

G T.F. RIGGS HIGH SCHOOL GOVERNOR

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Have a flower
Savannah
Cromwell receives
a carnation as
part of the FBLA
Week fundraiser.
pg 8



Students 'skip' school to take part in educational opportunity

By Kelly Johnson

Three Riggs High seniors had the opportunity to experience government in the making in the past month as pages for the South Dakota Representatives and Senators at the State Capitol building.

Joining students from across the state of South Dakota, Sarah Zinter, Whitney Barnett and Kim deHeuck spent a considerable amount of time and sacrificed school instruction to take part in the unique page program.

Pages had the opportunity to choose between four different time blocks. Zinter and deHeuck paged for two weeks starting January 26, and Barnett paged for one week starting February 9. Each page shadowed either three representatives or senators.

"I paged for Senator deHeuck, Senator Albers, and Senator Kurtenbach," Barnett said.

Paging offers seniors chance to shadow legislators for two weeks

The pages began a typical day at 7:30 a.m. at the Capitol and were paid \$40 a day for their assistance.

While the senators and representatives were in the committee meetings, the pages took the bills that would be discussed on that particular day and distributed copies into every binder.

"Basically, if anyone needed help with anything, we were there to give them what they needed as quickly as possible," Zinter said.

In addition, each page had designated times to answer the phones and take down notes to be delivered to the senators and representatives. Each committee was also assigned two pages.

During the times when the committee meetings were being

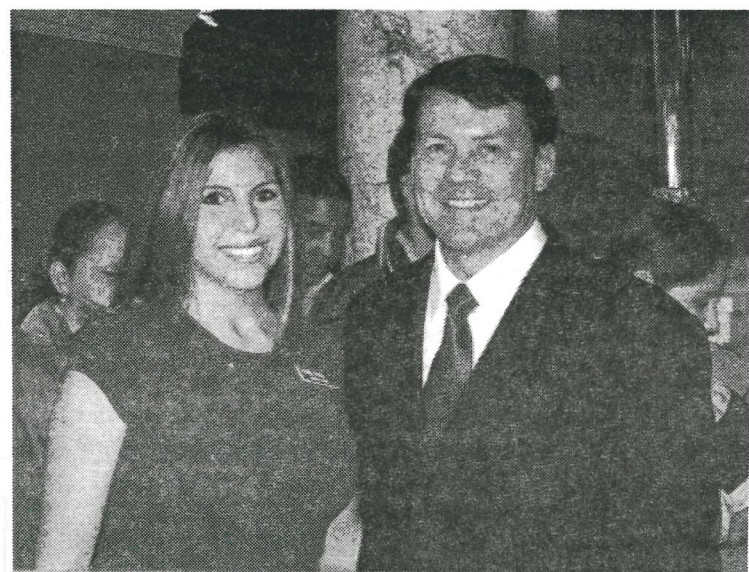
held, the pages often ran errands. They had an hour-long lunch break every day, and usually the pages from across the state went out to eat together.

"For lunch we would either go downstairs to eat, or we would go out with our new friends," deHeuck said.

After lunch, members of the Democrat and Republican parties split up and attended the 1 p.m. caucus where each respective party discussed how they would advise their members to vote.

After the caucuses, the members of the house convened on the floor and the pages aided the representatives if they needed coffee, granola bars or other items.

The day usually ended around 5 or 6 p.m.



Senior Sarah Zinter learned about government firsthand and met many state officials at the State Capitol, such as Governor Mike Rounds.

The three girls enjoyed meeting people from across the state. "It was fun to see the smaller-

town kids involved in the process and how excited they were about how 'big' Pierre is," Zinter said.

NHS inducts 44 members

By Will Butler

Leadership, character, service and community were the focus of the National Honor Society (NHS) initiation ceremony last night.

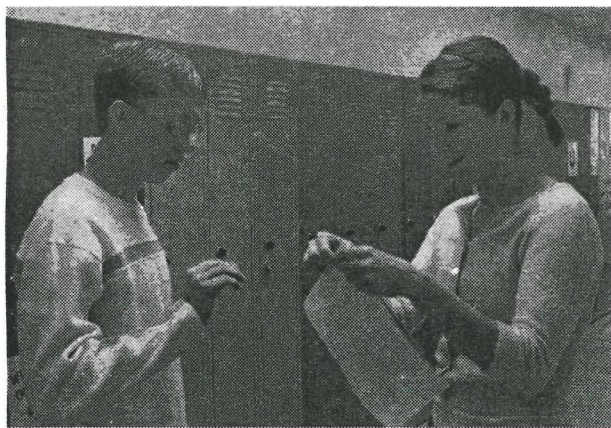
The ceremony included guest speaker Jamie Rounds and the induction of 44 new members into the chapter.

Current NHS members participated in the ceremony through discussion of the NHS colors, emblems, and purpose.

Math teacher Betty Weiss was also recognized as the NHS Teacher of the Year.

Last Thursday, current NHS members pinned NHS initiates. The Riggs High National Honor Society selection committee had previously chosen the members according to certain standards.

NHS initiates include Kristin Anderson, Kimberly Bartels, Amy Bradner, Jill Brotherton, Katie Brotherton, Brandon Brown, Jessica Burchill, Melinda Christiansen, Tara



Junior Brandon Brown gets "tagged" by Michelle Beemer, senior, last Thursday.

Dieken, Teddi Dowling, Jenna Everson, Bethanna Feist, Tanner Fitzke, Jena Forsch, Matthew Gill, Jamie Goff, Kai Hanson, Alexander Helbig, Brian Hermanson, Jennifer Hoscheid, David Jonathan Huft, Kim (Casey) Kahler, Rachel Knutson, Tynell Kocer, Sarah Linn, Brittany Lowery, Laura Marsh, Kelsey McKay, Samantha Merrill, Kayla Nagle, Brady Neiles, Shelli Ness, Sarah Neuhauser, Katherine Norlander, Lucas Oehlerking, Alicia Palmer, Jill Rounds, Aaron Rumpca,

Erin Schiltz, Teresa Serie, Jacob Shoup, Zachary Vogt, Christopher Williams and Isaac Williams.

Initial qualifications for applying to NHS include a grade-point average of 3.5 or higher; members also have to be at least a junior in high school. The selection committee also looked for community service and leadership qualities when choosing new NHS members.

Carol Carney, Joan DenOuden and LeRoy Fugitt advise the Riggs NHS chapter.

Pedersen outlines goals for district

By BryAnn Becker

Though he resigned earlier this year, John Pedersen will be returning as the superintendent of the Pierre School District. Pedersen is taking advantage of a retire/rehire opportunity available to him through the SD Retirement System and the Pierre School District under a new three-year contract.

Pedersen said he also submitted his application to the Watertown School District in case he didn't receive the Pierre position.

