lot of pressure from friends and family."

--Coach Jamie Breske

The Lady Govs were defeated by the Winner Warriors on Monday.

"The team was nervous," said Breske. "They had a brain lock, and they were under a lot of pressure from friends and family that were at the game. They didn't play to their potential. We are capable of doing a lot."

The Lady Govs host Mitchell on Saturday. "We're capable of beating them. We just have to block out all our distractions," said Breske.

Three Riggs seniors selected as pages

by Cammy Clark

How can a high school senior get out of school for two weeks, spend time with powerful people that shape the laws of the state, and get paid for it? Three Riggs seniors are doing just these things as pages for the South Dakota legislative session.

Ashly Suedkamp, Aske Whitebird, and Andrea Viken all qualified to become pages. They developed interest in becoming pages for a variety of reasons.

"I've always been interested in political science. I am involved in Teenage Republicans and was involved in Girl's State. Also, my mom was a page so it's kind of a family tradition," said Suedkamp, who will be a page for the House of Representatives the third session. "I've sat

in on the legislature with my aunt for a few years and have always been interested in politics. Last year when I went to Girl's State, my interest grew more," said Viken, who is a page in the Senate during the second session that is going on now.

"My dad is involved in politics, so I have always been interested in it; and I've always wanted to be a page," said Whitebird, who was a page in the House of Representatives during the first session.

The duties of a page are grueling, but according to the pages, it is all worthwhile.

"We sit in on committee meetings, answer phones, run errands, make copies, take messages, and pass out bills and calendars. It's a lot of work but a great experience," said Viken.

"It was great getting to meet people from all over the state," said

Whitebird.

In order to become a page, a high school senior needs to have an A/B average, have the approval of their high school principal to miss classes for the two weeks, and be sponsored by a legislator in the House of Representatives or the Senate. There are four two-week sessions that the student can sign up for. Once a student has been accepted as a page, they need to make up the school work that they will miss for the two weeks they work session.

"Teachers in the Pierre school system are great as far as making up work is concerned," said Suedkamp. "They really support the pages and are helpful with the work we have missed and need to make up."

"It's difficult to miss school for two weeks, but as long as I keep up with the work, it won't be that bad. All the

pages go out, but they also go home after work to do their homework," said Viken.

Pages receive twenty-five dollars a day as compensation for housing and food. Although they live at home, pages in Pierre are also given the money.

As a page the students learn many things they won't get in government class.

"I'm learning a lot; I get to see how the bills move through the system, and I sit in on committee meetings to hear the proposals and to hear people give testimony for and against the issues," said Viken.

"You get hands-on experience with the political process and a better understanding of the laws that are made. I think it will help me to become a better citizen," said Suedkamp.

Drinking and driving teaches student tough, lifelong lesson

by Mandy Johnson

One poorly planned, hurried trip to the airport resulted in a tragedy. The memory of that scary night may fade, but the scar that Brook Schutt has will remain for life.

It was 4:00 A.M. on July 11, 1990, and the rain wouldn't let up. Brook Schutt and Jim Vanwell were getting ready to take his friend, Dennis, to the airport. After Jim had a couple of beers, they got in the car and headed for the airport. "Jim was in a hurry because his friend's flight was scheduled to leave at 5:00, so he was driving very fast," said Brook. Going around a slippery, wet corner, about 200 yards from the airport, the car slid off the road into the ditch. "I was very scared. We stopped about 10 feet in front of a culvert. Jim was very upset he had driven so fast," Brook said.

Dennis got out to push, and Brook decided to get out and help him. Brook was standing by the back right wheel, and Jim tried to go forward, but the car was definitely in a stuck position.

"Dennis and Jim were talking, and Jim said, 'OK, let's try it again.' I was just stepping down to push, and Dennis was standing behind me. I thought they were going to go forward, but this time Jim was going to try to

reverse it out of the ditch, so just as I stepped down my left foot slid under the wheel, and Jim hit the gas. For a brief moment I can remember looking down, watching the tire spinning on my leg, and I just started screaming. Dennis looked down and yelled at Jim to stop the car. He pulled me up, away from the car and kept telling me it would be OK," Brook explained.

"By this time I was in total shock, and I yelled to get an ambulance. Jim argued and said, 'No, then there will be police out here, and I will get busted'. So then Jim asked Dennis to say that he was driving, but he refused. I told one of them to get help, or I was gonna bleed to death. Dennis ran to a pay phone to call Bill Welch (Jim's cousin), and in the meantime Jim got a blanket out of the car to put around me. Dennis came back and said Bill and his dad would be here any minute," Brook said.

"I kept looking at my leg, trying to remain calm, but when I saw my femur bone and the torn muscle, I panicked. The bleeding wouldn't quit, so I took off my shirt and tied it around my upper thigh," said Brook.

"Bill and his dad arrived and took me straight to the emergency room. They sat me in a wheelchair and called my parents. When my parents ar-

rived, they talked to the doctors and found out nothing was broken. I heard that they were going to take me to McKennan Hospital in Sioux Falls and that there was a possibility my leg would have to be amputated," Brook said.

"We arrived at the hospital, and the doctors discussed what would be done. I went into my first surgery which was to repair my main artery in my leg. I was put into intensive care and over the course of the time that I was in the hospital, which was one month, I had two other major surgeries. The second was to repair the nerves that were damaged, and the third was to do the skin grafting (a type of plastic surgery)," said Brook.

Brook was not able to walk without a leg brace for six months after the accident, but with the help of physical therapy and determination, she is back on her feet. The following year she played on the JV basketball team and amazed many people.

Experiences like this are life changing. Brook is not the same person she was before she took that fateful ride to the airport. "In the past two years I've recovered real well, and I've learned to live with my scar. But most of all I've learned that drinking and driving isn't just a game," Brook said.

Class offers career guide

by Mary Nelson

A new class, Career Awareness, is in session this year for Riggs students.

The purpose of this class is to help kids get a better idea of various careers in the community.

The class is one semester long and fills two class periods. It is worth one credit. Mondays are spent in the classroom. Tuesday through Friday students "shadow" various business people around town.

Aside from a few outside projects, students are graded on attendance and filling out forms. No tests are given.

Teacher Stan Wahl said, "I think it's well received by the students, and they find it very interesting."

Maryhouse and the Pierre Police Department appear to be very popular with the students. Junior Callie Martin said, "One day I was shadowing at Maryhouse and the fire alarm went off while I was in the elevator. I had to stay and help calm down two old ladies."

Junior Mary Wendt said, "When I was shadowing a police officer, we pulled over a driver going 89 m/h. The man that was speeding thought he could get a break because I was in the car."