

T.F. RIGGS HIGH SCHOOL GOVERNOR

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Staying healthy
Luke Schuetzle
and Briam
Bumann keep fit
by lifting weights
pg 4-5



'Inappropriate' content: Administration calls off student-produced video, says film can be shown after further editing

By BryAnn Becker

Due to inappropriate content, the administration last Friday called off the scheduled premiere of the Cross Country Documentary II (XCDOC II), which was to have been held this past Monday in the school's theater.

"The video had been reviewed at the request of one of its producers, and some of the content was judged by the administration to be inappropriate according to school standards and policies," principal Mike Fugitt wrote in a summary statement of the decision.

Fugitt said he and vice-principal John Lakner previously had agreed to show the video, produced by seniors Tyler Hoffman, Adam Johnson, Andrew Kightlinger and Jacob Miller.

"We said sure. It [cross-coun-

try] is a legitimate activity," Fugitt said.

But after reviewing the tape, Fugitt and Lakner decided the video could only be shown if it is re-edited and reviewed again by administration and by cross country coaches.

"After looking at thirty to forty minutes, we saw some things we were obviously concerned about...I told them they can't show the video until it's edited," he said.

Fugitt said this editing must include offensive language, actions that "could be construed as sexual" and references to homosexuals.

Fugitt said he didn't want the video misrepresenting a Riggs High School activity because of



Tyler Hoffman

inappropriate content.

He said it's the students' own business if they want to make a private video, but because the subject was based around a school-sponsored activity and would be shown at school, the content was deemed inappropriate.

He believes some of the film's content crossed the line of acceptability.

"We want kids to represent activities...consistent with school policy and in good taste," he said.

However, Fugitt encouraged the students to re-edit the video.

"We don't want to discourage publishing our activities; we just want it done in a tasteful and reasonable way," he said.

According to Hoffman, he and

Miller spent twenty hours previously editing the material to create the original film. Lonnie Garland, who works for Comprehensive Media Group, donated his time to help make the movie.

After filming a cross country documentary last year and receiving such a good response from viewers, the seniors decided to produce a sequel.

Hoffman said the content was determined by considering their viewing audience.

"We looked at the audience, which was teens, and we put in what we thought would be appealing to them," Hoffman said.

Hoffman said they had previously shown the movie to friends, parents and non-Riggs teachers



Andrew Kightlinger

in the community and none of them found it offensive.

"Some stuff is risqué, but it's stuff that teenagers find funny," Kightlinger said.

Hoffman said it never occurred to him that the administration wouldn't approve of the documentary.

"It was blown out of proportion. There was nothing in this you couldn't see on normal cable," he said.

Hoffman said they plan to show the movie at a later point in time.

"It's a documentary of people in cross country and in no way represents administration, school district or coaches," Hoffman said.

Battle of the schedules

Staff, student present views during meeting

By Will Butler

Results of a faculty vote on block scheduling were presented to the school board at the December meeting of the school board. According to principal Mike Fugitt, thirty-one of fifty-one teachers voted in favor of continuing to pursue some form of block scheduling.

According to Fugitt, the teachers who voted *yes* did so on the condition that they get a 90-minute preparation period each day.

Fugitt also added that many teachers who voted *yes* also did so asking that all necessary accommodations be made for the music program.

In addition, superintendent John Pedersen announced that a public meeting will be held on January 5 for the public to offer input.

According to Fugitt's report, the administration has studied alternative scheduling for several years now. Teams of teachers, administrators and students visited

Huron, Watertown, Mitchell, Aberdeen, Sturgis and Spearfish prior to the faculty vote.

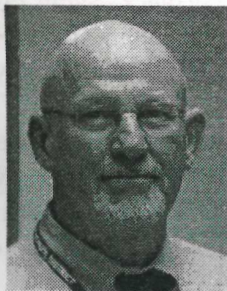
"Each school indicated satisfaction with block scheduling and stated their intent to continue using it," Fugitt said.

Fugitt added that each of the schools visited has been using block scheduling for at least several years.

Aberdeen, Watertown and Sturgis all use a 4x4 block, where students attend the same four classes in a day and complete a full credit each semester.

Huron, Mitchell and Spearfish all use an A/B type block, where students attend approximately half of their classes each day.

Latin teacher E. Jay Mickelson spoke to the board about his reservations. Mickelson reasoned that at least two weeks of instructional time per year would be lost under block



Mike Fugitt

scheduling and that block scheduling would affect music programs that were crucial to kids' success on the SAT Test.

"I have a great deal of fear for the future of the foreign language program," said

Mickelson.

Mickelson reminded the board that finances involved with block scheduling may be an issue.

Special Services teacher Patti McClemons visited Watertown High School, which uses a 4x4 block.

"After visiting the Special Services program there, I noticed that theirs worked better under block scheduling," McClemons said.

Student body president Adam Emerson, who visited Watertown, said that Watertown students like block scheduling because they perceive their classes as "easier," which Emerson said is not necessarily a good thing.

Students respond to Janklow case with... Diverse, intense reactions

By BryAnn Becker

One hundred and eighty five miles may seem like a long distance, but a fatal accident that occurred near Trent has carried waves of reactions across those miles to Riggs High School.

Students have various reactions to the guilty verdict of former Congressman and Governor William Janklow.

"He shouldn't have run a stop-sign...The fact that he took it lightheartedly wasn't considerate at all," junior Micah Rockwell said.

"The thing that made me upset was that he is a diabetic, and he should know enough to eat," senior Savannah Cromwell said.

"It makes me mad that he's not going to get anything [for sentencing]. I think he should get anything a normal person would get," said

senior Lindsey Kozel

Freshman Seth Hipple said that although he doesn't particularly like Janklow, he does feel sorry that he had to deal with the consequences of killing Randolph Scott.

Some students feel Janklow should have been more careful.

"I think he should have been more responsible...He kind of had to know he was speeding," Winter Nicholas, sophomore, said.

Nicholas said Janklow shouldn't be given special treatment when he is sentenced in January.

She said the case, however, has given her a deeper respect for the judicial system.

"You're never higher than the law," Nicholas said.

Freshman Priscilla Williams has sympathy for Janklow.

"I think it's sad that he did kill the motorist and that they charged him. He was a good governor. It's sad that

he's not going to be able to represent South Dakota in Congress," she said.

However, Williams did agree with Janklow being found guilty on all four counts.

"He did go through the stop sign, and he was driving someone else's car."

Junior Joel Stars also approves of the charges.

"I think it was the right call for him to be found guilty. I think he should have jail time at least," he said.

Stars also said he feels the Janklow case means a great deal to the state of South Dakota.

"We don't have a representative for our state now," he said.

However, some students don't feel the case influences them at all.

"I wasn't interested. I don't think it affects me," sophomore Thoulou Gilyard said.

Janklow case: some good can come from it

Seventy miles per hour in a 55 miles per hour zone—change the scenario a bit, and almost everyone has been guilty of speeding. The Bill Janklow case, a tragedy no matter whose side a person takes, exists in a larger dimension than an ordinary speeding citation.

But perhaps some good can come of the situation if South Dakotans would take a few moments to learn from this accident.

