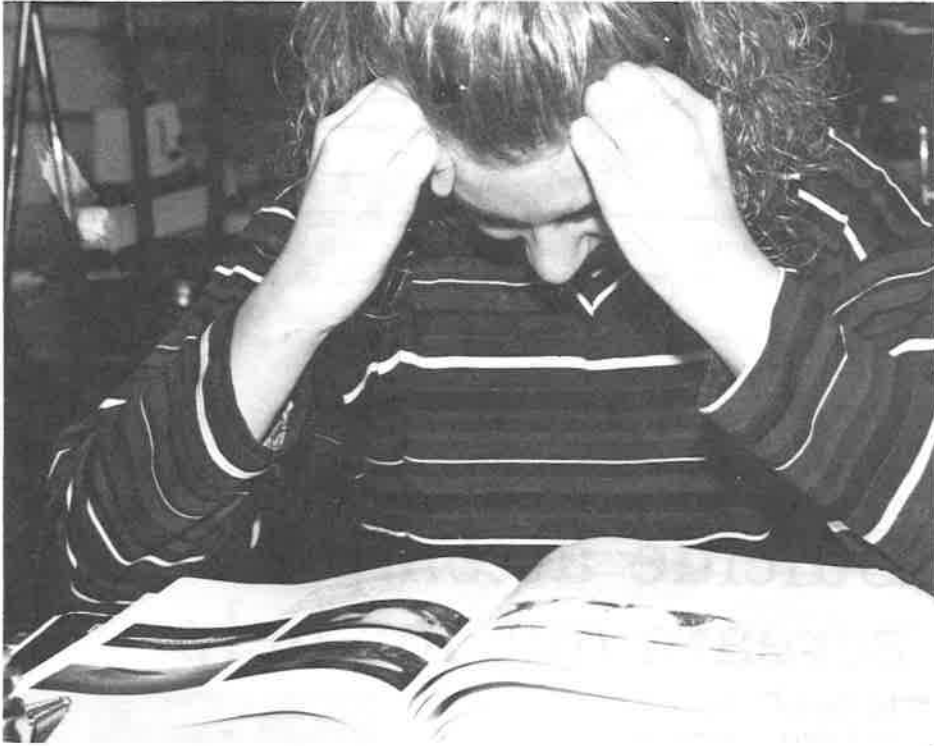


the graphos

Students deal with school, work, stress



For some students balancing their time between homework, sports, and other responsibilities becomes a difficult task.

by Kristie Benson
Graphos Reporter

It's 11:30 p.m. and you've just gotten home from your part-time job. Looking at the huge stack of books piled upon your desk, you let out a deep sigh and flop face down on your bed. Head pounding and eyes drooping, you don't even make an attempt to start your English paper, chem problems, history chapters, or math assignment. Then, remembering your falling GPA, you roll over with a groan and struggle to your feet.

While pulling your history text from the seemingly endless mound of homework, the entire stack is sent toppling to the floor. Half dazed and too tired to care, you simply stare at the scattered remnants of what used to be a semi-organized mess. Kicking textbooks, folders, and papers out of your way, you sit down at your desk and turn to the first of the three chapters that are being covered on tomorrow's eight page exam. The next thing you know your face is stuck in the open book and the clock reads 1:00 a.m. Defeated, you go to bed.

The next morning, after what seems to have been only a few short minutes, you roll over to glance at your alarm clock, which reads 6:45. Thinking that you still have a couple minutes, you roll over and draw the blankets more tightly around yourself. However, an instant later you realize you have a band sectional at 7:00. You bolt out of bed and pull on whatever clothes find their way into your hands. Unfortunately, in your haste, the only assignment you managed to complete was left lying on the floor where it had fallen the previous night.

The story could go on, but I think we see the point. No matter what activities we decide to participate in during high school, we're bound to be busy. Balancing our time between homework, sports, clubs, friends, job, and other responsibilities becomes a difficult task. There are also a lot of decisions to be made that exert a lot of pressure. When everything needs to get done, it's hard to know what takes priority. Life can get complex draining our energy and leaving us feeling fatigued and out of control.