"I wanted to be a superintendent next year. I'm glad I'm back in Pierre," he said.

Pedersen outlined some of his goals for his next term.

"We need to look at alternative educational opportunities for some of our students. The existing system is probably not the answer for all of our students," he said.

He said the school district needs to continue to utilize technology in instruction.

Pedersen said nutrition

"We must prepare our young people not only for this year's test but for all of life's tests."—superintendent John Pedersen

and physical education needs to be emphasized.

"I think we have to promote good health and nutrition...we can't lose sight of students participating in PE," he said.

Climate and atmosphere in the schools are also important in order to make sure schools are friendly and safe, Pedersen said.

Although Pedersen said he believes the Pierre Schools are safe, he mentioned the importance of continuing to examine safety.

Both Riggs and Morse Middle School will have security cameras installed, and Pedersen said there is a possibility of expanding them into the elementary schools.

He said it is important to get parents and community members involved in these facilities through volunteering and other activities.

Pedersen was hesitant to list any problems he sees

that need to be overcome.

"Too many times in education we use finances as a reason for why we can't accomplish goals. Sometimes we can do more than we think. I personally think Pierre is very efficient in regards to finances," he said.

Pedersen did say he is concerned with replacing quality teachers.

"It will be difficult to fill teaching positions," he said.

Pedersen didn't cite any particular improvements he's made in the school district in his past years as superintendent but instead said that no one accomplishes anything alone.

"The Pierre School System K-12 is an excellent school. We have a responsibility to be more effective and efficient...We must prepare our young people not only for this year's test but for all of life's tests," Pedersen said.

Legislature proves to be addicting after closer look

As I stood on the second floor of the State Capitol building, I felt the excitement pulsing through the air. I barely recognized the interior as the usually calm building swarmed with people, ideas and emotions.

I recently shadowed District 24 representative Tim Rounds through the All State Journalist Shadow-a-Legislator program. I had the opportunity to taste a bit of politics and found myself becoming addicted.

My visit to the Capitol gave me a new appreciation for South Dakota and the people who represent me and my fellow citizens.

One hundred and five people come and devote 36

days of their lives to South Dakota. They sacrifice their time and responsibilities to improve our state. I found this devotion to be both admirable and contagious.

As I followed Tim Rounds throughout the day, I was amazed at the power available to the legislators.

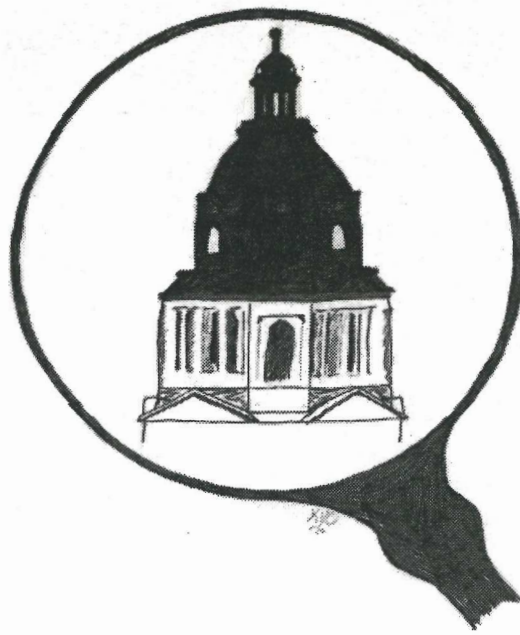
However, once I told Rounds this, he remarked that I was slightly off target with my comment. "It's not power," he said, "but responsibility."

The legislators certainly do have a tremendous responsibility to represent their constituents. Rounds receives e-mails daily from constituents wondering why he voted a particular way or

asking questions about a particular bill.

I was impressed with how Rounds approached controversial issues such as abortion and the food tax. Rounds said he enjoys debating issues with people. He patiently listened to people with differing opinions and then explained his reasoning.

A month ago I had little if no interest in the legislature, but my day at the Capitol changed my outlook. Behind the marble columns lie ordinary people who have taken the responsibility to help make their fellow citizens' lives better. South Dakota couldn't be in better hands.



...new vending machine in lobby
...long four-day weekend
...to the band and chorus for representing the school well at small group contest
...band for performing well at the Band Masters Convention.
...to FBLA for raising over \$300 for the March of Dimes



Thumbs Down
...the supposedly "healthy" foods inside the vending machine
...to people who park in the U in front of the school. If an emergency occurred, fire trucks/ambulances couldn't reach the school

Letter to the editor:

Dear Editor,

Last month Student Body President Adam Emerson stated his contempt for those who don't stand for the Pledge of Allegiance. This month I express a differing opinion on those who choose not to pledge any allegiance or loyalty.

Even though Emerson meant well by condemning those who refuse pledge to the government, I beg to differ with his view. Of all the arguments that I've heard about why I should pledge, the most common one says that we have so many valuable, pledge-worthy rights and should give loyalty for them.

Among these rights, I assume, is the right not to support the government. By not declaring an allegiance that we don't have, we're using this right—if it exists in the first place. Above all, this country

claims to be great by giving its people choice. When pressured by the majority to favor one side, all choice is theoretically gone.

I am not, by any means, insulting those who serve under the flag in the armed forces. What I am doing is simply stating my disagreement with the U.S. government in my own way.

Those that don't support the government should not be forced to lie and say they do just for the sake of comfort.

Constitutional rights such as freedom of expression are dying out—and this case is a prime example. While others may conform to the way of the majority, I will never let my voice go unheard. After all, that's what it's all about—or so they say.

Sincerely yours,
Will B. Butler, junior

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HALL TALK: HAVE YOU BEEN FOLLOWING ANY ISSUES DURING THE 2004 SD LEGISLATIVE SESSION?



"No, I have better things to do than follow that crap." —Jessica Nelson, senior



"Yeah, abortion, because it could affect a lot of people." —Becky DeYonge, freshman



"No, it's kind of hard for me to get into." —Christoph Ionescu, senior



"No, I've been busy." —Brandon Boswell, sophomore



"I have because both my uncles deal with it and that's what my family talks about most of the time." —Jill Rounds, junior



"No, it doesn't really matter to me what they're doing." —Eric Lusk, junior

Columnists ponders fickle February

February. The month of love, black history and presidents has always been an interesting time of year.

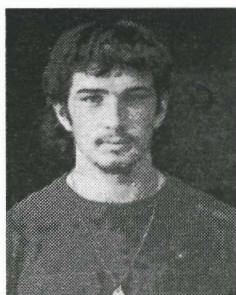
Valentine's Day, first made to celebrate a saint, I believe, now sends men scrambling to flower shops and Bath and Body Works. This year the day of rushing was the horrific 13th.

Thankfully, the only high school boy in an incident

came out with a maimed batch of daffodils. Young Edward William seems less thankful for the folly. He unfortunately lost his girlfriend in the aftermath of the crushed petals.