First of all, the Janklow case offers a lesson in driving, particularly driving safely and within the speed limit.

The case can also teach people a lesson in taking care of themselves. Each individual has his own responsibility to make sure his condition as a driver isn't harmful to others. When this responsibility

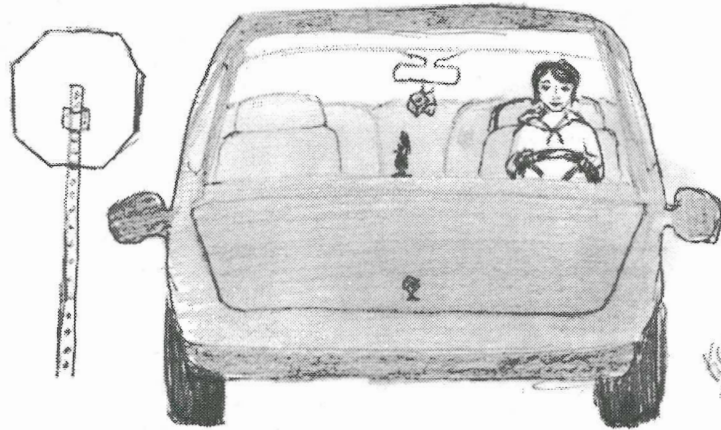
isn't taken seriously, the results will not be favorable.

Status shouldn't be taken for granted; neither should life's simplest moments and freedoms. Although Janklow's sentencing will not be determined until January, it is safe to say his life has and will never be the same since August 16. We must fully appreciate our lives, no matter how difficult they may seem.

Ironically, upon examination of Janklow's police records, it becomes even clearer that we should learn from our own and others' mistakes.

Perhaps if Janklow had learned from his reported accidents in the past (one in 1992, three in 1993, one in 1997, and one in 2002) he could have changed his ways.

There are many "if only's" and



"what if's," but what remains beneath the hype and politics is a lesson in appreciation.

Greater appreciation of our

lives and others' lives will hopefully result in individuals making better choices concerning driving habits, self-care and humility.

Thumbs Up

- ...to student senate members for decorating the hallways and lobby of the school for Christmas
- ...the planning of the school calendar by the board and teachers organization to give students and staff a two-week long holiday break
- ...to an awesome performance by the members of the "Anything Goes" cast



Thumbs Down

- ...to the 10-pound typical holiday weight gain
-to the flu that has started to attack students
- ...to stress, particularly senior research papers

Letter to the editor:

Dear Editor:

Do we really know what it's like to be discriminated against? I don't think so, but according to Andrew Berreth's column last month, we do. What discrimination there is, I don't think it is that big of a deal right now.

When I think of discrimination, I think of the racism against the Blacks in Civil War times. We made them do so many horrible things without caring about what would come of it. Although I do believe that some things are taken too far, special days/months are not.

We have Black History Month for a reason—to celebrate the achievements of African Americans throughout the years. It is wrong to think that these special days and months are set aside only for that specific group because

Caucasians also celebrate Martin Luther King day and others such as Lincoln's and Washington's birthdays. Just because we don't always get out of school for these days doesn't mean they're unrecognizable.

People must also realize there are plenty of other days/months that are recognized by most everyone. I say *most everyone* because not everyone celebrates the same things.

Now about Black Entertainment TV (BET) and White Entertainment TV (WET). If you're selfish enough to think you need your own type of TV stations because there is nothing on for you to watch, you're wrong. Of the 80 channels, 85-90% feature almost all white people. That's why I don't see why people complain about BET.

Sincerely, Cody Nicholas, senior

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HALL TALK: WHAT WOULD BE AN APPROPRIATE SENTENCE FOR BILL JANKLOW?



"Jail time, I guess."
—Stacy Zeigler, senior



"Whatever anyone else would get."
—Nate White, freshman



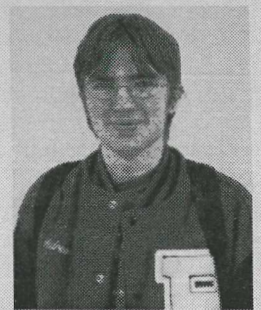
"25 years."
—Bob Olson, sophomore



"I think he should go to jail every year on August 16 and pay the family \$10,000."
—Kim Hipple, sophomore



"I think he should get life in prison."
—Rachel Harrison, sophomore



"He should get whatever anyone else would, not anything special just because he's a congressman."
—Andrew Wulf, junior

Loving and loafing

Columnist contemplates true meaning of Christmas

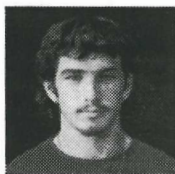
Oh, the weather outside is frightful... we could really use a delightful fire right now.

Anyway, the holiday season as well as Old Man Frostbite are here at last. With our school's change in vacation planning, we can now spend an extra week away from the worries of school... well, except for seniors and their English teach-

ers, but that's another story.

Some may spend their time with families and friends over the festive break. Others may work until well after the Christmas party their boss throws that they're not invited to.

Some people try to watch and see how many times the same Geico commercial comes on in one day.



Columnist
Anonymous
Tyson Nafus

Whatever the circumstance, know that everyone who doesn't leave Pierre is in for early mornings of pleading to their cars and probably some

shoveling. It is December after all, and who couldn't go for some more snow?

Ah, the mention of that horribly expensive word (Christmas) makes my wallet shudder.

'Tis the season of giving, but it's so hard to give when all you've got has been given already. Just reread the sentence—it'll make sense then.

From tin whistles

to tops to trapeze miniatures to stuffed squirrels, we all have our gift preference. Money is a common one, as well as cosmetic applicators and game enhancements for television sets.

No one seems to realize that the true gift of the season is spending time with those you love...and having some time to loaf around.

The Christmas

season is a well-deserved break, giving us just enough time to remember what summer free time was like. Well, I guess there is a slight difference in the temperature, but what real difference does that make?

Anyway, I'm off to my two weeks of watching cartoons and movies. You have fun, whatever and wherever that may involve.

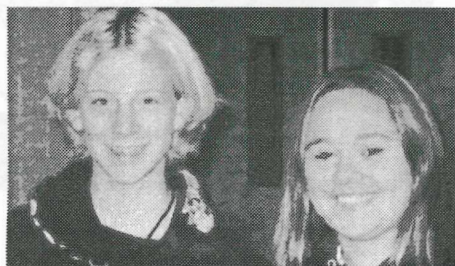
Interesting facts for the interested person

Everyone likes to hear weird and amazing yet true facts. You know, so you have something to talk about for the next few days. So we put together a few interesting and crazy yet true facts for you.

- Everyone has heard of Disneyland, right? You know—the place you have either seen eleven times or have never seen and you are in your teen years and still want to go. Well here's an interesting fact about Disneyland: way back when, Disneyland used to deny admission to long-haired males.

- The next is unbelievable but, according to my source, true. A church was having choir practice, but no one showed up on time. Their tardiness turned out to be a stroke of luck as the church exploded just as practice was to have started.

