



T.F. Riggs High School

GOVERNOR

volume 66 ♦ issue 5 ♦ Jan. 25, 2008 ♦ Pierre, SD

page 3-- King of Hearts ideas
pages 4-5-- Cures for doldrums
page 8-- Semester test update

New restrictions on computers frustrate many

By Tyler Coverdale

Forticlient has recently become synonymous with frustration and annoyance over the past weeks for students and teachers alike.

Forticlient, a web filter that the school implemented just before Christmas, gives the school more control on students' use of their laptops when outside of the school. While on the premises, the web filter on the school's wireless network controls students' Internet access. But until Forticlient they had free reign at home. Now, with this blocker on each individual laptop, students are more restricted.

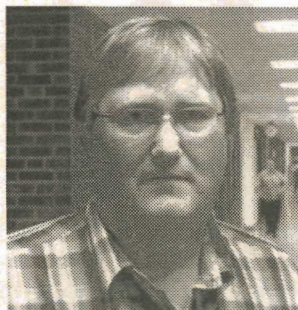
While everyone can agree that the system is definitely not perfect, students should know that the computer technicians have not imple-

mented it just to torture them, as many believe. If anyone is to blame for forcing Forticlient, it is the fault of the approximately twenty-five percent of the students who had pornography on their computer, said Phil Rose, head of the technology department.

Yeah--you heard it--**twenty-five percent.**

"I was pretty mad about Forticlient at first, but then I heard about the number of kids that were abusing their computers. Now I suppose it's needed," junior Andy Lampy says.

Another key factor besides pornography is the hour that kids are on their computers at home. The tech department can tell, no matter where a student is, when their computer is on and if they are online, Rose says. They noticed that many stu-



Phil Rose

dents are on their computers into the wee hours of the night on school nights. Then they saw that many of these kids are the same kids that are failing two or three classes.

"I've noticed that many of my students that are constantly struggling to stay awake in class are the same kids that are always on their computers when they should be working. It wouldn't surprise me if they were on them all hours of the night at home as well. Many of these students

"Next year we should be able to choose with more precision what is blocked and for whom." --Phil Rose

are the same ones that are struggling to pass my classes," Latin teacher Jay Mickelson says.

No doubt the laptops are probably not getting used the way the state intended when they gave them to students at the beginning of the year.

Therefore, the state's Department of Education began implementing Forticlient in all schools with the laptops across the state, so students shouldn't be blaming the tech department or the administration for installing Forti-

client. The school had to implement some form of home-blocker, and they thought that Forticlient was the best one.

And students shouldn't get their hopes up that the administration will just give up on Forticlient after a couple weeks.

"We have identified all of the problems with it and are working with Fortinet, the suppliers of Forticlient, to fix them," Rose says.

There is good news for the seventy-five percent of the school who don't abuse the laptops, though, says Rose.

"Next year we should be able to choose with more precision what is blocked and for whom." He said that Yahoo! Mail and Hotmail will most likely not be blocked outside of school and that they may even

have the capabilities to have a form of reward system, where the better a student does academically, the more freedom he or she will have with the computer.

Assistant Principal Kevin Mutchelknaus has a similar attitude for students and computers next year, "The administration would be open to having more freedom at home than at school, unblocking things like non-web-mail emails outside of school." This will only be possible, of course, if students prove this year that they do, in fact, deserve this freedom.

Forticlient was implemented was for students' protection, and students need to realize that these computers do not belong to them. They are a privilege and need to be treated as such, Rose says.

All for a good cause

Students raise money to help fellow student

by Timmi Lunsford

Before the gift-giving began this holiday season, an even bigger gift was given to junior Jim McLain to help with medical expenses. This year McLain has struggled with health problems, missing much of the first semester. Student senate held

a dance and friends at Thrivent for Lutherans provided matching funds to raise \$1,200 for McLain.

"It feels good to have so much support from friends and family," McLain said.

"I thought the dance was a success. It was really fun, and it was great to have friends and

family there supporting me," McLain said.

With the help from friends and family, McLain got back to swimming a couple of weeks ago is slowly getting back into daily routines.

"It was hard to get all my work done for school, but now I am going every

day," said McLain.

McLain has been busy getting caught up in school and getting back into his normal activities.

"I would just like to say thank you to the people who came to the dance and to the people who helped me get through this," McLain said.

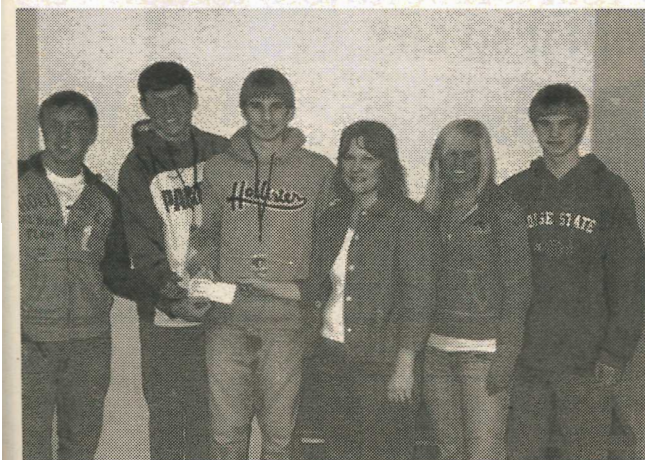


photo by Samantha Clark

Representing Student Senate, seniors Eric Christianson and Tyler Coverdale present junior Jim McLain with a check to help with medical expenses. Joining McLain were his mother Kay, his sister Morgan, and brother Alex.