"A state in which a strong demand is placed on the nervous system" is how Webster refers to stress, but who needs a definition; we deal with it everyday. Our emotions affect our body. This is no surprise; people have known

this for a long time. Any emotion, mild or severe, registers in every cell and tissue of the body. It's easy to understand then why so many high school students suffer from stress.

If stress is allowed to build up and continue over a long time, it may affect our physical health as well. Some symptoms of stress may be high blood pressure, ulcers, fatigue, headaches, and increased breathing, and heart rates.

There are no solutions for dealing with stress, but a few suggestions may help. Organize our time. Make lists and write things down. With a limited amount of time, every minute needs to count. Second, don't procrastinate. If we start things on time, we give ourselves more time to finish; this eliminates some of the pressures of doing a rush job. Lastly, don't try to do too much. There are a lot of interesting things to do, but if we try to do too many things, we won't be able to enjoy any of them. Also, take time to just relax for a while.

Phys. ed. classes hit the slopes

by Maren Olson
Graphos Editor

"Hit the slopes!" is a phrase NUHS phys. ed. classes have heard for more than 20 years. **Cliff Anderson** and **Rich Peterson** recently took a group of New Ulm students to Mankato to downhill ski. They headed for "Ski Haven," which is located in the same spot Mt. Kato is now. However, location and skis are the only thing the two have in common! Ski Haven had only two or three runs, a little log building, and a garage! Plus, ski lifts were non-existent. Rope tows were the only help in sight.

"You needed strong shoulders to get up those tows!" Peterson said. They made for a "tiring day," he recalled. To get up a hill, a skier had to grab the rope and hang on as they were pulled up the hill with their bodies almost perpendicular to the ground. These rope tows weren't just hard on muscles;

they shredded mittens and gloves. Peterson would bring along a dozen rolls of athletic tape and wrap students' mittens to reinforce the fabric and save their hands.

It's inevitable. When lots of first time skiers go skiing together, some crazy things are going to happen. **Dave Curry** chuckled as he told of one student who decided to go down Big Brave, a black diamond hill. (For non-skiers...a black diamond hill is a steep one-not recommended for beginners!) The kid had a little trouble stopping at the bottom. He sailed between the ski racks and right into the chalet! Fortunately, he survived with no broken bones.

This year was no exception. Once again, some strange things occurred. **Terry Smith** had an interesting experience. As one

observer described,"...he decided to try a black diamond hill...all of a sudden he wiped out and there was a huge cloud of snow rolling down the hill. Out flew a pole, then a ski, then his hat, another pole, the other ski, and finally **Smith** came tumbling down!" **Brian Smith** had a similar adventure. He simply walked off the hill mumbling, "I hurt, I hurt, I hurt."

Casie Netzke smiled as she recalled her first day at Mt. Kato. As she was standing at the top of the Bunny Hill, waiting for a friend, she had a surprise. "All of a sudden, my skis made a perfect vertical line, and I slipped into an almost perfect split. Then I fell over and planted my face in the snow. The guy at the lift had a real laugh!"



Ryan Doran sports his skiing garb, including his broken thumb.

editorial

Last semester remains precious time to seniors



by Allison Koeckeritz
Graphos Editor

Second semester has just begun, and already we are planning graduation.

Seniors have been hard at work planning their futures. What are we going to do with the rest of our lives? Do we want to go to college? If we do, where? That is one of the biggest decisions of our lives. Applying to colleges is a very stressful task. Filling out applications, getting letters of recommendation, and taking ACT and SAT tests definitely keep us busy. Many people aren't getting into the schools they

want to because competition is getting tighter. If we decide not to go to college, are we going to work or what are our plans? What we decide to do now will definitely determine our future.

After selecting a school many people start applying for scholarships. Most of them require personal essays. With college tuitions on the rise, every penny of scholarship money helps.

After all this it's time to start preparing for graduation. Announcements have already been ordered, but in a few months we'll be addressing all of those envelopes. Some seniors, who prefer living on the edge, are still checking with the counselors regarding credits, graduation requirements, and possible schedule changes.

In the last few months of school, senioritis will definitely be setting in. But before we all rush off and head in our separate ways, take advantage of the time we have with our family and our friends. Don't waste a minute of the last semester of high school.