- This next fact shows exactly how dumb some people in this world can be. A man



Much 'To Do' About Nothing Maggie Schultz & Jenny Badger

committed suicide because he mistakenly thought his lotto numbers had come up on the one week he decided not to play.

- For five years *Webster's New International Dictionary* mistakenly included an entry for *dord*, a word that does not exist.

- Everyone knows the children's books by Dr. Seuss. Well, Dr. Seuss wrote the book *Green Eggs and Ham* after being chal-

lenged by his editor to produce a book using fewer than fifty different words.

- Know the huge holes in the road that lead to the sewer system? The holes that you try to avoid because they are quite a big bump? Well, those holes are called man-holes, and do you know why every single one of those holes is circular-shaped? Well that's because a circle is the only object that won't fit inside itself. So it is impossible for the lid of the man hole to be dropped down into the hole.

- For my last but certainly not least fact, did you know that studies have shown that every polar bear is left handed?

So now that you have a little more knowledge and something to talk about, go tell someone.

If you would like to look up some more facts, you can find some interesting ones at www.snopes.com.

'Angry Crackers' frustrated about C Lunch

The OPINIONS printed below are the sole property of the Angry Crackers. The one angry cracker has been joined by this month's guest, Jonny Huft.

Now about C lunch.

More than one person gets hosed everyday in the lunchroom. How do they get hosed, you might ask?

One student got charged for pickles! Those are condiments, right?

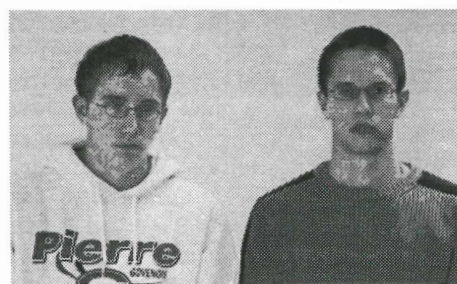
How much do you think the little cups of fruit cost, minus the fruit?

Two people on Tuesday got charged 35 cents because they put their broccoli in a cup and not on their plate.

We are not rocket scientists, but we don't think that those cups are worth 35 cents. Do you?

We asked vice-principal John Lakner that day what he thought the cost was, and he said they cost three—maybe four cents.

This gets us wondering—how much overcharging goes on? We believe that there is a



The Angry Crackers Andrew Berreth & Johnathan Huft

huge flaw in the lunch program, and these issues need to be looked at more closely than they ever will be.

The school could be stealing money from some of us, and we would never know because we don't get

itemized receipts for our lunches. Make sure that you ask what you got charged so that you don't get hosed.

Every day the lunch workers complain about the size of the portions we take. These problems can be avoided

by going back to the old system, where they dished up the food for us. This new program only causes troubles that will never go away.

Another question. What happened to the variety of fruit that they served in past years? There used to be fresh pineapple, grapefruit, strawberries and other delicious choices. Now we get a disappointing choice of canned pears or canned fruit cocktail or canned peaches.

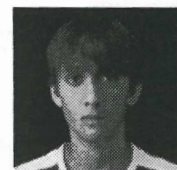
Also, we have something to say to the A&B lunch

goers: quit eating all the food like a pack of crazed, food-sucking, ravenous hyenas. Some of the last people through the C lunch line can't get doubles if they wish.

Also, quit disgruntling the lunch ladies. They would not be all over us in C lunch if you wouldn't pull all those shenanigans during A & B lunches. So be respectful and save some food for us.

FOCUS when you go through the lunch lines. OK, Good, Clear? Great.

'Lord of the Rings' Trilogy: Director achieves film masterwork



Cineramal
Andrew
Kightlinger

*****Perfect
Movie
****A must-see
***Rental fare
**Not recommended
*Avoid at all costs

FELLOWSHIP OF THE RING *****

The Lord of The Rings: The Fellowship of The Ring is the glorious start to the supreme motion picture trilogy in the history of mankind! I must begin by saying I had never read the books and had no aspiration to see this movie. But I was forced to see it, and when it ended and I stepped out of the theatre into a dreadful snowstorm, I no longer cared. The "Ring" had taken me! Splendidly-paced, the film is both epic and intimate, offering astonishing special effects and production design while accentuating the emotional intensity of Frodo's quest. Concluding on a faultless note of valiant devotion and wealthy anticipation, this spectacular fantasy continues in...

THE TWO TOWERS *****

The Lord of The Rings: The Two Towers is one of the most magnificent swash-bucklers ever made! It is an exiting adventure, a clever marriage of special effects and computer animation, and it contains sequences of breathtaking splendor. It also gives us, in a character named Gollum, the most engaging and realistic creature ever put to screen. *Two Towers* is grander in scale but preserves the original's emotional intimacy. It is possibly the greatest fantasy film ever made, but solely a prelude to the cataclysmic events of...

THE RETURN OF THE KING *****

The Lord of The Rings: The Return of The King is the best of the three films and the three hours and 20 minutes elapse rapidly because the characters and the story are so enchanting and beautiful, it's hard to keep your eyes off the screen! All the performances were brilliant, but one merits discussion more than the others: Sean Astin as Samwise Gamgee. He's astonishing as Samwise, and I can't envision the cold dark pathetic heart that does not weep for him. I nearly cried as he stood upon the side of that cruel and barren volcano, watching him carry the weight of Middle Earth upon his shoulders.

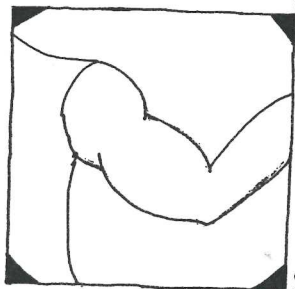
Peter Jackson, the New Zealand director who masterminded this film, brilliantly adapted J. R. R. Tolkien's book to the screen! He has made a work for, and of, our times. No trilogy from past or future stands a hobbit's chance in Mordor at surpassing the scope, beauty, and manner of storytelling of Peter Jackson's *The Lord of the Rings!* The trilogy will remain timeless, ranking with other cinematic classics such as *The Wizard of Oz*, *Casablanca*, and *Gone With The Wind*. Ah, life has never been so pleasant in Middle Earth.

Yoga, weightlifting, basketball, track... Many options available to stay in shape

By Kimberly Bartels

Exercise is good for the body and also good for a healthy lifestyle. But is it possible to exercise too much?

Some people will say one can overexercise. If a person becomes so obsessed with exercising that they are ignoring other important parts of their lives, then that is too much. Most people, however, don't overexercise and never have that problem.



What is the trick to knowing how much exercise is too much exercise?

It isn't so much a matter of overexercising as it is of undereating. Exercising for a number of hours per day requires eating more to keep energized and healthy.