Another plus is the coming of warmer weather. This year has been especially bad, with breath freezing before it leaves the air sacs.

Some powerful gusts carried sharp



Columnist
Anonymous
Tyson Nafus

icy daggers, chilling students to the bone, and even to the kidneys. But,

in true South Dakota fashion, the Arctic has suddenly changed to December in Arizona. I, for one, will bid winter a fond farewell.

I know, like me, all of you on President's Day proudly lay around your house in patriotic fashion. And if you didn't, shame on you. Add in a second day off and the weekend nearly doubled in length.

Just enough time to recover from King of Hearts. Speaking of the dance, it turned out to be fun this year.

The Ramkota proved to be a much better site for the event than the gymnasium down by the baseball field, and the disc jockey took requests from every genre. They even played a Korn song. For those of you who don't like it, I had to suffer through some bad

techno and Britney Spears, so we're even.

Finally, congratulations go out to all those who survived the Small Group Contest (or just Small Contest) up in Mobridge. That day just goes to prove life is not made easier once the schedule is thrown out the window.

That's all folks. Catch you on the lion or the lamb of March.

THE 1st (and last) ANNUAL CINERAMA! AWARDS



Cinerama!
Hosted by
Andrew
Kightlinger

BEST MOVIES of 2003

Return of The King
Lost In Translation

BEST MOVIES of 2003 NO ONE SAW

American Splendor
Whale Rider

WORST MOVIES of 2003

Bad Boys 2
2Fast 2Furious
Dumb & Dumberer

BEST ACTOR/ACTRESS in DRAMA

Nicholas Cage in Matchstick Men
Angela Bettis in May

BEST ACTOR/ACTRESS in COMEDY

Bill Murray in Lost In Translation
Jamie Lee Curtis in Freaky Friday

WORST ACTOR/ACTRESS

Keanu Reeves in The Matrix Sequels
Cher in Stuck On You

BEST SUPPORTING ACTOR/ACTRESS

Sean Astin in Return Of The King
Alison Lohman in Matchstick Men

BEST ORIGINAL SCREENPLAY

Lost In Translation

BEST ADAPTED SCREENPLAY

Return Of The King

MOST OVERRATED MOVIE

Seabiscuit

MOST UNDERRATED MOVIE

Dreamcatcher

BEST CELEBRITY

Johnny Depp

COOLEST CHARACTER IN MOVIE

Captain Jack Sparrow, Samwise Gamgee

BEST COMEDY

Lost In Translation, Finding Nemo

BEST MUSIC IN MOVIE

Return Of King, Pirates Of Caribbean

MOST MEMORABLE SCENE

Frodo and Gollum fight one last time for the ring in the fires of Mount Doom.

BEST INTENTIONALLY FUNNY SCENE

The "cinder blocks" scene in Old School.

BEST UNINTENTIONALLY FUNNY SCENE

Neo's reaction to Trinity's demise in Matrix Revolutions: "Whoa, you're dead."

Bad Breath: Smells Like Teen Spirit...literally

Everyone knows that once in a great while you come across a friend who has horrible breath. Yet we don't tell them, even though we would want them to tell us if we had bad breath. It also just so happens that they want to have a deep conversation for what seems like forever.

Now I'm going to switch sides of the story and talk to you bad breath people. If you are not sure which category you fall into, you will know after this article. For you people who know you fall into the category, you should fix it. By the way, gum, mints, or mint spray a good things to keep in your pocket.

Those of you who don't know which category you fall into, here's your sign.

1. People usually don't look you in the eyes when you talk to them. People look around you and in different directions.

2. People keep a noticeable distance from



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

you when they talk to you.

3. If it seems that people don't want to talk to you some days, Hint Hint, they probably don't.

4. People make hand gestures in front of their face (rubbing nose, touching eyes) while you're talking to them.

5. People don't pay attention to you when you're talking to them during class. Or

people don't respond to you when you talk to them.

6. Your girlfriend/boyfriend makes dumb excuses not to kiss or get close to you.

7. When you yourself can smell your own breath, GET GUM. Get anything to help yourself.

8. People offer you a piece of gum often throughout the day.

9. Lick you hand and if it smells, you have bad breath.

Well, I guess this is all. So for all of you who know you have great breath and chew gum or eat mints, we want to thank you. Keep up the good work..

But those of you who find people offering you gum, or people ignore you through out the day, you should go out over the weekend and buy yourself a big pack of Ice Breakers gum.

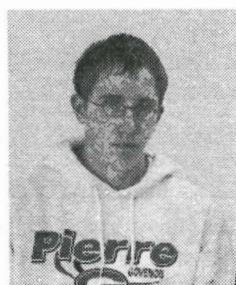
Crippled Columnist rages over media, politics

Even though I call myself an angry cracker, I am not angry about the incident that took place on February 9, 2004 when I broke my leg at IBA's. Nate is cool.

Now to hit the topic that I have chosen to write about...politics. More specifically, politics and the media. Why do so many people consider FOX news to be so conservative? They are actually fair and balanced. The only reason they are called con-

servative is because most of the other stations are extremely left wing and liberal. This is like the pot calling the kettle black.

Let's use an example. Liberals are considered to be left, and conservative to be right. Oh, conservatives are "RIGHT." Ok. Anyway, if each station were considered a baseball player, then the team would have a center fielder (FOX news) and the other stations would all be battling for left



The Angry Cracker
Andrew Berreth

field. That is what is so sad. The liberals have almost complete control of the media and yet they can't get voted in. This makes me wonder. One person that comes to mind is

Danny Rather. Just watch his program and you can see that he is completely trying to beat out Kyle Kurth for the starting left field position on Post 8's baseball team.

So if you want to come over to my house and watch the CBS evening news, Dan, I would rather not.

Also, if anyone is liberal, then most of you are clearly gullible because you are easily persuaded by

the media.

So when you think about watching the news, think again.

And how about that Howard Dean? Learn some self-control, man! I haven't seen rage that big since last I saw "Carrie."

And why does everybody compare John Francis Kerry to John Fitzgerald Kennedy. Just because Kerry's initial are JFK does NOT put him up to par with one of our nation's most beloved presidents.

Unless Democrats come up with something really brilliant in the next few months, Bush is a shoe in, and that's just fine for me.

*If you can't follow this article, just set the paper down, insert your thumb into your mouth, start rocking back and forth, and think about my words.

*(The Angry Cracker assumes no responsibility for any injuries caused by the actions I have proposed for thinking about how to understand this article).