Forticlient brings mixed feelings

Upon getting the computers this year, students had mixed feelings about all the controls and rules they had to follow. The recent addition of "Forticlient" monitoring shows that the rules are implemented for reasons that students may not even know.

The "Forticlient" program has different features that enable the school to monitor Internet use and amount of usage on each computer. This sounds invasive, but this security level is important to ensure students' safety.

The twenty-five percent of Riggs students who are too immature to handle having total freedom with their computers are those responsible for the new restrictions. Due to these students' lack of respect, the rest of the school is now suffering the consequences.

The tablets that stu-

dents use in school are not their property: they belong to the school. Students use them free of charge as long as they respect the rules. Because of students' irresponsibility, the administration was forced to take action by implementing this program.

This might not seem fair to everyone, but it's not the school's fault. It's the students' fault. If students could have followed the rules in the first place, they wouldn't be in this particular predicament.

It's the school's job to protect not only its computers but also its students, and the program does just that. It keeps viruses from entering the computer and protects students from Internet predators and pornography.

Just because students can't check their Facebook account anymore doesn't mean their lives are going to end. Yes,



Forti Client!!



Illustration by Bre Costello

social networking will decrease substantially, but a student might just need to find a different computer to use.

Students need to realize that the tablets were given to them for school use, not for their own selfish benefit. This whole experience is just another life lesson that young

adults must learn. In order to gain respect, students must give it first.

If students don't respect the school's property, why should the school respect students' privacy? Everyone knew that this kind of restriction was bound to happen.

Now that it's here to stay, just live with it.

Governor Staff 2007-2008

Published monthly as an extra-curricular activity by the newspaper staff of T.F. Riggs High School
1010 E. Broadway
Pierre, South Dakota
57501 Telephone: 773-7350

Reporters this issue♦

Mollie Holden
Avery Askew
Timmi Lunsford
Kaley Intorn
Tyler Coverdale
Kelcy Curtis

Adviser♦

Elizabeth J. Vogt

Editors-in-chief♦

Brian Chicoine
Jessica Jones

Assistant editors ♦

Annie Beck
Sunni Cowan
Sigrid Wald

Columnists♦

Annie Beck
Taylor Becker
Matt Beckwith
Ali Burchill
Jenna Chalcraft
Drew Christensen
Bre Costello
Cassi Heuer
Kat Lindbloom
Katie Lingle
Kalee Miller

Photo Editor ♦

Sam Clark

Artwork♦Bre Costello
Annie Beck

The policy of the Riggs High *Governor* is to report the news accurately and objectively and to provide a forum for the expression of its readers' views. Views expressed in the editorial reflect the concerns and opinions of the editorial board and do not necessarily represent the opinions of the individual reporters, editor, adviser, faculty or administration. The staff encourages signed letters to the editor but reserves the right to accept or reject letters and to edit for length, grammar or libel.

THUMBS

...to SNOW
...to making pancakes
...to intramural floor hockey
...to leisure time during semester tests
...to every time you sit down and read a good book in Mrs. Vogt's class
...to using alternative energy sources
...to new kids running in rec. activities
...to treasure chests full of homework done already
...to ice cubes in your pop
...to long naps during opens between classes
...to yelling at the hockey game

...to overdose of Heath Ledger
...to unsung heroes
...to ruining laptop privileges for everyone, perverts
...to freshmen still not knowing how to WALK down the halls
...to aggravating old injuries
...to crashing into other cars
...to every time you forget to charge your computer
...to having to scrape the ice off the windows of your car
...to underestimating the temperature in the morning
...to really bad body odor
...to the Patriots not losing
...to silent letters in words

Hall Talk:

What is your New Year's resolution, and have you kept it so far?



"I wanted to exercise more and eat healthier, but it only lasted like three days."
— senior
Terra Burley



"I'm tryin ta stop hustlin' and stop making fun of Kyle Cichos; it's kinda workin' so far."
— junior
Dylan West



"I wanted to do better in school, but so far I haven't."
— sophomore
Lissa King



"I'm trying to stay out of trouble, and so far I'm doing pretty good."
— sophomore
Garrett Boe

Feast your ears on new tunes

While debating who would make my review this month, I realized that Primus couldn't be put off any longer.

Although Primus is pretty rad, they are also quite intense--and that may not be everyone's cup of tea. So to accommodate those looking for something on the other end of the spectrum, I also chose Bright Eyes.