Does that make it okay to do three hours of hard training and then go grab five cheeseburgers, fries, a large soda and a Dutch Apple Pie from Burger King? The answer is no. What good will all

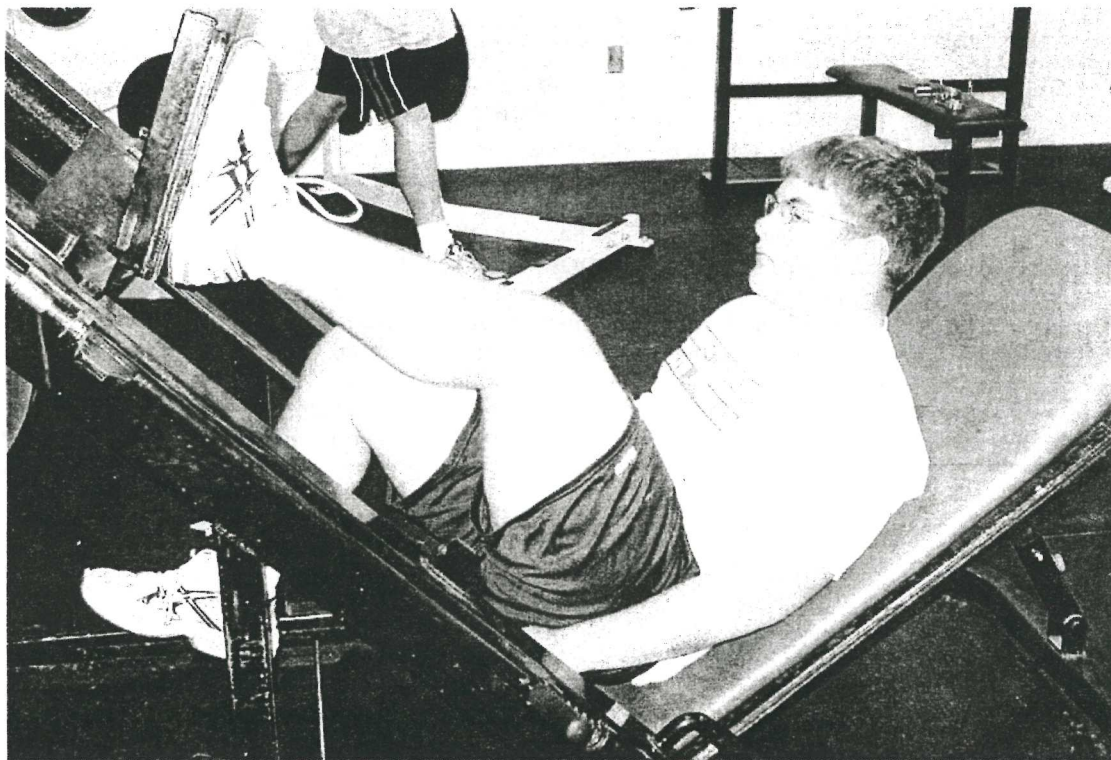
those long hours have done?

To maintain a healthy lifestyle, it's necessary to find a balance between how hard you exercise and how often to work out. It is also important to maintain a healthy, calorie-appropriate diet filled with fruits, vegetables, whole wheats, low-fat dairy products and lean meats.

Some people choose to train for three to four hours a day and others only a half-an-hour a few times a week, and still others decide to do little or no exercise.

For people who currently have no exercise routine, the hardest part may be taking the first step. Joining a class at the YMCA or a health club is a good way to get started on the road to a healthy work out plan.

For the rest, choose the program that is right for what needs to be accomplished. Do some experimenting to see how much nutrition you will need to keep you going or what kinds of exercise are enjoyable. If an enjoyable form of exercising is chosen, then



As part of a healthy work out plan, freshman Lucas Leidholt strengthens his muscles with the leg press at the YMCA.

it is more likely that it will be stuck with rather than dropped after week or two into it because of boredom.

There are a variety of exercises available. Running, swimming, yoga, kick-boxing, soccer and

other sports, steps, videos, weightlifting, pilates—there's no harm in doing combinations of different activities, and the options of these activities are limitless.

Maybe some want to start an exercise routine or even get a new

one. Most experts advise 30 to 45 minutes of aerobic exercise three times a week to maintain your fitness level. This is a great place to start, but if the need is weight loss, then it is best to create an exercise program to meet that need.

Students should do homework before starting fad diets

By Kelly Johnson

Have a few extra pounds to get rid of? Many teenagers resort to fad diets as an attempt to shed those extra few pounds, especially during and after the holiday season. Many fad diets promise a variety of weight loss solutions from low carbohydrate to small sugar intake.

Eating almost pure protein and fat? Does this sound too good to be true? The ever-popular Atkins Diet, which is described in the best-seller *Dr. Atkins' New Diet Revolution*, guarantees that participants won't only shed pounds but will gain improved heart health and memory function. The diet is based on the assumption that overweight people eat too many carbohydrates. The theory states that by significantly reducing carbohydrates and eating more protein and fat, our bodies naturally lose weight.

"I think Atkins is dangerous because it makes you lose muscle

and not fat," said senior Adam Emerson.

Both in the United States and overseas, the diet remains controversial. The long-term safety of the diet is in question for many researchers. While people are on the diet, there is potential for bone loss as well as liver and kidney problems because of the high amounts of protein in the diet.

"A protein diet is not healthy because it doesn't provide

you with the nutrients your body needs," said senior Andrea Bauer.

Another diet that got its start from a best-selling book is the Zone diet. The book's author, Barry Sears, Ph.D., reports that the zone is a place where people find themselves

"feeling alert, refreshed, and full of energy." The Zone diet is based on a 30% protein, 30% fat, and a 40% carbohydrate diet. In addition to weight loss promises, the Zone promises a lower risk of heart

disease, high blood pressure and diabetes.

"I feel like the Zone diet makes it easier for me to get toned," said senior Adrienne Lindholm.

Still, there have mixed reviews about the diet. Experts point out that much of the basic research in the book has been blown out of proportion and exaggerated. In addition, no studies have been taken to ensure Sears' conclusions about the diet are in fact correct and accurate.

"Sugar is toxic!" claims yet another book on the bookshelves across the nation. The Sugar Busters diet has been so popular that in the six years since the book was released, it has yet to be sold in paperback rather than hardback.

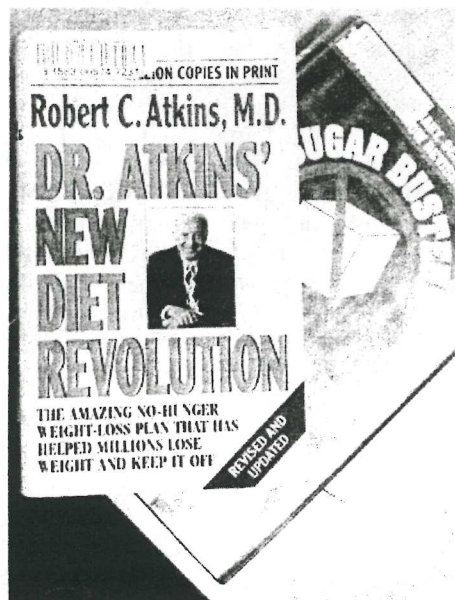
The Sugar Busters diet is based on elimination of all sweets made from refined sugar as well as elimination of certain high-sugar fruits and vegetables. In addition to trimming fat, the diet also promises to lower cholesterol, increase energy and treat diabetes.

"It is good to reduce sugar, yet it is an important component of a balanced diet," said senior Kelsie Reeves.