GOVERNOR



CINERAMA!

written & designed by
ANDREW KIGHTLING

36 other films you should see before you graduate

- | | | |
|-------------------------|--------------------------------|-----------------------------|
| • Adaptation | • Chinatown | • Life is Beautiful |
| • American History X | • Citizen Kane | • Lord of The Rings Trilogy |
| • American Splendor | • City of Lost Children | • Lost in Translation |
| • Army of Darkness | • Commando | • Moulin Rouge |
| • Arsenic & Old Lace | • Dark City | • The Mosquito Coast |
| • Bad Taste | • Ducktales The Movie | • Pulp Fiction |
| • The Big Lebowski | • Fear & Loathing in Las Vegas | • Rosemary's Baby |
| • Birth Of A Nation | • Finding Nemo | • Seven Samurai |
| • Being John Malkovich | • The Full Monty | • Sexy Beast |
| • Bowling For Columbine | • Goodfellas | • Singing in the Rain |
| • The 'Burbs | • Gremlins II: New Batch | • Spirited Away |
| • Casablanca | • Heavenly Creatures | • Straw Dogs |

Requiem for a Dream: a travelogue of hell



"Red in the morning..."

Requiem for a Dream is a film about different sorts of people and how the use of drugs turned their lives into a living hell. This is a film that altered my life forever. I will never use an illegal drug for as long as I live.

What I found remarkable about *Requiem for a Dream*, a film by Darren Aronofsky (Pi), is how well he depicts the psychological conditions of his addicted characters. When they use drugs, a window temporarily opens into a world where all is right. Then it closes shut, and life lessens itself to a hunt for the money and drugs to open it again. Aronofsky brings a new importance to the drug movie by trying to replicate, through his distorted camerawork, how his characters feel, want to feel, or fear to feel.

The film centers on a foursome of hopeless spirits, but it's Ellen Burstyn (in a rare and boldly glorious performance) who most desperately symbolizes the downward spiral of drug abuse. As forlorn widow Sara Goldfarb, she devotes all of her dreams to a silly self-help TV game show, jolting her bloodstream with diet pills and coffee while her son Harry (Jared Leto) shoots heroin with his best friend Tyrone (Marlon Wayans) and girlfriend Marion (Jennifer Connelly).

Aronofsky is captivated by the technique in which the camera can be used to hint how

his characters see things. Aronofsky uses intense close-ups to show drugs acting on his characters. First we see the pills filling the screen, because that's all the characters can think about. Then the injection, swallowing or sniffing (because that blots out the world), and then the pupils of their eyes dilate.

These sequences are made in fast-motion to prove how fast the drugs take effect and how disappointingly soon they fade. The in-between time edge toward desperation. Aronofsky cuts between the mother, a prisoner of her apartment and diet pills, and the other three characters. In a genius final sequence, he cuts between all four major characters as they stagger toward their final destinations.

Requiem for a Dream is a noteworthy film, and though many would find that watching it more than twice might qualify as masochistic behavior (the enjoyment of watching humans suffer), I have seen it at least a dozen times. The characters' suffering is depressing, but the cinematography is so good that it makes repeated viewings bearable. But one viewing is enough to change a person's perspective forever. This film tells it straight: "Don't use drugs."

Anyone thinking of experimenting with drugs might want to see this movie, which plays like a travelogue of hell.

Boondock Saints, a comic gem

The Boondock Saints is the type of film that most first-time filmmakers dream of.

It was released direct-to-video, not in theatres, because of the fateful timing of the Columbine tragedy. But this vastly entertaining action/comedy was almost instantly embraced by a cult audience that was unaware of what they were getting into when they picked the film off their video shelves. Word spread fast, and the film soon became one of the hottest cult films of all-time. It succeeds due to a great script and a perfect mishmash of intense violence, witty humor, eccentric characters, and cultural clashing.

The story centers on the vigilantism of two Irish brothers in South Boston as they go on a violent spree knocking off all the big mob bosses in the area, judging that what they

are doing is right, as if they were sent by God to instill justice upon the wicked. Meanwhile, an FBI agent with unorthodox techniques is hot on their trail.

The cast is perfect, which includes Sean Patrick Flanery, Norman Reedus, Billy Connolly, and David De La Rocco. But none of these performances come anywhere close to the brilliance of William Dafoe's FBI agent Paul



And shepherds we shall be!

Smecker. Dafoe literally plays the character for everything that he is worth and, in my opinion, knocked out the role of a lifetime. He was great in *Platoon*, *The English Patient*, and *The Last Temptation of Christ*, but this is the definitive Dafoe.

Boondock Saints is directed by Troy Duffy, famous for making...*The Boondock Saints*. Anyway, much like the "crime film" writer/directors that

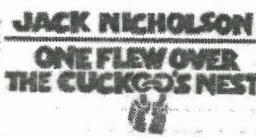
have come before him (Quentin Tarantino), Duffy marries visuals and music in a manner that almost suggests moving works of art rather than a feature film. The soundtrack is filled with head-banging rock, throbbing techno, and classical scores.

Duffy also utilizes a filmmaking technique I have never seen before to set up his action sequences. He begins the violence, but then cuts to the crime scene investigation with Dafoe's character.

Once the audience is shown all the evidence, then the story flashes back to the action sequence. At one point in the film, the investigation and the action sequence take place at the same time, inserting Dafoe into the violence. It is rather brilliant, and I wonder why it hasn't been used since?

Boondock Saints is a comic gem with witty humor and style that gets better after every viewing, and almost all the film's lines are memorable. You and your friends will be quoting them for years to come. As Paul Smecker would say, "It kinda makes me feel like river dancing!"





MOVIES

YOU SHOULD SEE

BEFORE YOU GRADUATE

There are movies you must see. Some movies you see once and forget about them. And then there are movies you see and remember forever. You might love them and tell others to see them. Or you might hate them and, for a very long time, tell people how much you despised them. Either way, you remembered them. They are stuck in your memory.

These are those movies.

These films are, in my opinion, mandatory to see at least sometime in your life. There are movies you must see because they have such an influence on pop culture, such *The Godfather*, *Titanic*, or the *Lord of The Rings* trilogy. But there are also films that influence you in other ways. *Cuckoo's Nest* and *Requiem For a Dream* both changed my life in considerably different ways. One showed me the true meaning of the human spirit, while the other turned me away from any use of illegal drugs whatsoever.

You might love them or you might hate them, but you'll remember them a year from now.

And you will be talking about them.

Cuckoo's Nest:

the greatest film of all time

One Flew over the Cuckoo's Nest is a remarkable indictment of mental institutions and a delicate examination of male anger. Based on the novel by Ken Kesey and the play by Dale Wasserman, *Cuckoo's Nest* presents a biting and ultimately tragic satire.

It is, in my opinion, the greatest film of all-time.

R. P. McMurphy (Jack Nicholson), a misbehaved convict who shuns authority, finds himself in an asylum after faking lunacy to get out of work detail in prison. Once in, the spirited troublemaker finds out he's in a worst kind of prison, supervised by the shy and chillingly quiet Nurse Ratched (Louise Fletcher), who is so stubborn, so unseeing, so mildly positive she is right, that she means to restrain the patients' psychotic outbursts and their spirits.