Primus is one of the most instrumentally impressive bands I can think of, due to legendary bassist Les Claypool. Their sound

doesn't belong in any one genre, which attracts a great variety of fans.

Their music has been called funk-



Annie Beck

metal or alternative-metal, but they can safely be classified as alternative rock.

Claypool turned the bass into an instrument that didn't just fade into the background. Their songs are catchy and

for the most part not very serious, which makes them all the more attractive.

I would recommend earlier albums such as *Sailing the Seas of Cheese* and *Pork Soda*. Download: Frizzle Fry, My Name is Mud, Tommy the Cat, Mr. Krinkle, DMV.

Bright Eyes--If you're like me, you may wonder initially about lead singer Connor Oberst's quivering voice and mistaken passion for being a little soft. But I assure you, Bright Eyes is one band that is worth your time. Their sound varies

from happy, folky tunes to melancholy indie ballads.

I recommend *I'm Wide Awake, It's Morning*, a solid joy from beginning to end. This album would likely fall under the folk genre, but they do have some more upbeat, pop music.

Bright Eyes is incredibly talented instrumentally, but most appealing is the passion in Oberst's voice. Download: Poison Oak, At the Bottom of Everything, Land Locked Blues, Gold Mine Guttered, Haligh Haligh A Lie Haligh, Lua.

Saving money for King of Hearts

Much of the school is looking forward to one of the biggest events of the year, King of Hearts dance. As the date quickly approaches, people are spending tons of time making plans to make this night as fun as possible.



Kat Lindbloom, Kallee Miller, and Cassi Heuer

Although most of the planning is fun and adds to the anticipation, stress--especially about expenses--comes with the anticipation.

Tuxes, dresses, shoes, flowers, food--it all costs money. Here are some money-saving tips to make your night

as enjoyable and affordable as possible: ♥ Borrow your dress

Every year girls think they need to go out and buy a brand new dress, but borrowing one from a friend or older sibling can save money.

♥ Make your own dinner.

Since the night is a girl-ask-guy event, get some of your best girlfriends together at someone's house to make dinner for your dates. It is fun and affordable. ♥ Look for great deals

Many of the tux rental shops offer

special deals for the guys. Look for coupons to places such as Capitol City Florist that offer a free pair of shoes with your tux.

♥ Flowers--Save 10%

Flowers have become a tradition over the years, but they also add to the expense. Try going to corsage night on

Feb. 7 from 3:00-8:00 p.m. at Capitol City Florist and get 10% off your order to help you save some dough. ♥ Have Fun!

If you keep a positive attitude and have fun, the night will be worth the money and will be a great addition to your list of high school memories!



By Bre Costello

Go green, seniors, with college applications! Internet admissions are a green solution that make the process easier.

Applying online cuts down on mail, money and time. Paper products

make up the largest percentage of municipal solid waste.

Most colleges offer Internet application. You might not get into the college you want, but if Mother Earth had to decide, you could go anywhere with this tip.

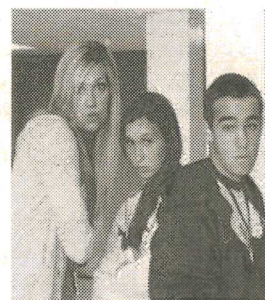
Catch these flicks

"The Bucket List"

This heartwarming tale is about two terminally ill men who decide to make their last days count. They write a list of things to do before they "kick the bucket." Morgan Freeman and Jack Nicholson provide plenty of laughs and tears. You will definitely need to pack the kleenexes for this one. Two teary-eyed thumbs up.

"P.S. I Love You"

Dear Readers, In this tear-jerking romantic comedy about life love and getting letters from your dead husband all ending in P.S. I love you, Hillary Swank plays Holly, a young woman who is recently widowed. After the death of her Irish husband Gerry, Holly is finding letters being sent to



Katie Lingle, Jenna Chalcraft, Matt Beckwith

her from him. Before he died from a brain tumor, Gerry wrote ten letters to be delivered to Holly after his death periodically to help her cope. Bring some tissues because this movie will definitely tug on your heart strings.

P.S. Two thumbs up!

"Walk Hard: The Dewey Cox Story"

This movie is basically one big joke. The writers attempted to make a big spoof out of the movie "Walk the Line" based on the

life of Johnny Cash. Dewey Cox's (John C. Reilly) life as a musician starts off on a high note, but later his lucky streak gives way to rock star temptations.

One of Dewey's band members, Leon Phelps (Tim Meadows of Saturday Night Live), is constantly on drugs and passes his addictions on to Dewey.

Dewey's life continues to spoil like milk, until one day he decides to stop the drugs and start his life. From here on in the movie, the ill-humored jokes start to go sour, and the movie gets a little old. I would recommend not wasting money on this one unless you really, really like John C. Reilly. I give this attempt at a comedy one scrawny thumb up.