The essential food plan for Sugar Busters includes high-fiber vegetables, stone-ground whole grains, meats, fish, and fruits. Foods such as dark chocolate, carrots, raisins, and potatoes are strictly forbidden. Three meals a day in addition to healthy snacks is the routine for Sugar Busters' followers.

Nonetheless, experts are not impressed. Many experts agree that the diet may be too high in protein, which may cause kidney damage, fatigue, weakness and irritability. In addition, each meal plan only averages 1,200 calories a day, which experts feel that anyone can lose weight on.

Whatever your reason for wanting to lose those extra few pounds, there are always new diets. However, watch out because many diets often make promises too good to be true.





Tips to avoid the dreaded holiday weight gain

By Laura Marsh

The average American gains about ten pounds from Halloween to Christmas. Between the left-over candy, big dinners and home-made deserts, it's hard not to. But there are some simple, sometimes surprising ways to avoid the holiday weight gain.

One of the easiest steps is to sit up straight. According to research done in Australia, sitting up while eating allows food to travel more quickly to the lowest part of the stomach—the part that sends the signal when the stomach is full.

Cravings can be ebbed by eating a piece of fruit as a snack. Because fruits are full of fiber, it keeps blood sugar stable and cravings can be erased for up to four hours. Eating these kinds of healthy foods also lower risks of

cancer and can clear up complexions in time.

There are also some scents that are said to curb the appetite such as bananas, green apples and peppermint extracts. Sniff three times

per nostril whenever the appetite needs taming. These smells are also very energizing.

Some students have found ways to stay healthy over vacation.

"I go to the Y to

condition and limit the sweets intake," sophomore Alli Lindbloom said.

"I dance in my spare time. It's fun and it keeps me in shape," sophomore Karae Englehart said.

Most importantly, eat only when you are hungry. That sounds simple enough, but in today's society, people alone or in a group tend to eat.

Stop and ask yourself, "Am I really hungry? Or is it cravings/

unhappiness/boredom?"

Go and do something else for a while and get focused on something else. Thinking about food only makes cravings stronger. And, if in a little while, the "hungry feeling" is still there, eat!

Rather than eating until you are stuffed to the brim, eat until you are content. Think about how strong the feeling of hunger is and eat only until satisfied or just becoming full.

Stretch meal times to last at least a half an hour. That's about how long it takes for the brain to signal the stomach that it is full. Stop, take a drink, or talk to all those relatives that surround the table.

And keep on exercising. Activity is key, even if it's taking the stairs or going power-shopping.

"I go skiing in Colorado every Christmas with my family. It's fun but it keeps me in shape over the holiday," junior Anne Zuercher said.

"I work at the YMCA, so when I'm done I go up to the weight room and lift," senior Katherine Breske said.

These tips don't apply during the holiday season only. By eating right and exercising, weight can be maintained if not lost.



Test your food knowledge

By Robin Hinesh

Q: Which has fewer calories—a slice of Burger King Dutch Apple Pie or a Coca Cola Icee?

A: The Dutch Apple Pie would be your choice if you were counting calories. It weighs in at 340 calories compared to the Icee with 450 calories.

Q: True or False: Burger King's french toast with syrup has more carbohydrates than Burger King's Croissanwich with ham and cheese.

A: True. The french toast has 67 carbs; the Croissanwich has only 50.

Q: Which is a better choice—a medium coke or a 21 ounce orange juice?

A: Trick question! The immediate response would be the orange juice. Orange juice equals fruit and fruit equals good, right? Not always.

If your main concern is calories, then you'd want to choose the coke with 210 calories. The juice has 250.

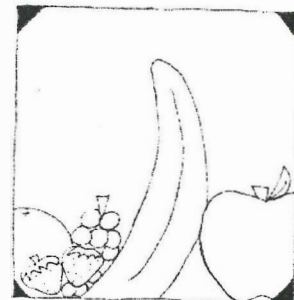
If you are watching your carb intake, then it would be a draw. The juice has 57 carbs and the coke has 58 carbs.

Q: OK, let's say that you are watching your sodium intake. Which would be a wiser choice—a Taco Bell Chicken Fajita or a slice of hand-tossed cheese and pepperoni pizza and a slice of stuffed-crust cheese and pepperoni pizza?

A: If sodium were really a problem, you'd definitely steer clear of the fajita with an unbelievable 1780 mg. of sodium (74% of your daily recommended amount of sodium)! The two slices of pizza combined have 1510 mg. of sodium, or 63% of your daily recommended amount. Better, but still not good.

Finally, here's some food for thought next time you pull into a fast-good restaurant.

You could have McDonald's Big Mac, large fries, 16 oz. McFlurry, and a small coke OR you could have a baked potato with cheese, 1 cup of chocolate ice cream, an apple, 3/4 cup lucky charms with 3/4 cup 1% milk, a Snickers candy bar, 2 Poptarts, a string cheese stick, a hamburger, and a 21 oz. orange juice for the same number of calories.



Try a couple of healthy recipes

Healthy brownies

- 100 g. unsweetened chocolate
- 1 c. flour
- 1/2 c. walnuts
- 1 c. soy margarine
- 1 1/2 c. maple sugar
- 4 eggs
- 1/2 tsp. salt
- 1 T. vanilla extract

Pre-heat oven to 325 degrees.

On low heat, melt and mix

chocolate and margarine. Let it cool.

Mix sugar, eggs, and vanilla. Whisk until frothy and add the chocolate mixture.

Add flour, salt, walnuts, and mix well.

Place in a lightly greased pan and bake for 25 to 30 minutes or until toothpick inserted in center comes out clean.

Berry Smoothie

- 1 cup low fat strawberry yogurt
- 1 cup mixed berries (fresh or frozen—strawberries, blueberries, etc.)

- 2 tsp. frozen orange juice concentrate

Combine in a blender and mix until smooth. Thin with more orange juice if desired.

Girls basketball attendance suffers from scheduling conflicts with boys' games

By Kim de Hueck

For girls and boys basketball players, winter's arrival means the start of their seasons.

This year also marks the second season of the switch of girls basketball from fall to winter. This switch has brought on a completely new feeling and many mixed emotions for girls basketball.

"We don't consider the switch a good move for girls basketball, but it is just something for us to overcome and learn to deal with," girls varsity coach Pat McClemons said.

This year the girls basketball team has had a significant loss in players. McClemons said, "Having girls basketball start in the winter gave girls the chance to get involved in other activities that started in the fall. It makes it difficult to have the same number of girls tryout when they may already be too involved."

The change in seasons has also made it difficult for the girls team to receive the equivalent number of spectators as the boys. People tend to travel out of town to watch the boys even if the girls are hosting at home.

Another drawback of the situation is the fact that the girls rarely have the opportunity to watch the boys play or vice versa. This makes it difficult for them to fully support each other.

"We work hard and give basketball everything we have. We

"The switch of the seasons is a permanent change. In five or six years, people are not going to even remember girls basketball being in the fall."