McMurphy is determined to break free from her version of civilization. It's not long before he is reaching out to his new friends. To Nurse Ratched, however, McMurphy's free spirit is as treacherous as a schizophrenic impulse.

Director Milos Forman's film remains eternally popular as an anti-establishment fable but attains its success by intentionally opting to use the men-

tal patients as comic caricatures. The choice leads to the fishing trip, which is the most popular yet the most false, scene in the movie. It is McMurphy's great insult to Nurse Ratched, but the energy of the scene cannot conceal the awkwardness and bewilderment of men who, in most cases, have no clue where they are and why.

Jack Nicholson gives one of the best performances of all-time as McMurphy. He conveys energy and emotion unlike any actor working today.

But his performance overshadows Louise Fletcher as Nurse Ratched, who plays a character so quiet and so bent on her own ways that she just might be the greatest movie villain of all-time.

There is also a brilliant ensemble cast including several future stars in debut roles, such as Brad Dourif (voice of Chucky, *Lord of the Rings*), Christopher Lloyd (*Back to the Future*), Vincent Shiavelli (*Man on the Moon*, *Amadeus*), and Danny DeVito (*Twins*, *Batman Returns*, *Throw Momma From the Train*).

One Flew over the Cuckoo's Nest is a disturbing, witty film, and winner of the Best Picture, Director, Actor, Actress, and Screenplay Oscars.



Nicholson shines in "Cuckoo's Nest"



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Behind the scenes

Student trainers play important role in sports

By Jessica Callahan

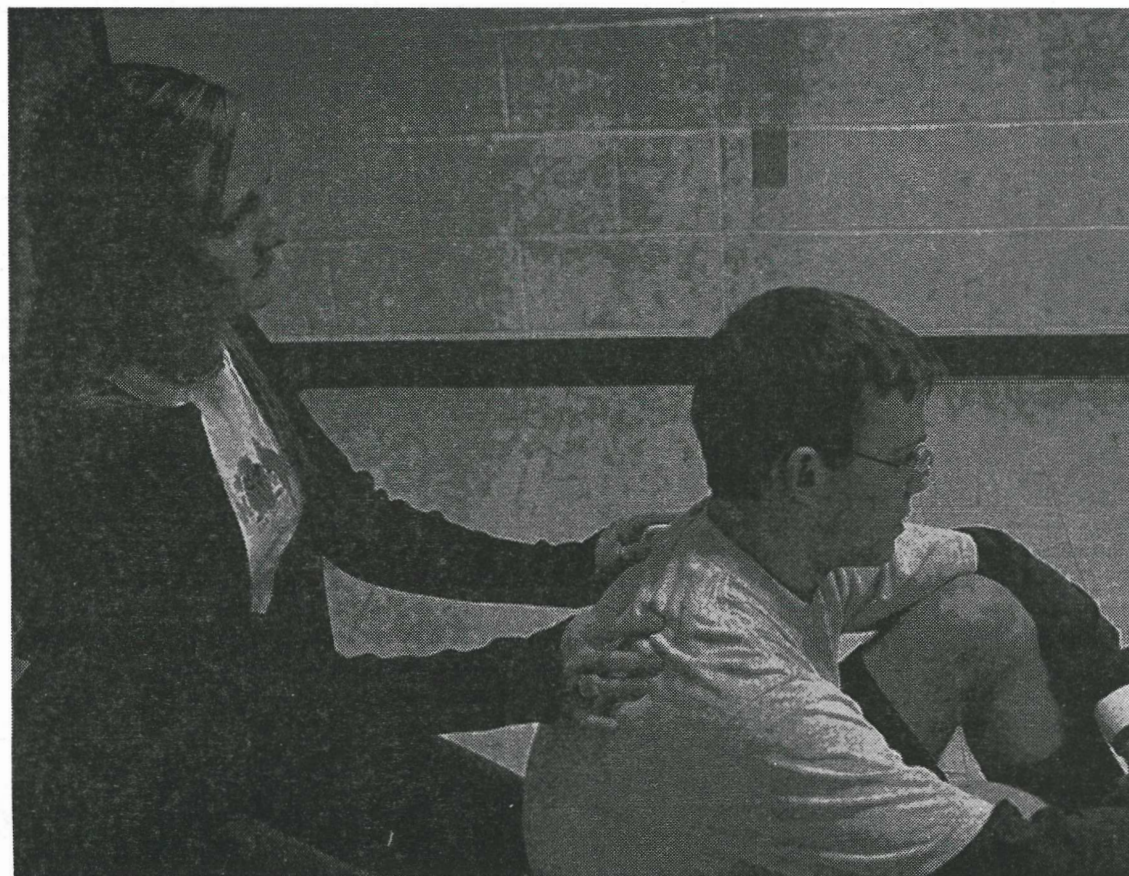
They may not get the glory of scoring that last minute goal or being named to the All-State team, but student trainers have a lot to do with the wellbeing of a team. Most spectators take for granted all the "behind-the-scenes" tasks that are done by these high schoolers. Athletes' injuries simply do not get taped and heal by themselves; that is one of the many jobs of these student trainers.

Student trainers are those teens that volunteer their time during the individual sports season to ensure the health and wellbeing of the team. They volunteer their time to be there at every practice and even travel with the team when they go on the road. They are part of the team but receive virtually no credit. But credit is not what these individuals are in it for.

"I became a student trainer because I was interested to learn about different injuries and how to treat them," senior McKayla Marso, a trainer for the boys basketball team, said.

There are many sports that have student trainers. Football, volleyball, boys basketball, track, wrestling, cross country, and girls basketball all have student trainers. All share the same job of taping injuries and doing basic first aid but serve on different teams.

Before students can become trainers, they must complete sixteen hours of first aid, CPR, and taping training under the advisory



Student trainer for the boys basketball team, senior McKayla Marso gives junior wrestler Brian Custer a backrub. *photo by Tara Dieken*

of Cathy Petra, the athletic trainer at St. Mary's Hospital. Once they complete the training and receive confirmation from Petra, the trainers then are expected to show up for every practice and participate just as any other team member would.

It is a serious job to handle, whether most people believe it or not. But the people that serve as trainers enjoy every minute of it.

"I've served for three years as the boys basketball student trainer and I really enjoy it because it has been a lot of fun. It's definitely a learning experience on the medical care aspect, because Cathy explains each injury in detail and tells you exactly what is going on and how to heal it," senior Britany Gonsor said.

A shortage of student trainers is having its effect on the sports

teams, though. Petra stresses that there are teams that are in need of student trainers. People don't realize it, but she says student trainers really are a crucial part of the team.

So then next time you see that athlete score the game-winning goal or be named to the All-State team, remember the people behind it all that helped to make it happen.