Keeping New Year's resolutions

It is very hard to keep resolutions. I have not even started mine, but nevertheless it is still important to try to keep on track.

Have some of your friends join in with your quest. They can be your support group if things get tough. A good support group could also provide just the push that you need to get started.

Whether it is for working out or becoming a better student, maybe a friend



Ali Burchill

or two will help in making it easier to complete your goals for this year.

Last year went by quickly, and if you didn't quite make your resolutions from the past years, there is nothing

wrong with trying again this year.

Maybe the problem was that you set your goals too high. You might need to change your standards if those goals were way out of reach.

Your New Year's resolutions should be attainable, so don't feel bad if you lower your expectations just a little bit.

It will make you feel great if you meet your goal rather than feeling awful because you fall far short.

BEATING THE W

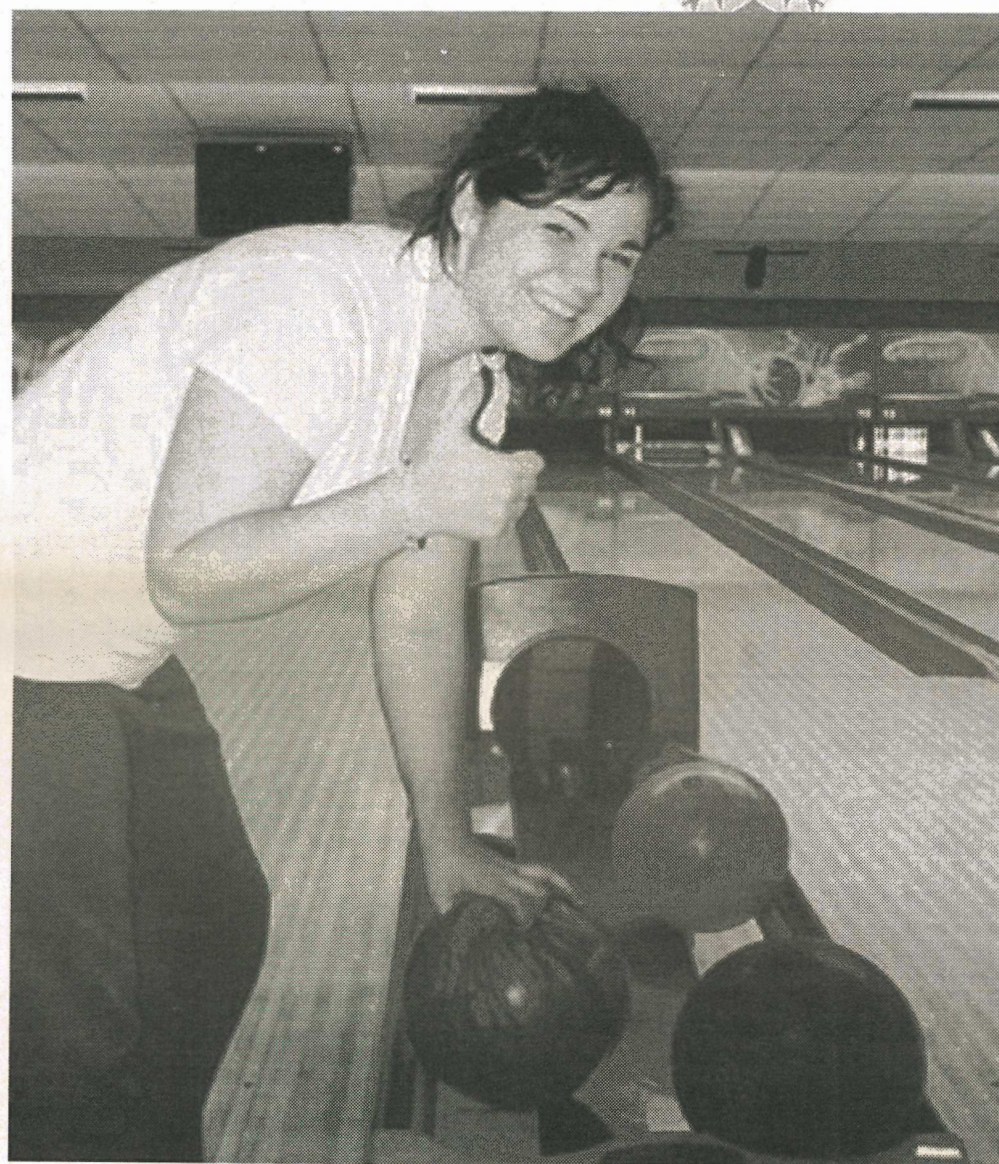
THINGS TO DO

If you're broke:

1. Write a song
2. Write a poem
3. Write a rap
4. Read a book
5. Make a collage
6. Put a puzzle together
7. Watch home videos
8. Feed the geese at Capitol Lake
9. Plan for college
10. Draw a picture
11. Rearrange your room
12. Make a bracelet
13. Call an old friend
14. Write a letter
15. Go sledding
16. Make a snowman
17. Go ice-skating on a pond
18. Play an intramural sport
19. Bake cookies
20. Cook dinner
21. Walk your dog
22. Make a scrap book
23. Look at a photo album
24. Make a sock puppet
25. Learn to knit
26. Play a board game
27. Origami
28. Mute the TV and make up your own words
29. Go ice blocking