--Pat McClemons, coach

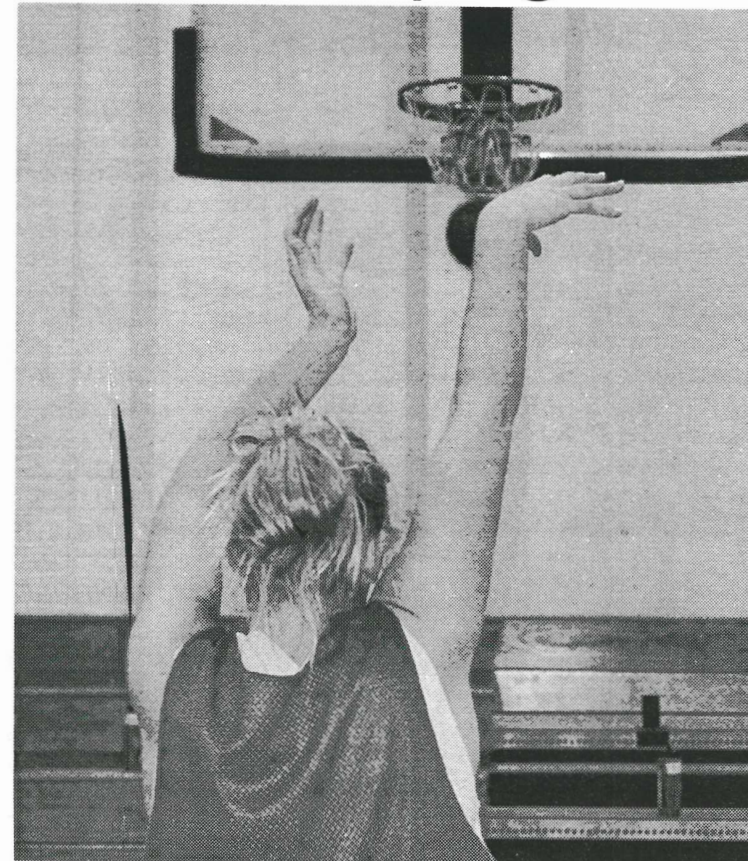
practice just as much as other teams, and it is just a let down to have such a small crowd there to support us," senior Courtney Clark said.

On most weekends the boys and girls will both get the chance to play at home one night and be away the next, but next year this will be changing, Dusty Kracht, the Pierre Schools Athletic director said.

"Next December 11 we will be trying our first girls and boys basketball double header with Watertown. This will require a lot of work in that we will be having to use three-four gyms with many officials."

Kracht also said in order for double headers to work, we must get the other towns to agree to switch because it ends up changing things overall in the schedule later on. In order to have a double header, we will need to start early in the day. Five girls games and five boys games would be taking place throughout the day.

Kracht said double headers could only take place on a Saturday due to how much time the



Kelsie Reeves sinks a nice two-pointer during practice.

Photo by Dirk McGrane

games require. The games would also have to be scheduled around other winter activities that require the use of the gym, such as wrestling and gymnastic invitationals. Kracht says as of right now, the only school that we have made arrangements for this new schedule with is Watertown.

This would give the community the opportunity to watch everyone perform.

"I feel like we really need to prove ourselves to the community and let them know we can play well, too; we deserve to be watched and would really appreciate the support," senior Lindsey Kozel said.

"The switch of the seasons is a permanent change. In five or six years, people are not going to even remember girls basketball being in the fall," McClemons said.

Rowdy crowds reflect poorly on school

It has not always been easy to be fans of Pierre's teams.

It is not because there have been more defeats than victories. Wins and losses have never been most important. It is about the attitude that has been displayed.

At times, we have had athletes--and sometimes coaches--who have embarrassed the school and the community by their arrogant behavior. Their pouting and shouting have reflected poorly on all of us.

I remember going to home games and matches as a elementary student. The Riggs gym was packed all the time.

The fans were enthusiastic--they cheered the home team and

did not insult the opponents. And the athletes and coaches gave their best effort all of the time--they didn't show up their opponents or officials. They did their best and let the rest take care of itself.

Fans are willing to support teams that play hard and certainly teams benefit from good fan support. It must be a partnership.

Saturday night's boys' basketball game against Mitchell was a shining example. The Governors got behind early but never quit. A host of players led by Matt Dutt left the skin of their elbows and knees on the court's wood floor as they spent the night diving for



Chris Mangan

loose basketballs.

At the same time, the fans, for the most part, were very supportive. They cheered on the Governors from beginning to end. They appreciated the team's never-say-die effort.

All of Riggs' winter sports teams deserve such support, including the Capitals hockey team. They will not win all of their games, but they have shown an ability to work hard every game regardless of the situation.

What has been good to see so far this year is the good sportsmanship of the players and coaches. There is no need to show up opponents or officials. Just keep playing hard and doing your

best--as fans that is all we ask.

The same goes for fans. Pierre has earned a reputation--somewhat deserved--of having rowdy fans who are more interested in insulting officials and opposing teams than in cheering on their own teams.

There is no need to shout insults at the other team and no need to question EVERY call the officials make. Not all calls are correct--officials are human.

I'm not saying that you can not have fun but just do it in the right way. It is okay at times to yell at the other team, like when they make a stupid mistake, but there are times when you should just back off and let the players play.

At a glance...

Sports Scores

Boy's Basketball

Last game: Lost to Mitchell last Saturday

Next game: Brandon Valley here tonight

Notable performance: Matt Dutt has played very consistently, scoring 31 points in two games with 12 rebounds and 6 steals.

Coach's comment: "We need to strive to improve throughout the season, and we need to be playing our best basketball at the end of the season when it counts the most."—Head coach Skip Kurth

Girl's Basketball

Last game: Lost at Mitchell last Saturday

Next game: Tomorrow here vs. Yankton.

Coach comment: "We'd really like to improve game in and out and if we can continue to play hard, we will definitely improve."—head coach Pat McClemons

Wrestling

Last match: Finished eighth in the Rapid City tournament last weekend

Notable performance: Taylor Brock placed 7th; Alec Anderson, 5th; Torey Garrett, 3rd; Jade Cowan and Harry Decker, 2nd.

Coach's comment: "We're looking at a pretty good season. We need some of our younger guys and juniors to step up and fill some roles, but mostly as long as we have the five or six guys that are consistently doing well, we will have a pretty good year."—head coach Rick Jensen

Gymnastics

Last Match: 9th place in Sioux Falls last Saturday

Next Matches: Tomorrow in Mitchell

Coach's comment: "Obstacles are challenges that can be overcome with positive attitudes"—head coach Jill Mutchelknaus

Capitals Hockey

Last games: Boys lost to Aberdeen last Sunday. Girls lost to Brookings last Sunday

Next Games: Girls and boys at Brookings tourney tomorrow.

Compiled by Drew White

Students find excitement, competition in bowling

By Johanna Snow

Young or old, anyone can partake in the pastime of bowling. Bowling is one of the many sports that people play mainly for enjoyment. But some also bowl competitively, whether it's just between friends or going for the trophy in a tournament.

Junior Aaron Huber has been bowling for ten years. The highest score he's ever gotten was a 300, which is the highest score you can get.

"I chose bowling because I had other friends that bowled," Huber said.

Although he hasn't won a tournament yet, he keeps on practicing three to four times a week, sometimes even more than that.