Sports require year-round attention from athletes

Growing up, I always knew that fall meant football; winter, basketball and wrestling; spring, track; and summer, baseball.

Sports are no longer seasonal; they are now a year-round commitment of training and preparing for the new season. Sports now overlap seasons, and with more of an emphasis on winning, have a greater need to keep playing and practicing more.

Many sports require a full year's commitment because they have so many seasons.

Sports seasons can now go five to six months from pre-season to the state tournament. That is as long as some professional sports seasons—without the million dollar salaries.

Take soccer for example. The

soccer program has a fall season, which starts at the end of summer. That leads into a winter season, which is played indoors and into a spring season which leads to the beginning of summer. Soccer players are left with only two weeks off.

The same goes for basketball. Basketball doesn't end with the state tournaments in March anymore. Players at Riggs spend most of their summers in the gym in camps and skills competition.

So much time devoted to each sport has forced some athletes to make a choice—sometimes as a middle school student—on what

sport to play.

Athletes have had to make choices on what to play. With the seasons all jumbled together, a good football player may not be able to play hockey, or a good soccer player won't be able to play baseball.

Others have played two or three sports in one year's time. Some play to stay in shape for their main sport. Others go from sport to sport throughout the year.

They will start late in August with a fall sport, go to early November, rest, start a winter sport in late November or early December, go to mid-March, start a spring sport, go through May and then, they may get a chance to

rest—until they start a summer sport or start attending sport camps.

This is not to say that so many sports and so many changes to play are bad. Many athletes like the opportunity to play so many sports and with so many sports available, there are more chances for more athletes to excel.

Many of the high schools that have started playing in the off-seasons have done so because others started the trend. A classic example is Rapid City Post 22 baseball, which not only plays in the fall, but has practices throughout the winter.

Sports are supposed to be fun. When they become work and drudgery, they are not fun anymore.



Chris Mangan

At a glance...

Sports Scores

Boys Basketball

Last game: Lost to Brandon Valley last Tuesday night

Next game: Tonight at Watertown

Coach's comment: "The team continues to work extremely hard, and we are looking forward towards the postseason with great anticipation."—head coach Skip Kurth

Girls Basketball

Last game: Beat Spearfish last Saturday.

Next game: Tonight vs. Watertown, here.

Notable performance: The team is 4-3 in their last seven games here

Coach comment: "Overall there are still three regular games before districts, and our goal is to be obviously playing basketball."—head coach Pat McClemons

Wrestling

Last match: ESD Conference tournament in Huron last Saturday.

Notable performance: Seniors Torey Garrett and Harry Decker both won the tournament, and junior Brian Custer and sophomore Jade Cowan both got second place.

Coach's comment: "State is our objective, so going into regions our goal is to get second, so we can reach the state dual, since this is the last year for the state dual format, and it would be great to have our team be remembered as one of the last teams to wrestle in the last state dual."—head coach Rick Jensen

Gymnastics

Last match: Placed fourth in Regions last Thursday

Next matches: State Tournament in Brookings tonight and tomorrow night.

Outstanding Performer: "Throughout the year Laura Bernhard has scored the most points, but our team has each done outstanding in their own respects."

Coach's comment: "The season has been really good, the kids have all come a long way. It's hard to come into the gym with so few people and be motivated, but they manage to stay motivated. I am looking forward to next year with these girls"—coach Jill Mutchelknaus

Compiled by Drew White

Despite losses, teams focus on ways to boost morale

By Dirk McGrane

The buzzer sounds. A long second of silence follows, as the puck slowly glides over the ice. Heads turn towards the scoreboard; seeing the score, they look away again. Yet another loss for Pierre.

Nobody likes to lose, especially if losing becomes a chronic condition. While no one can win all the time, it certainly affects a team's morale when it becomes rare to win at all. Morale can play an important role in sports, especially at the high school level.

"It does have an effect. High morale can translate into a win during a tight game," Bruce Lindholm, head coach for girls hockey, said.

But when teams are

doing badly, keeping morale high sometimes can be a daunting task.

Morale can be influenced by many factors, including the team spirit, crowd attendance, the results of previous games, and especially the team's current performance. Players use a variety of methods to help keep their morale as high as possible.

"I don't focus on the game, I focus on me and the puck," sophomore Jenna Paxton, goalie for the varsity and junior varsity girl's hockey team, said.

While it is important that each player keeps his or her morale high, it is also important that the team as a whole keeps its morale boosted. Riggs High teams have different ways to meet this ac-

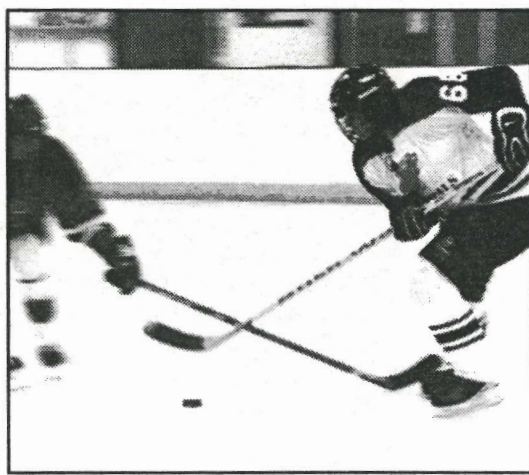


photo by Dirk McGrane
Sophomore Jenna Paxton dodges a defender as she takes the puck down the ice for a shot.

complishment as well.

"When we go to the locker room after the second period, we've learned we can't put each other down. We have to work at getting our heads back into the game," Badger said.

"We have this little chant before the game where we all clap in different rhythms," sopho-

more Perry Job, who plays boys hockey, said. "We have this picture of a goalie and a player shooting a puck into the net that we call the T-Doc, for Truman Doctrine. It's something we touch for good luck."

Coaches also play a part in the team's morale.

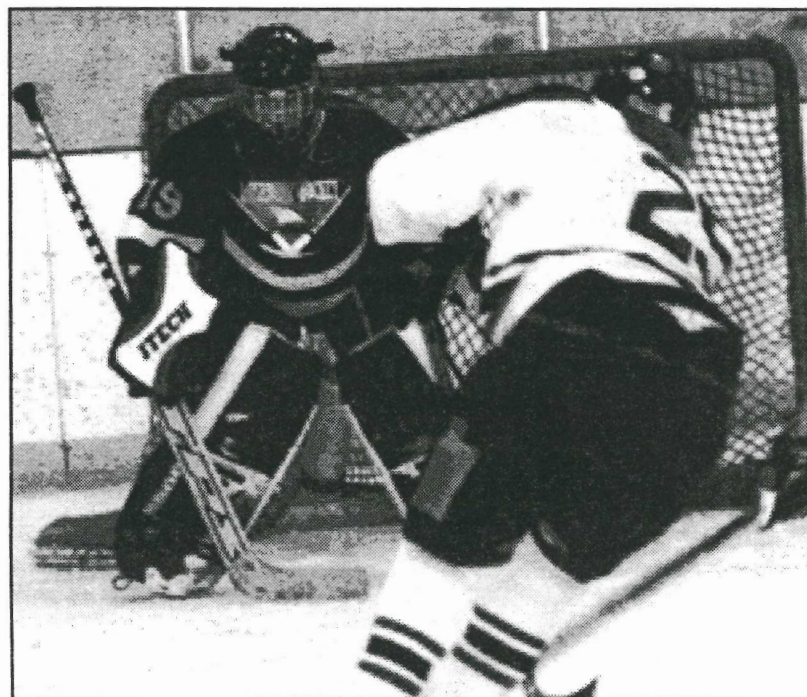


photo by Dirk McGrane
Sophomore Kris Schaffer makes a breakaway, or a one-on-one against the goalie, during a girls hockey game against Rapid City.