Memories of abuse haunt victims

by Amy Tobias
Graphos Columnist

New Ulm is a lovely town. It's full of culture and heritage. An ideal place to settle down and raise some kids. This is right, in most cases. But for some people this town holds some sad and scary memories. Memories of abuse leave haunting dreams forever.

I interviewed a senior girl who was sexually abused as a child. This girl is in the top 25% of her class. She lives in a middle class family with both parents. On the surface she seems to have everything going for her.

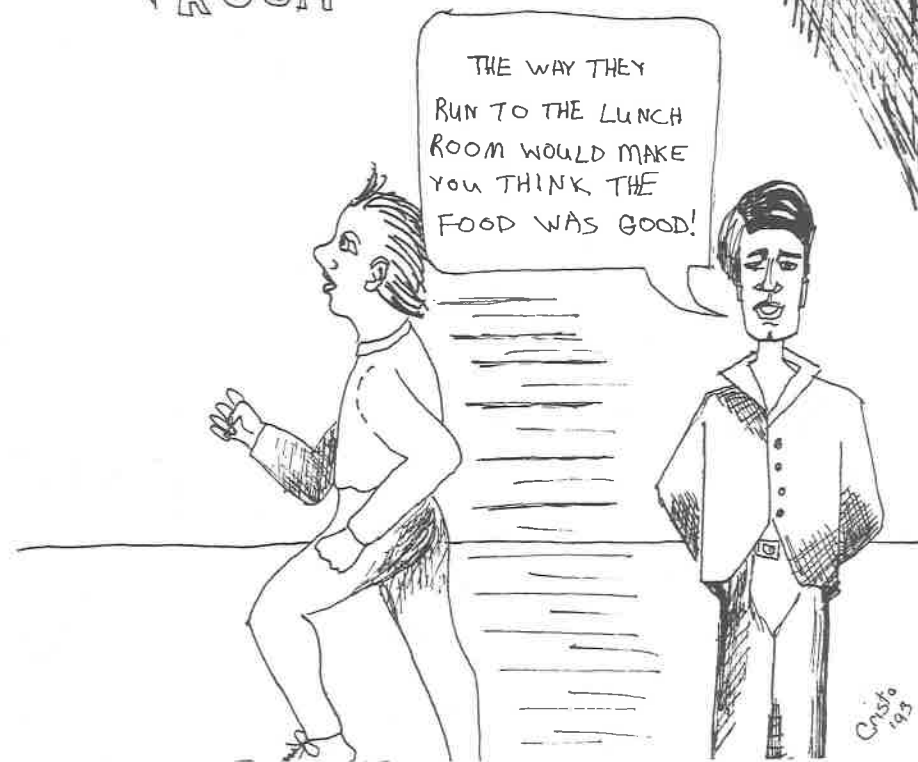
When I asked Jane (her real name has been changed by request) if she thinks about it everyday, she said, "I wake up in the morning and role out of bed. It comes to me then, everyday. I can never get away from it."

She told me she needed to talk about it. "I was swimming one afternoon and decided to leave early. I got ready and called my mom to come and get me. It was the summer after second grade. I was waiting for her when a high school boy came up to me and pushed me down. He pushed my shorts down and started touching me. I started squirming around, but he stopped and ran away. This person, who came outside at

the right time, and I went to tell the lifeguard, but they didn't believe me. Then I started to think that I only imagined it. But I knew it happened."

"Yes, I told my parents a few weeks later. I remember them making a few phone calls, but I never talked to anyone else about it until junior high. The minute I stopped talking about it was the minute I became an adult. I could not reason like an adult, but I carried around the scars of an adult. I became a tom boy and started to take control of my own life because the way I saw it I could either give up or I could get over it. I started to get over it, but I wasn't going to let anyone else put me in a helpless situation again. So I was very controlling. Adults call it drive; I called it fright. When I hit junior high, I finally found something I was happy doing. I started to grow out my hair and tried to be a girl again. I found out I didn't know how. Thank God I had friends I could talk to. They knew something was wrong and kept at me until I spilled my guts. It was nice because I trusted those people and valued their friendship and could be vulnerable and give control to them. Once I told them my secret, it wasn't my secret anyone. And by

Abuse, continued on Page 3



Suicide attempts scream out for help

by Tara Gleisner
Graphos Columnist

If you think that a suicide attempt is a means of getting attention, you're wrong. It's a cry for help; a result of exclusion from a peer group.