"The best thing about bowling is that it's fun and challenging at the same time; the only downside I can think of is that it's very hard to be consistent," says Huber.

His goals this year include having a 200 average by the end of the year and bowling another 300.

Michele Hoscheid, a freshman,

says that she chose bowling because it was something to do with friends outside of school. She's been bowling for five years and once got third place at a Coca-Cola tournament.

"I like how you can just go out on a Saturday morning or anytime for that matter, and just bowl and have fun with friends; the only bad thing about it is that you are competing at the same time," Hoscheid said.

Her only goal this year is to change her highest score from 194 to a 200 or more.

The bowling season takes place from September to April. You don't have to join a league to just bowl. It isn't hard, however, to join the league. The bowling alley usually has a sign-up or they will send you a newsletter that explains everything.

League bowling involves putting together a team of three people to compete against another team. Whoever wins all three games wins. League takes place every Saturday, and each team plays a different team each week. Teams can win up to four games.

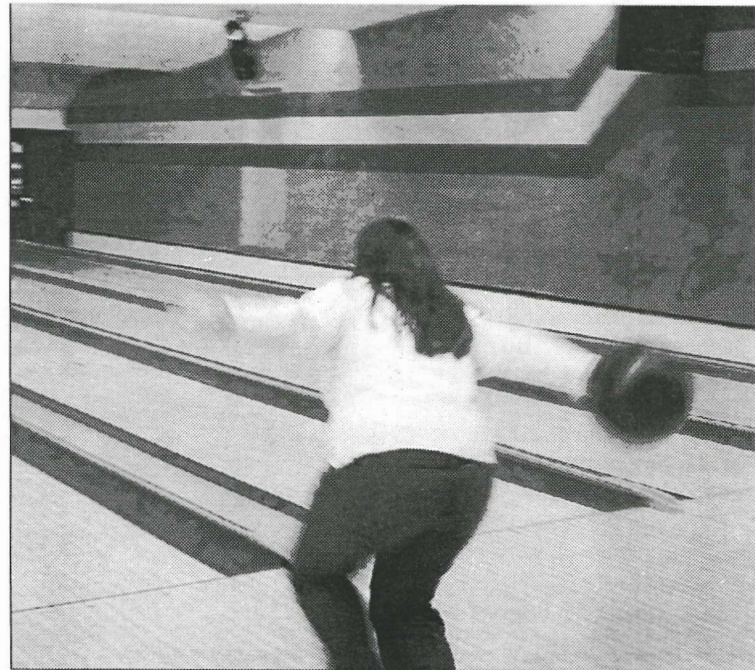
Did you know... facts about bowling

- Archaeologists found the earliest signs of bowling in the tomb of an Egyptian child, from 5200 BC.

- The American Bowling Congress (ABC) was created in 1895 to standardize bowling rules.

- Over 100 million people in 90 countries bowl at least one game per year.

- Bowling began as "Nine Pins" until it was outlawed. Those who ran it simply added a pin, hence the new name "Ten Pins."



Sophomore Nicole Stasch prepares to roll the ball down the alley at Lariat Lanes. photo by Megan Wellner

Experienced bowlers can join a traveling team. Anyone can do this, but bowlers have to tryout before they compete in another town. The traveling team usually practices Tuesday and Thursday, and they usually try out on Thursday to see who goes out of town that following weekend. A total of six people can go out of town to compete. They usually go out of town every two weeks and go to

approximately seven tournaments around the state.

If league just doesn't seem like your style, you could always just bowl for fun. Then Thunder Alley is probably just what you've been looking for. Thunder Alley occurs on Friday night from 9:30 to midnight, and for just \$10 you can bowl as many games as you'd like. Also at Thunder Alley the bowling alley turns off the lights,

has black lights and flashy lights and they turn the music up really loud so that you can bowl and jam out with friends at the same time. Thunder Alley is usually more popular with older kids, but younger kids sometimes go too.

So next time you are looking for something to do, grab your bowling ball and your friends and head to the nearest bowling alley.

A peek behind the doors of a locker room unveils...

Unpleasant smells of sweat, trash and clothes

By Chris Markley

The door slowly opens. A sharp smell of musty sweat quickly invades the nostrils. Loud shouts echo from all corners of the room. The room looks as if a tornado had torn through about five minutes earlier. Pads are strewn across the pipes on the ceiling. This is the Pierre Capitals hockey locker room.

"Our locker room smells like a wet dog lying under a pile of rotting trash," senior Adam Johnson says while holding his nose.

If foul language and smells that people let out on purpose are offending, then this is not the place to be.

"A cuss word is said probably about every five seconds," senior Bryant Naylor says.

Just being in the locker room ten minutes, about three people break wind, causing everyone break into laughter.

If someone has a bad practice, the locker room is

where they will hear about it.

"Your line sucked today, Markley," I hear from senior Lucas Jeanotte over my left shoulder. A couple of words that shouldn't be written here are shouted from various players back at Jeanotte in my defense.

Yet the locker room isn't so much negative as it is positive. Constructive criticism is given and taken with the best intentions.

"You were skating very slowly," German foreign exchange student Jonas Lauenstein says to an anonymous player, complete with a punch in the arm.

The locker room is also a place to get one's adrenaline rushing again after a hard-fought period. It is a lot easier to get adrenaline running in the locker room than on the bench.

When in the locker room, it is the time to think about the opponents' moves before



Jonas Lauenstein helps Jim Costello pack his bag before leaving. photo by Dirk McGrane

they can make them.

"We usually get pumped up with a round of claps before practice," says senior Geryd Erbele.

Aside from the smell and utter lack of cleanliness, the locker room is the team's area. It's theirs no

matter what goes on there, whether it is two players locker boxing for supremacy or a teammate giving praise to another.

It may look like hell on earth, but it is where players take refuge.

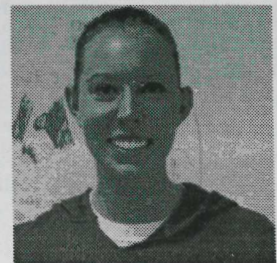
Athletes to watch

Anne Schmidt

Position: Team captain of Lady Governors basketball

Goals for team this year: Improve as a team

Individual goals this year: Set an example for younger players and be a leader



Worst part about basketball this year: Having a lot of friends and teammates give up and quit basketball

What's the toughest thing the team must overcome?

We must learn to compete and never back down

Harry Decker

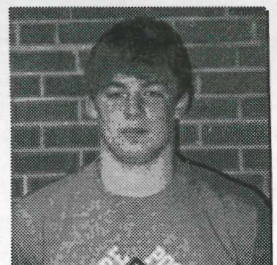
Position: Varsity wrestler at 215 pounds

Record: 6-2

Ranked: 2nd in state at 189 pounds

Outlook for team this year: Top half of conference

Individual goals this year: Place at the state



tournament.

Team strengths: Leadership

What you will miss about this year after it is over: Monday practices after weekend meets

by Allen Goodman

The making of a musical takes...

'Lots of time, lots of work and lots of caffeine'

By Ursula Waack

The lights dim, the crowd quiets, the curtain opens, and the play begins.