"You try to focus on the positive aspect of things in games, rather than the negative stuff," Lindholm said. "While having a team with high morale can help during games, I would rather have a team with high confidence and that works hard."

"The coaching staff

keeps a very positive attitude and stays upbeat. We try to show the players things in practice to help them win, because ultimately their morale isn't going to improve until they start winning," Steve Robinson, girls basketball coach, said.

Something else in-

fluencing the team's morale is the size of the crowd attending the game.

"We used to have really small crowds at our games," says Job. "But we're working together a lot more as a team, so more and more people are showing up."

Riggs athletes feel pain of injuries

By Lisa Heffernan

Sports injuries can be devastating to a high school athlete. Fortunately, for three Riggs students, hard work and support from others, and positive attitudes made dealing with their injuries easier.

Matt Dutt, a senior, injured himself at a basketball game in Aberdeen last month.

"I went to block a shot and when I came down I landed awkwardly and used my right arm to break my fall," he said. This caused him to hyperextend his arm and strain his MCL.

Supportive teammates kept Dutt positive for the three weeks he could not play. "My teammates were very supportive of everything, and I think they really stepped up and played well while I was out," he said.

Laura Bernhard, a sophomore, hurt her ankle while coaching girls at a gymnastics club.

"I did a jump and landed wrong and ended up tearing the ligaments around my ankle," she said.

Senior Tony Rislov injured himself in the summer after his sophomore year. Weight lifting and heavy physical activity during baseball caused degenerating disks in his lower spine, making the nerves rub against his bone.

"I ended up sitting out half the baseball season without knowing what was wrong," Rislov said.

The recovery times for these three varied from three weeks to three months. Doing specific exercises for what they injured helped all three to be able to get back to doing the sports they love. Sitting out for periods of time was good for the healing process, too.

All agree that it was frustrating for them to see their teammates playing when they couldn't.

"My motivation to get better was seeing every-

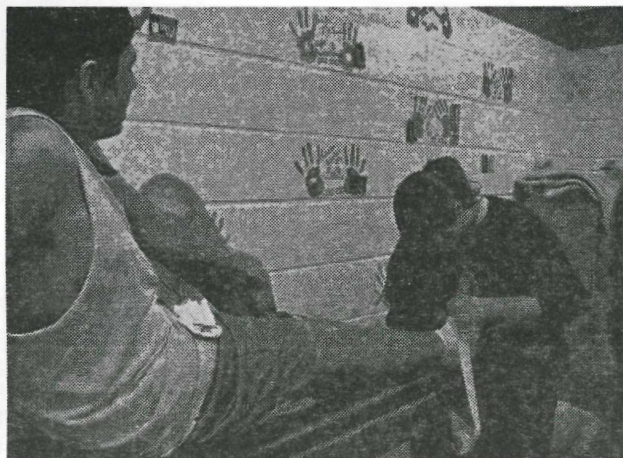


photo by Tora Dieken
Senior Chris Lopez has his foot attended to by student trainer senior Britany Gonsor.

body else out there when I wanted to be playing," says Rislov.

Patience was also a key factor as well. Bernhard admits that this was the hardest part of her rehabilitation.

Rislov remained positive by looking forward to the next season and knowing he would play.

Overall, these three are fully healed. Bernhard still experiences some pain, though.

"I cross my fingers and hope it's not on a day of a competition," Bernhard said.

To make sure he didn't re-injure his arm, Dutt had to stay out of the game for three weeks.

After being injured from June '01-March '02, missing half of the baseball season in summer of 2001, and skipping his junior year basketball season, Rislov has had no problems since.

Athletes to watch

Adrienne Lindholm

18 and center for the Lady Capitals Hockey Team

Best moment so far this year: The first victory this year against Rapid City



Team Strengths: Very determined and hard-working players

How does it feel to play a sport predominantly played by men? It's fun to show everyone that

we can play.

Drew Johnson

81 Goalie for the Capitals Hockey team
Team Record: 11-13-2

Favorite Opponent: Aberdeen
Most Pleasant Surprise this Year: Newcomer Jonas Lauenstein

has shown good leadership and skills



on the ice.

Best moment this year: Shootout against Aberdeen in Minnesota Tourney
Goals for State this year: Win at least the first game and get televised.

by Allen Goodman

photos by Dirk McGrane

Seven musicians earn All-state honors, two for fourth time

By Emma Waack

The nervous feelings are over, and the excitement can now begin. After practicing and trying out for All State Band, seven musicians can now look forward to the All State Band Concert.

These seven students will go to Watertown March 25-27 to share their talents

with the rest of the state. Juniors Brittany Lowery, Laura Marsh, Andrew Wulf, and Erin Schiltz and seniors Craig Long, Kit Hartley, and Mary Peterson were chosen by audition for this honor.

This is the largest number of students chosen from Pierre, but some students will be attending as veterans. Hartley and Peterson

are both four-year All State band members. The last person from Pierre to achieve four-year status was Robert Hanson, from 1956-1959.

"I'm excited to go and hope to learn more about music," Andrew Wulf said.

But it isn't all just for the music.

"I'm excited about seeing all the friends I've made," Hartley said.