If you're rollin' in dough:

1. Grow a Chia Pet
2. Tie dye a shirt
3. Redecorate your room
4. Go shopping at Value Village/Hospice
5. Make a mix cd
6. Go bowling
7. Throw a themed party
8. Go to the movies
9. Take a road trip
10. Go skiing/snowboarding
11. Dye your hair
12. Take pictures
13. Sponsor a child from a developing country
14. Buy a goldfish
15. Make homemade ice cream
16. Go out to eat
17. Rent a movie
18. Go see a concert
19. Go see a play
20. Take a yoga class



Senior Sunni Cowan prepares to knock out some pins at Lariat Lanes in Pierre. Bowling is an inexpensive and fun winter pastime for many Riggs High students.

By Andrea Beck

Pierre is notorious for long, bitter cold winters with little snow. The months seem to drag on endlessly, and almost everyone suffers from the winter blues at some time during the season. For most, the blues are relatively mild, but for others the symptoms can become severe. This winter depression is referred to as Seasonal Affective Disorder or SAD.

According to Gannet Health Services at Cornell University, depression during the winter months stems largely from a lack of sunlight. As the days get shorter, it becomes increasingly difficult to wake up in the morning, due to the body's natural response to light. The body is accustomed to waking up when the sun is shining and rising when it is dark creates a change in the body's melatonin and serotonin levels. Melatonin is a hormone produced during sleep and serotonin is a neurotransmitter which is responsible for regulating mood, hunger, and sleep.

HOW DO YOU FIGHT THE WINTER BLUES?



"I like to go to the YMCA or go tanning to make it feel like I'm warm."
Kelli Livermont, junior



"I get together with my friends to rent movies and play video games and never leave the basement."
Tawny Maszk, senior



"I usually go bowling and drink teas after a long sledding."
Charles Ring, senior

WINTER BLUES

Ways to warm up a chilly mood

ck
s notorious
ng, bitterly
winters with
he months
on endless-
t everyone
the winter
time during
most, the
ively mild,
the symp-
ome severe.
epression is
Season Af-
ler or SAD.
ding to
h Services
iversity, de-
ng the win-
ems largely
of sunlight.
get shorter,
increasing-
wake up in
due to the
l responses
body is ac-
waking up
is shining,
en it is still
a change in
latonin and
els. Mela-
rmone pro-
ng sleep,
n is a neu-
which is re-
regulating
, and sleep.

Even when the sun is up, the days are typically overcast. The colors that appear most abundantly during the winter are blue and gray, colors which often relay feelings of emptiness and cold.

There are many simple things you can do around your home or bedroom to create a feeling of warmth and relieve some of your own blues. Decorating with colors like orange, which evokes cheerfulness, and red, to encourage activity, helps to create a warmer and happier living atmosphere even when things outside are looking a little gloomy.

Opening your shades and lighting a couple of candles can work wonders on a melancholy mood. Also, spending an hour outside, whether you're taking a walk

or just sitting and soaking up the sun, is an instant mood elevator due to more light exposure.

Some people go so far as to purchase light boxes which emit light sim-

ilar to the sun's rays. Sitting in front of these boxes for thirty minutes a day has been proven to decrease and sometimes eliminate symp-

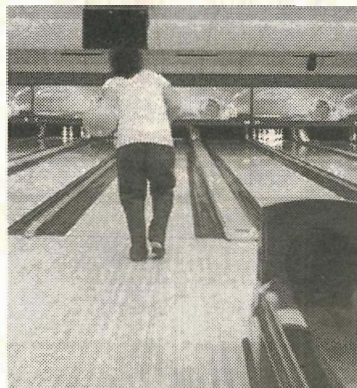
toms of depression, according to Cornell University. A cheaper alternative are full-spectrum light bulbs. Full-spectrum bulbs produce a brighter, cleaner light than typical soft white bulbs.

It is no secret that exercise improves mood, but it has also been proven to reduce stress. Studies have shown that one hour of aerobic exercise has the same effects of 2.5 hours

of light treatment. Even small things like taking the stairs instead of the elevator, parking your car far from the school, and walking briskly to classes can help relieve stress and motivate you to be active in other ways. You will not only feel better emotionally, but you will feel healthy and satisfied with your body.

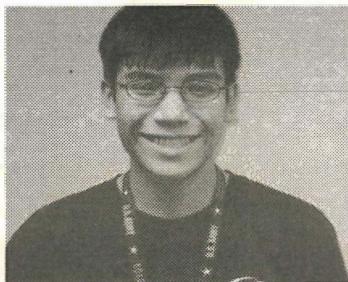
Don't worry--it's not just you--everyone experiences an increased craving for junk food during the winter. Your body hungers for foods that are high in sugar because carbohydrates often increase serotonin levels, which might be lacking. Eating more complex carbohydrates like pastas and rice will help you feel better without draining you of your energy later, as unhealthy snacks typically do.