The amount of suicides, teenage and adult, are sky-rocketing each year. Unfortunately, many of those attempts are followed through successfully.

What causes a person to be driven to suicide? No one knows the exact answer. It happens to the best of society, leaving us feeling guilty for the times we never took the attempts seriously. Although it's nearly impossible to pin-point the reason for a suicide, it isn't hard to determine where the root of a suicide attempt begins.

In this school acceptance seems to be at the top of everyone's "list of accomplishments" when it probably should be closer to the bottom. Not because acceptance is unnecessary but because many of us take the pressure and opinions of others too seriously.

"Do I look OK? What If I fail? Am I good enough?" High self-esteem isn't easy to find in many students, and in my opinion it's pathetic the way "some people" feel they are better than "those people" just because they may have nicer clothes, live in a "better" place, or have a higher position in society.

Everyone has an opinion, which is fine; opinions are more than acceptable in today's society. But when those opinions are negative and expressed loud and clear, then a personal line has been crossed. For those who feel the need to make someone else's life miserable, think how you're really making this person feel. Think about what you could be driving this person to do.



For the people who can't ignore the put downs, the degrading words are heard and believed. "Do I look OK?" turns to "I look terrible." "Am I good enough?" turns to "I'm not good enough." Sensitive individuals begin to believe they're failures; they aren't accepted and have no reason to go on living. The result? Possibly suicide, caused by a yearning desire for acceptance.

Suicide is a very serious issue. Don't be surprised by how the slightest remark can damage one's self-image. For those who feel the need to express negative opinions about others, try expressing them in the mirror. And for those who are wondering "Do I look OK? What if I fail? Am I good enough? remember you always look OK to those who really care. No one is a failure, and if you are good enough for yourself, you are good enough for anyone else!

the graphos

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Problems result from lack of respect



by Eric Rupert
Graphos columnist

As I have been studying history for the last 10 1/2 years of my schooling, I have come to a conclusion. All problems, wars, and conflicts are caused by lack of respect.

You see this lack of respect everyday. In school, at home on the news, and in our government. Just think of all the lives that would be saved if we respected

each other's ideas, religion, culture, race, sexuality, and sex.

In today's world we call ourselves civilized, yet we allow racism, sexism, and religious bigotry to go on. We allow genocide or ethnic cleansing to continue in Yugoslavia and we do nothing. Why are these things happening? A simple lack of respect for fellow human beings.

If we or members of this global society don't stop these acts of hatred and lack of respect, all hell will break loose. We must start by respecting ourselves, getting rid of the racially incorrect beliefs, and helping out less fortunate people.

We must force governments to understand that the world's citizens don't like how they are being treated. The United States must lead by example in these areas. We must show respect for each other and our environment.

Abuse, continued from Page 2

ninth grade I didn't appear to be any different than anyone else and that made me feel safe. It was the first time since second grade that I truly felt I fit in."

Jane told me she doesn't want any pity. "I just want people to know it happened. I want to tell the other

people out there with similar stories to keep their heads up and know it wasn't their fault. I want my peers to be more understanding of people with differences. I want little kids to keep telling and don't try to get over this by yourself like I did. I want to tell the person who did this to me, I forgive you. I know you must be a sick person to do this to a small child. I feel more sorry for you than I did for myself. I want to say I'm sorry to those people who got too close to me so I started to

NUHS Students tune in to music

by Melissa Larsen
Graphos Reporter

It's 6:45 a.m. You flip on the radio to listen for school cancellations. The DJ rambles through birthdays and commercials before playing the next song. This evening you might flip on the TV for your favorite program and that same annoying commercial with the ditzy song plays on the screen.

Now, what am I getting at? It's the music. It's all around us. Some may sneer, but I bet each one of us could hum at least a part of a song whether it is a commercial or pop rock.

Do you realize music is a large part of today's society? It sells products and even plays an important role in therapy programs. But mainly music is entertainment.

So what is everyone listening to nowadays? Well, when this reporter talked to some students, there was a variety of responses and a few questions: "Just one kind? You want me to narrow it down?"