It looks like everything on stage happens naturally. But a lot of hard work behind the scenes went into "Anything Goes," involving everything from casting the show to creating costumes to building set to planning lights.

Tryouts for the musical were held the last week of September. The cast list for "Anything Goes" was much larger than usual: 55 on-stage members and 12 pit musicians. More than 100 people tried out.

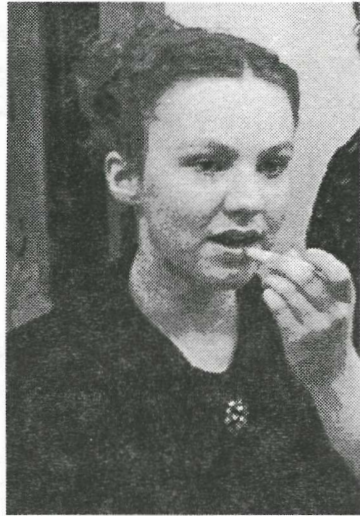
Zakahi and choir director Will Hanson chose the principal parts. Some cast members made their first appearance in a play at Riggs mainly because it was a musical, said Zakahi.

"I usually didn't see these kids in drama. They were here for the singing part of the show, but I hope they will come and try out for another play."

After casting the show, the director has many things to do at the same time. But the cast never worries because the forces behind the play have a lot of experience—Zakahi and Hanson have each been doing plays for 29 years since they were in high school.

"I love drama, I guess. I also like to see the kids outside of a classroom setting. That way they can see I am not mean, just a little weird," Zakahi said.

Usually Zakahi makes most of the costumes herself and maybe borrows a few from Pierre Players. The costumes in "Anything



Courtney Sheffield applies makeup.

Goes" included sailor suits and many period outfits. Zakahi rented costumes from companies in Minneapolis and Mitchell.

According to Hanson and Zakahi, working with schedules is the hardest job they have. Helping out was student director Cleo Hilding.

As opening night drew near, the work piled on.

"During the last three weeks of practice is when I put in the most time," Hanson said.

The last few weeks were also when band director Larry Johnson worked on the set. The set required a lot more infrastructure than usual. Although blue prints of how to build the set were sent to Johnson, most of the materials were outdated and impractical.

"We had to make entirely new plans," Johnson said.

The main set piece was a cruise boat with a lot of doors and passageways along with a curving stairs. The building had to wait



photos by Tara Dieken

Melanie Steely helps Jennifer Olson get her hair ready before going onstage.

until they could work in the theater without having to move their set because of incoming groups and events.

Besides the set, the lights had to go up and be adjusted by Zakahi, Hanson, and Johnson.

In the last week before the show opened, the cast and pit orchestra began practicing together for the first time.

Hanson said it is always hard for the singers and pit the first few nights.

However, members of the pit band still enjoyed themselves.

"It was wonderful to play in the musical. It was so funny," senior Kit Hartley said.

And with all this flurry of activity the sound system has to be checked and adjusted.

The seemingly effortless pro-

duction on stage is helped by the crew backstage.

"One of the things I didn't think I would be doing is helping people dress," Aubree Vance said.

The work continues after the last note is sung through the clean-up and teardown that follows. The clothes have to be packed and sent back to the company, the beautiful set torn down and dismantled. Dressing rooms are cleaned and organized.

Above all, nobody really counts the hours they have donated—it's all about how much fun they had or how funny the show was.

A great show requires a lot of behind-the-scenes effort. But most of all a play requires "lots of time, lots of work, and lots of caffeine," according to Hilding.

Audition results for North Central ACDA Honors Choir:

Riggs singers fill seven out of state's 24 spots in choir

By BryAnn Becker

Seven students from Riggs will be among the best singers from six states at the North Central American Choral Directors' Association Honors Choir March 3 through 6 in Sioux Falls.

Seniors Kit Hartley, McKayla Marso, Karen Van Camp, Christy Sobolik, Sarah Zinter and juniors Brian Boe and Rachel LeBeau sent in audition tapes earlier in the school year in order to participate in the Honors Choir.

Choir Director Will Hanson said he encouraged students to try out for the choir.

Hanson said it's a privilege to perform with not only the best

singers from South Dakota but from Iowa, Minnesota, Nebraska, North Dakota and Wisconsin.

A limit of 12 boys and 12 girls from South Dakota made getting into the choir competitive.

"It's a tremendous honor as it is the highest level students can get into," he said.

Boe said he auditioned for the choir after receiving encouragement from Hanson.

"Mr. Hanson was talking about it, and it sounded like fun," he said.

Boe said his audition tapes included a recording of a solo, "My Country 'Tis of Thee" and a scale.

Boe mentioned that he would participate in the boys choir dur-

ing the four days and would never even see the girls from Pierre during the honors choir.

"I was really excited that I made it in; it will be a lot of fun," he said.

The Honors Choir will consist of four separate choirs—children, middle school, boys and girls.

The first three days will consist of practicing for the concert held on March 6 at the Washington Pavillion in Sioux Falls.

Hanson said this is the fourth time he has had students make it into the regional Honors Choir.

Hanson had choir members participate in previous Honors Choirs held in Rapid City, Minneapolis, Minn. and Des Moines, Iowa.

Who's who...Who's new?

Name: Mike Busch

Born: February 12, 1963, in Huron, South Dakota

Grew Up: In Huron

Family: Wife Dawn, children Landon (age 10), Logan (age 6), and Tatum (age 2).

Why teaching?: He was influenced by other teachers in high school and college. He entered the teaching field because he enjoys the areas of geography and history and knowing about people, places, and how they interact.

Classes: U.S. History to juniors
Past job history: Taught three years at Rapid City Central, three years in Milbank, and ten years in Mitchell before coming to



Photo by Tara Dieken

Pierre Life philosophy: Have a strong passion or love for a specific field. Be a strong professional for the people you work for, gain respect for how you work. Enjoy every day—make it count.

Hobbies: Travel to see the entire United States (We've seen 34 states). Enjoy family and friends.

By Cleo Hilding

News Briefs

Chorus, band bring Christmas spirit

By Ursula Waack

The halls of Riggs echoed with the sound of Christmas music last night as the chorus and band performed their annual Christmas concert.

The theme for the choral portion, keeping with tradition, was a Mid-Winter Theme. Some of the holiday songs were secular while some were sacred.

The choir performed first followed by the band. Both the concert band and the symphonic band performed.

"Candlelight Carol," "Let it Snow," "Away in a Manger," and "Sleigh Ride" were among this year's seasonal numbers.

"I look forward to the Christmas concert because the students dress up so nicely, and play some good music," said band director Larry Johnson.

Interpers garner three superiors

The Oral Interpreters from Pierre participated in the State Competition. Of six categories, three received superior ratings and three received excellent.

Lisa Heffernan received a superior rating for her performance in Serious Prose of A Wrinkle In Time.

Mary Peterson also received a superior in the Oratory category for "Kleptocrat."

And the Reader's Theater group, (Kit Hartley, Amanda Harsin, Mary Peterson, Tyson Nafus, and Jennifer Pogany) received the third superior.