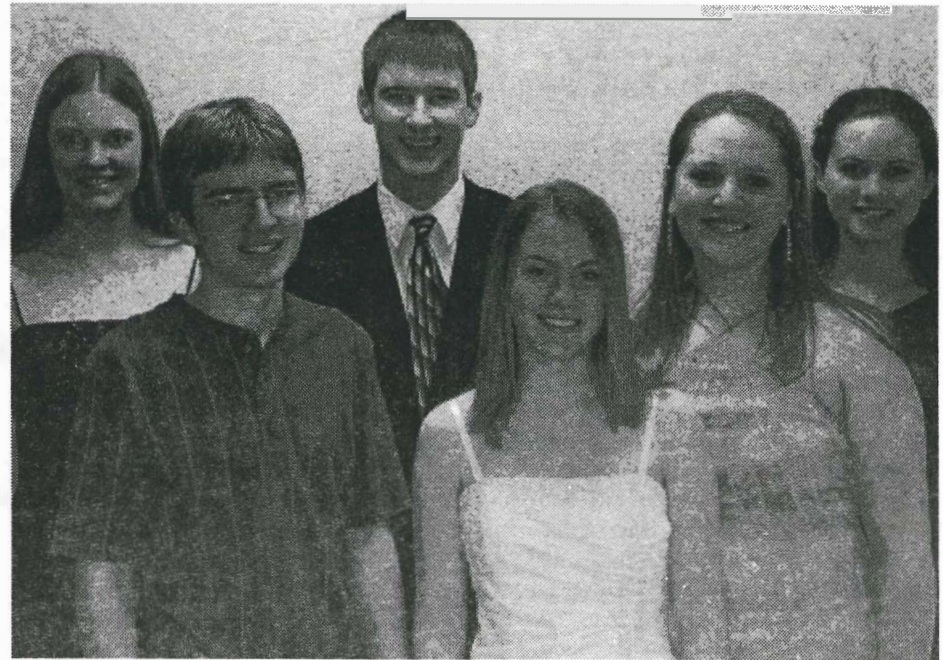


photo by Dirk McGrane

The All-State musicians include Kit Hartley, Andrew Wulf, Craig Long, Brittany Lowery, Erin Schiltz, and Laura Marsh. Not pictured: Mary Peterson.

Band featured at convention

By Emma Waack

Last Friday, the symphonic band traveled to Brookings to play at the Annual Bandmasters Convention. Bands are chosen to perform by taped audition, and many directors

from across the state attend.

"The music was very exposed and difficult, but I think we did a great job," says Andrew Wulf.

"I don't believe I've ever played with so much stress in my life," senior Melanie Steele said.

And for one of the band's members, the pressure was in major force. During one of the songs, "Flight of the Bumble Bee," Kit Hartley had an important solo.

"Having a solo there was exciting and terrifying at the same time," she said.

Three win awards at one-acts

At the state one-act competition in Aberdeen, three Riggs students received "Outstanding Performer" awards.

Seniors McKayla Marso and Andrew Kightlinger and junior Kimberly Bartels played three roles in this year's piece, "Limbo."

The competition lasted three days, with three judges critiquing each performance. The play itself did not receive a superior rating.

FBLA raises money, promotes awareness

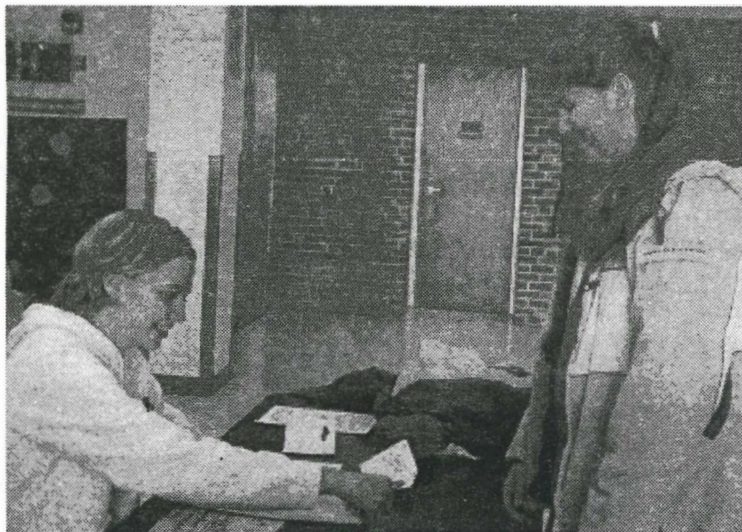


photo by Megan Wellner

Senior FBLA member Laurel Carstensen gives Savannah Cromwell, senior, the card to claim her carnation.

By Chelsea Parkinson

Was your boyfriend or girlfriend happy with the candy bear you bought for them? Thank FBLA.

Candy bears and carnations were sold by Future Business Leaders of America members as a fundraiser during National FBLA week February 9 to 13.

The funds from the sales will go towards travel expenses for the FBLA spring conference in Sioux Falls.

Other events included a fundraiser called "Bottles for Babies." Members raised over \$300 by collecting spare change from classmates and teachers to benefit the

March of Dimes as they help prevent infant birth defects.

Another activity featured "Who is the Officer?" a game in which students could match the baby pictures hanging on the FBLA bulletin board with the current pictures of FBLA officers hanging in the same place. The most correct guesses received a prize.

"FBLA week gives us recognition from other students," senior member Kayla Trebesch said. "The events of FBLA week are meant to help members take pride in FBLA."

The Pierre chapter includes 75 members who participated in the week's events.

School begins asbestos removal

By Johanna Snow

Many strange noises were heard down by the library this past month. Behind those big red doors marking the entrance to the old southeast wing, sounds of work in progress may have spiked students' interest.

The sounds were part of the removal of asbestos. The school previously hired an asbestos removal crew headed by the company KESCO Environmental Inc. which specializes in the removal of hazardous materials. They were hired to come in and do a removal of all friable (can be made into powder) asbestos in the southeast wing.

"It hasn't been decided what to do with the building, but that should be decided within the coming year."—principal Mike Fugitt

The EPA (Environmental Protection Agency) states that all friable asbestos must be removed before a building is demolished or used for something else. If workers would knock the building down without removing the asbestos first, visible emissions would be released into the air and could cause physical problems, including cancer, to the people around that area.

Future plans for the building, however, have not been determined.

"It hasn't been decided what to do with the building, but that should be decided within the coming year," Principal Mike Fugitt said. Fugitt didn't have anymore information at the time.

The process of removing the asbestos is tedious and takes part in three stages.

"Hygiene is very important when removing asbestos because you have to make sure it doesn't come out with you when you leave containment," KESCO President Kevin Snow said.

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

Name: Jeri L. Wiebe
Position: School nurse at Riggs and Washington schools
Born: March 8, 1971 in Pierre
Grew Up: Blunt; attended elementary school in Blunt, high school in Couda
Parents: Jim and Lauri Hinckley
Siblings: Older sister Julie and younger brother Justin
Family: Troy is her husband and her three children include Kevin (14 years), Nicholas (6 years) and Raegan (20 months)
College: Wiebe received an associates degree in nursing at US and an elementary education degree at Huron college
Past job history: Wiebe worked at St. Mary's Hospital in the medi-



Photo by Dirk McGrane

cal, OB and surgical wards, Avera McKennan Hospital in Sioux Falls in the oncology ward and two years teaching third grade at the Pierre Indian Learning Center
Hobbies: Wiebe enjoys scrapbooking, reading and walking

By Ceo Hilding