"Of course, not. Just tell me what you like."

The answer frequently was something like "All kinds, any kind there is," said senior **Jason Hoffman**. "Everything" was the in vogue response. And "everything" certainly includes a lot: heavy metal, pop, soft rock, country, R&B, and Rap. Well, you get the idea.

Some people always had exceptions, like **Angie Lindmeyer**. "Everything except classical," she said. Many said their musical tastes depended on their attitude. For instance, band instructor **Duane Oldham** said, "It depends on the mood that I'm in: classical to rock."

Another widespread answer was "Whatever is on the radio," as sophomore **Shannon Clobes** said. **Stacy Owens**, another sophomore, said, "I hear new music on MTV."

So the next time you switch on the radio, put in a tape or CD, flip on the TV, or start humming a couple of bars from "Remember the significance of ...," nah, just kidding. But, hey, you're not alone in your choices. There's bound to be somebody out there who grooves to the same beat you do because music is one heck of a universal communicator. It's all around.

We Can Make It

There is a life out there everyone is expected to live. You have to learn to take it and learn to give.

After we all part and start on our own Most of our communication will be done on the phone.

We can all make it if we really try. Just take every day as it passes by and by.

We will look back upon these years. And remember the happy times and how we shed our tears.

We have to remember who was close and told us it will get better. Because when college faces us we can still be reassured in a letter.

We can all succeed if we have a positive mind. But we can't leave the important things all behind.

by Jessica Zupfer



feel trapped and ran away - once again I'm sorry. And I want to say to everyone to let their kids know you live them everyday, and let them know they can tell you everything because my parents' love was there all the time for me. Thanks, Mom and Dad, I

could have never made it without you."

Both men and women are abused. Although sexual abuse is more common among women, it happens to men too. "The Prince of Tides" portrays how a man deals with a past of sexual abuse. I wanted to let you know these things do happen in this quaint, little valley town.

There are options open to everyone. Jane decided she needed to do this herself. Others can seek the help of a teacher they trust or a friend to support them. The guidance office is more than willing to help anyone. If something like this happens to you or it has already happened, there are people willing to help. Please find them if you need to.

Bathroom graffiti artists should clean up their act

Dear editors:

Excuse me, but if you don't stop putting people down on the girls' rest room walls, I'm going to report you. I know every one of you who writes on these walls. It's starting to get really sickening reading all of that garbage. You are going to hurt someone. If you can't accept these people, I don't think you should put them down.

You know what really gets to me is when you say that "we" should "grow up." Well, telling people to "grow up" is not going to solve anything. It only gets them more mad, and then they write more crude stuff.

What would you do if you were called a "s__t," "w___e," or a "b___h"? You would not like that at all so stop thinking of yourself for a change and think about other people.

I know two people who have cried about the dumb stuff written on the walls. If you're going to write on the walls, don't write anything that would hurt someone else.

Remember, we are no longer in the junior high. Act like you're grown up and mature, the way senior high students are supposed to act.

A very concerned student. (The letter was signed but the name was withheld upon request).

Letters

The Graphos welcomes the opinions of our readers in letters addressed "To the Editors." Each letter must be signed by the writer. It should be short and to the point in order to ensure their publication without condensation.

people

Pageant participants enjoy their experience



Vanessa Landsteiner and Paula Zwach have learned many things from their experiences in beauty pageants.

by Melissa Stolt
Graphos Reporter

Beauty pageants. Some people don't think very much of them, and some don't think of them at all, but for those who do, here's a firsthand look at two NUHS students who have frequently entered pageants in the last few years.

You may not recognize their names or know who they are, but **Vanessa Landsteiner** or **Paula Zwach** could be the next Miss

Teen U.S.A. So how did they get their start? Landsteiner tried it after her mom saw a beauty pageant ad in the paper and suggested she enter. Zwach got information about the Miss Teen U.S.A. pageant through the mail and eventually decided a few years later to enter. Why? She wanted to "do something so that in 60 years I can look back and be proud of something I did for myself."