Whether you experience mild or severe winter blues, a combination of the great outdoors, exercise, and a proper diet can relieve this depression. There are many activities that can easily brighten up an overcast day, so don't let the weather conquer your feelings. Get outside and get active.



Senior Sunni Cowan sends the ball down the lane for another strike.

y go hot-tub-
drink exotic
a long day of
"
Ring III,



"Hot cocoa and electric blankets, ooh that's good."
Aloysius Hodgkiss,
sophomore

FILMS FOR A FROSTY DAY

1. Winter Passing
2. 300
3. Fear and Loathing in Las Vegas
4. Jesus' Son
5. Pulp Fiction
6. Fight Club
7. Airplane!
8. Snatch
9. Last King of Scotland
10. Princess Bride
11. Chronicles of Narnia
12. Eternal Sunshine of the Spotless Mind
13. Gangs of New York
14. Smokin Aces
15. Chronicles of Narnia
16. Kill Bill Vol. 1 & 2
17. Trainspotting
18. Jabberwocky
19. Sin City
20. Almost Famous
21. Donnie Darko
22. O' Brother Where Art Thou?
23. Almost Famous
24. Breakfast Club
25. High Fidelity

BUNDLE UP WITH A BOOK

1. Cat's Cradle by Kurt Vonnegut
2. On the Road by Jack Kerouac
3. Lullaby by Chuck Palahniuk
4. Fight Club by Chuck Palahniuk
5. To Kill a Mockingbird by Harper Lee
6. Caught Stealing by Charlie Hudson
7. Slaughterhouse Five by Kurt Vonnegut
8. Fahrenheit 451 by Ray Bradbury
9. The Kite Runner by Khaled Hosseini
10. Catcher in the Rye by J.D. Salinger
11. A Tramp Abroad by Mark Twain
12. A Man Without a Country by Kurt Vonnegut
13. Lord Grizzly by Hugh Glass
14. Gone With the Wind by Margaret Mitchell

DO YOU HAVE THE WINTER BLUES?

If you experience two or more of these symptoms during the winter, you may suffer from the winter blues.

- *Increased feelings of lethargy
- *Difficulty waking up in the morning
- *Difficulty concentrating and thinking creatively
- *Incorrectly blaming oneself for problems that occur
- *Difficulty performing tasks that usually seem easy/enjoyable
- *Increased craving for junk food

Columnists offer NBA basketball predictions

The NBA season is starting to get more and more attention now that football is almost over. For this month's column, we are going to give you our NBA season preview with teams and players to keep an eye on.

Boston Celtics--This is the team all eyes have been on. They have the new "Boston Big 3" in Kevin Garnett, Paul Pierce, and Ray Allen. How much Rajon Rondo, their point guard and floor general, improves will determine how far the Celtics go this year.

Detroit Pistons--The Pistons are solid all



Drew Christensen
and Taylor Becker

around the court with experience at every position. The Pistons aren't very deep in talent off the bench, though, so their starters will have to stay out of foul trouble and definitely stay healthy if they want to be a top team in the Eastern Conference.

Cleveland Cavaliers--The Cavs have one of the NBA's best in LeBron James. He will

be able to carry Cleveland to loads of success again this season especially since he is averaging just under 30 points per game. With help from role players such as Daniel Gibson, Drew Gooden, and Zydrunas Ilgauskas, look for the Cavaliers to have another great year.

Phoenix Suns--The Suns are loaded with stars on their team. Steve Nash is the best point guard in the NBA and has great vision for passing the ball off to Grant Hill, Amare Stoudemire and Shawn Marion. With six of their players averaging in double figures, the

Suns will go far in the Western Conference.

Dallas Mavericks--The Mavs have one of the most versatile players in the NBA in Dirk Nowitzki. Dallas has great guard play in Jason Terry and Devin Harris. Josh Howard is another great player for the Mavericks who is often underrated as he averages over twenty points per game. Dallas will try to make a better playoff run this year than their embarrassing loss to the #8 seeded Warriors last year.

San Antonio Spurs--The Spurs are looking to repeat as NBA Champions again this

year. They have a very dependable post player in Tim Duncan. Their guards, Tony Parker and Manu Ginobili, are awesome. After these three players, a lot of the scoring drops off so it will depend how those three play to see how far the Spurs can go this year.

A couple teams to watch out for as the season rolls on and the playoffs get closer are the Portland Trail Blazers and New Orleans Hornets.

The Trail Blazers have been on a tear as of late and are doing all of this without number one overall

draft pick Greg Oden.

The New Orleans Hornets have been getting tremendous play out of Chris Paul, who is emerging as another great point guard in the NBA.