While Zwach is fairly new to the pageant scene (three so far, Miss

Minnesota Teen U.S.A., Miss Teen All American, and Miss New Ulm), Landsteiner has been involved in 10 since her first pageant in 1990. She will be in another one in March. Both have won titles: Zwach was first runner up in the Miss New Ulm pageant and semifinalist in the Miss Minnesota U.S.A. pageant; Landsteiner has won at least one title per pageant ranging from teen division to Miss Photogenic to Miss Congeniality. Although neither has actually "won" a pageant, they have both learned from their pageant experiences. Poise, grace, proper interviewing techniques, and confidence in front of a crowd are just some of the skills learned that they might not have acquired if not for being in pageants. For Landsteiner, winning doesn't matter but having fun does, and that means she'll continue to be in pageants because she doesn't care what other people think as long as she is having fun. Zwach has learned something: positive thinking about yourself will help you go far in life.

For those of you who think that pageants are, in a word, "stupid," Zwach says that "pageants are a great way to meet new friends. It's a great experience, and the memory will stay with you forever!" Landsteiner says that people who badmouth pageants "are the people who have never watched one or been in one" and that "they only hear about the pageant scandals on the news or in the tabloids. Just remember, you can never dislike anything until after you've tried it." Sounds like good advice.

Wurtz plans future with FBI

by Travis Sletta
Graphos Reporter

Senior **Nikki Wurtz** is excited about her future. She plans to enter the army after graduation with hopes of getting involved in military intelligence. Wurtz will participate in a program that allows her to earn college credits in the army's educational program. She plans to eventually transfer those credits to Augustana College in Sioux Falls, South Dakota.

While participating in Girls State last summer, Wurtz attended a lecture on women's roles in America presented by Karen Cid, who talked about the new opportunities opening up for women in the work place. She found the information presented on the Federal Bureau of Investigation (FBI) especially fascinating. Women comprise only 10% of the FBI's employees, but Wurtz hopes to become a member of the FBI some day. "I think that anyone can attain any goal they set if they are really determined to make it work," she said.

Wurtz plays piano in her spare time and on Sundays for her church. She is also involved in sports and will be co-captain of the track team this spring.



Nikki Wurtz hopes the FBI is in her future.

Westra, Olson enjoy "official" duties

by Jerod Spilman
Graphos Reporter

Driving to the basket with a lay up or hitting the outside three pointer at the buzzer are the things high school dreams are made of. But after the big game who are the real heroes?

The heroes are simply the coaches, parents, and others who helped these players along the way. And in that big game of life, two NUHS heroes are **Stan Westra** and **Don Olson**, who operate the clock and keep score at all home basketball games.

The clock is a device of wires and lights hooked up to a board that records team scores and time remaining in the quarter, and no one knows this mechanical device better than Westra.

For 26 years Westra has given up

week nights to operate the score board at NUHS. Throughout that time there have been many memorable games. "I think the best games fall during the championship tournaments when something is on the line. That is when

I start to pay closer attention to the ball. When the ball touches the body of the inbound player I start the clock. A lot of teams like to roll the ball on the court, and they think that this takes time off the clock," he said.



Don Olson and Stan Westra have worked at NUHS basketball games for decades.

Westra has enjoyed his time operating the score board even though it has required concentration, skill, and a lot of nights away from home.

Official scorer Olson has meticulously jotted down points scored, fouls committed, and other data ever since he retired from coaching in the late 70s. Olson is an important part of New Ulm basketball. He has been an active member of the basketball program since 1966, when he was hired as an assistant coach and business education teacher. Before coming to New Ulm, he had been head basketball coach at Nicollet.

Head coach **Jim Senske** said, "He was an extremely competent and loyal varsity and junior varsity basketball coach." In addition to his basketball duties, Olson, who is now retired, taught accounting. Today he is frequently seen around school as a substitute teacher.



New Ulm Running Club members stay warm even in the cold of winter.

New Ulm Running Club offers a winter run-around

by Casie Netztko
Graphos Reporter

Couch potatoes take note; you no longer have a good excuse to lounge around during the winter. The New Ulm Running Club isn't sitting around waiting for the cold to disappear.

What is the fascination with getting hot and sweaty by running outside when the temperatures are below freezing? Talking to **Seth Kersten** helped fill in a lot things about the group, also known as the Winter Running Club. It was started after Christmas vacation by track coach **Jim Pickus** and **Chris Studenski** for anyone interested in running organized practices.