The Eastern Conference Finals will be between the Boston Celtics and Detroit Pistons with the Celtics winning in six games. The Western Conference will be the Phoenix Suns against the San Antonio Spurs with the Suns winning in seven games. The NBA finals will have the Celtics beating the Suns in six games with Kevin Garnett as MVP.

Swim Team

Last meet: Aberdeen

Next meet: Mitchell this weekend

Player comment: "Our team is looking really strong this year. We are all swimming exceptionally well, and we expect to do well at state." --sophomore Raeann Schlenker

Notable finishes In Aberdeen: seniors Quinn Holden and Morgan McLain both got first place in their age groups.

Gymnastics

Last Meet: Rapid City Gym-O-Rama

Next Meet: E.S.D. here on Feb. 2

Player comment: "The ESD meet is going to be a blast, and we all expect good things to come from the competition. I think we have the ability to score one of our highest if not our highest score at ESD." --senior Chelsea Klinger

compiled by Brian Chicoine



Boys basketball

Record: 4-8

Last game: Win over Aberdeen

Next game: Tonight at Spearfish

Player comment: "We pulled it off against Aberdeen, and we're looking to get two more wins this weekend against Spearfish and Sturgis." --junior Dillon Gran

Girls basketball

Record: 8-3

Last game: Loss to Aberdeen

Next game: Tonight vs. Spearfish

Player comment: "We're undefeated at home, and we hope it stays that way." --senior Drew Miller

Wrestling

Last match: East Meets West in Pierre Stevens 60-15, Central, Sturgis 34-28

Next match: Dakota Duals in Brookings tomorrow

Player comments: "We're hungry." --junior Evan Fuller

Boys hockey

Record: 10-8-1

Last game: 5-4 win over Mitchell

Next game: Tournament in Grand Forks this weekend

Player comment: "We're starting to put more mustard on our shots, metaphorically speaking of course." --senior Alex Roberts

Girls hockey

Record: 1-15

Last game: Loss to Mitchell

Next Game: At Aberdeen on Feb. 1

Player comment: "We have the weekend off, so it will help us focus for our next game against Aberdeen." -- junior Liz Stewart

Blood, calluses show gymnasts' dedication, work

By Avery Askew

Gripping bars, balancing on beams, and flipping on the floor require more than a simple sprint from local gymnastic gurus.

Practices are nothing but productive for gymnasts, and the team keeps paced until blood is clearly apparent on palms.

"When the girls bleed, you rub some chalk into it so you don't get it on the beam," gymnastics coach Nicki Abels said lightheartedly.

Gymnastics is a no guts-no glory sport. Intense conditioning and endless hours on the bars becomes a lifestyle for many teens. Calluses form on the hands after a long session of practice.

The marks act as constant reminder of how dedicated and mentally strong

each athlete becomes.

Scrapes and bruises appear but by no means is there a need for a doctor. It's a quick fix—just slap some tape on and continue with the routine.

"If you can't handle the rips, go play ball" sophomore Shelby Abels says.

With all the hours put into the sport, many can't help but ask, why do you do it?

"Staying in shape and beating certain teams at meets always makes me want to work even harder" said Abels.

Improving skills or sticking tricks holds a special medal of honor in each athlete's eyes.

The time spent to excel in sports is time well spent for many of these determined athletes. But just how much time are some willing to sacrifice?

"If you want to be

good, you have to be at the gym all year long, not just during the season. It takes a lot of commitment," junior Jenna Goehring said.

Age is simply a number for the gymnastics team; their roster includes only one senior this year, Chelsea Klinger. In fact, only three high school girls are in gymnastics; the rest are middle schoolers.

"I love the sport, and that has kept me involved in gymnastics for so long," said Klinger.

Klinger's love for the limbersport has kept her active and hardworking when it comes to tumbling across the floor.

Some gymnasts get discouraged when they can't perfect a move they've been slaving over. Gymnastics coach Nicki Abels continually tries to keep her athletes looking up to-



photo by Brian Chicoine

Sophomore Shelby Abels works on her balance beam routine in practice on Wednesday.

ward the sky and eyes away from the ground.

"Our greatest glory is not in never falling, but in rising every time we fall" Coach Abels.

Pierrettes win competition

By Kaley Intorn and Jessica Jones

The Pierrettes danced all the way to the top last weekend at The Winter Dance and Cheer Challenge.

After last year's delay of the state competition, the team was ready to come out and compete. The Pierrettes competed in the Pom and Jazz divisions and grasped first place in both.

Because the competition was the weekend after semester tests, the girls had added stress prior to the competition.

"It was really stressful from semester tests, but it made me work harder and dance harder," said Sarah Moreno, sophomore.

This was the first year the Pierrettes have ever won a state competition but the trophies were well deserved.

"We had to practice a lot, like anytime we had we were practicing; we even practiced in the lobby of the hotel," says junior Angela DiBenedetto.

The team's success carried over to the individual competition. The senior solo division was swept by the Pierrettes. Juniors Shelby Stadel and Sam Peterson got first and second place respectively, and sophomore Mollie Holden finished in third.

Stadel definitely didn't expect the first place finish.

"I was really shocked I got first. I didn't want to do it at first, but it was a re-

ally good experience, and I'm glad I tried it. I was just really scared to perform by myself," Stadel says.

Along with the sweep of the senior solo division, sophomore Taylor Larson took home the first place trophy in the junior solo division.

"I'm so proud of the four girls that placed in the individual competitions. It's just great the way the whole team performed in the competition," says junior captain Shelby Badger.

Even though the team felt nervous, they persevered. The team is not quite done for the season; they still have a competition in Sioux Falls in February where they hope to be just as successful.



Courtesy Photo

Pierrette co-captains Shelby Badger and Cassi Heuer celebrate their wins.

Semester tests bring stress

Exams put pressure on Riggs students

By Kelcy Curtis

Perhaps "Queen" can best describe students' feelings for the past few weeks: "Under Pressure."

However, with the first semester already under their belts, students are relieved to de-stress after the initial panic of semester tests.

"They were kind of draining," sophomore Liz Schultz said. "I was so tired by the end of the week."

With the tests taking up a whopping twenty percent of students' semester grades, it's no wonder she's tired; the tests were a call for some major studying.

"[The tests] weren't all that bad, but they were still difficult. I'm glad they're over," junior Travis Falcon said. "I'm looking forward to *not* having to study all night anymore."

Falcon wasn't the only one studying hard. Some test-takers were frantic, trying to find ways to either improve or stabilize their grade. Others took the test too lightly and were unprepared come test time.

Study habits varied from after school study groups to all-night cram sessions, but everyone found *something* that worked.

"I studied with friends and looked through the books during study hall," freshman Jordre Fagerland said. "I think it helped me quite a bit."

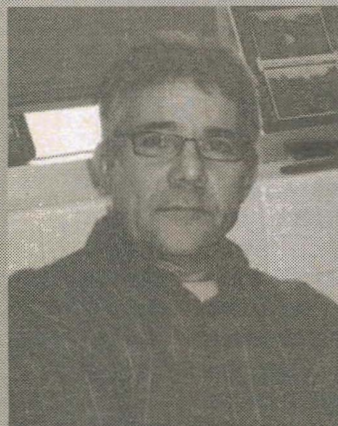
Another thing that might have helped students during testing time was the relaxed schedule. No matter how bad the tests might have been, the schedule offered students freedom and relaxation amidst the stress.

With a starting time of 8:30 a.m., everybody (with the exception of teachers) got a glorious additional hour of sleep.

"I wish the schedule



"I think the semester tests were a positive tool for all students. It challenged everyone to a higher level of learning."
— history teacher
Mike Busch



"I think it went fairly well. I like that we started at 8:30 in the morning. I also realized that the psychology test was too difficult."
— psychology teacher
Bruce Venner

was always like that. People were a lot less crabby with that extra sleep," sophomore Ashley Mews said.

"It was sweet. We got a lot of study time *and* extra sleep," sophomore Zach Walters said.

Whether or not the tests were a deciding factor on passing or failing a class, they *are* a big deal. If a student's after-high school plans include college, these tests are something to get used to.

"I think they're a good idea for helping us when we go to college," sophomore Alex Malfero said. "It's kind of a wake-up call."

However, after all is said and done, students seem to have a general consensus about the tests, summed up by junior Trey Owens: "They were a lot eas-

ier than I thought they were going to be."

Some of the teachers thought the semester tests were positive changes.

"I think the semester tests were a positive tool for all students. It challenged everyone to a higher level of learning," said history teacher Mike Busch.

"I think it went fairly well. I like that we started at 8:30 in the morning. I also realized that the psychology test was too difficult," said teacher Bruce Venner.

No matter what your personal opinions are, however, everyone seems to agree on one thing. Now that everyone knows what to expect, come semester tests next spring, they can do just like "Frankie" says and "Relax."

In your face

Meet the Computer Technician

Shiela Mangan



Shiela Mangan

- ♦ Shiela Mangan
- ♦ Married to Tony
- ♦ three grown children: Heather, Chris, Jason
- ♦ Hometown: Aberdeen, SD
- ♦ Graduated: Northern State University

Q: What exactly is your job?

A: My job is to keep your laptops running.

Q: How did you get started in this field?

A: I was asked to sub in the computer lab when my kids were in elementary school because their computer teacher was leaving, and they just asked me to stay.

Q: What is the most stressful part of your job?

A: When we have a lot of kids with the same issue with their computers.

Q: In your opinion, what is the biggest problem you have to handle with the laptops?

A: In the beginning of the year it was the stylist; now we deal more with hard-drives and reimaging.

Q: Have you always been interested in computers?

A: Yeah, kind of. I like being able to take them apart and put them back together.

Q: Do you think Forticlient will have a positive or negative effect on the laptops?

A: I think it will be positive. There will probably be less reimaging and fewer problems with kids going on inappropriate sites.