Club members run on Mondays, Wednesdays, and Fridays, leaving Tuesdays and Thursdays for weightlifting. Usually male members run anywhere from three to six miles at practice; whereas, females usually run a

little less than the guys. The Running Club will probably continue until track season starts in spring.

All practices are optional, and most members joined the club to get in shape for track. "Everyone who comes does so on his or her free will," said Kersten. Missing practices "is no big deal. I've missed quite a few myself," he said.

Many members truly enjoy running and are staying in shape during the long winter. Their running should get them off on "the right foot" for track if they decide to try out for the team.

"I thin it's great that Chris and Mr. Pickus volunteer their time to organize and run with us," said Kersten. This feeling is shared by many of the other members. Winter runners appear to be having a good time while making the winter a little less cold.

Life

A little girl cries for help
but nobody hears her,
she's getting abused
she has all this fear.

Always a mark,
always a bruise,
she sometimes feels like
there's nothing to lose.
Tears hit the floor
in her own little corner,
she's by herself
always a loner.

No love,
no care,
She tells her problems to
her teddy bear
Her father is an alcoholic
her mother is insane,
no matter what she does
she's always to blame.

Bars on her windows
lock outside her door,
she doesn't know what to do
at all any more.

One meal a day
one glass of water,
She once snuck food,
and her parents caught her.

They beat her until
she was almost dead,
neighbors called the police
and the parents fled.
She was taken care of

her foster parents understood,
gave her all the love
they possibly could.

If you think it's rough
with parents like yours,
just thank God you don't
have parents like hers.

by Jessica Zupfer

New Ulm music groups perform at Target Center

by Kari Mehlhop
Graphos Reporter

On January 30th the New Ulm High School Pep Band and Choir went to the Target Center to participate in the Band Jam.

Band Jam involves high school bands and choirs that take part in the pregame musical entertainment at Timberwolves games.

The event was planned and organized by **Al Hawkins**, the New Ulm Basketball Association, and **Larry Hunstad**. January 30th was designated as New Ulm Community Night at the Target Center. Youth basketball teams from New Ulm were also encouraged to take part in the event.

The NUHS Pep Band invited the 9th graders to play with them in order to give them a taste of what senior high band is like.

The bands, choir, **Hawkins**, **Duane Oldham**, **Steve Moran**, and **Cheryl Stadick** arrived at the Target Center in time for the pregame performance.

Pre-game songs were alternately played by the NUHS Pep Band and the Pep Band from Rice Lake, Wisconsin. Before the game the NUHS Choir sang the National Anthem.

Once the game started, the band and choir members climbed to the nose bleed seats of the Target Center to watch the Timberwolves defeat the Milwaukee Bucks 91-82.

The 9th grade band members' tickets were paid for by the New Ulm Band Boosters. The senior high band and choir members paid for their own seats. **Maren Olson** said, "I got a kick out of being able to say that I sat in the last row of the Target Center."

Volesky finds home at NUHS

by Sam Tuttle
Graphos Reporter

A new face in the Industrial Arts Department this year is **Mark Volesky**. Teaching in both the junior high and the senior high as well as coaching in several sports, Volesky has been busy. He teaches photography and airbrush, coaches ninth grade football, helps with the swim club, and will work with junior high baseball in the spring.

Originally from Staples, his family is a diverse group of people. He has three older brothers: one is a child psychologist, another is a supervisor of food processing, and a third rehabilitates veterans.

Unlike his brothers, Volesky

knew what he wanted since he was in junior high school. He began his post high school studies in Brainerd community college, where he was a middle linebacker for the Red Raiders football team. Although he hesitated to admit it, he confessed to be voted MVP. From there he transferred to Bemidji State.

He has taught in two Minnesota high schools before coming to New Ulm: Folwell High School and Elk River. A budget crunch in Elk River gave Volesky no other choice but to search for another job, which is how he came to New Ulm.

He originally didn't know much about New Ulm. "All I knew was that it was German and had Oktoberfest. I like the students here best ... and the discipline system. LaPatka runs things well."

In addition to his teaching, Volesky keeps busy with several hobbies. He is a pilot and likes to take students and faculty on rides. "It's the same as a roller coaster," he said. "Oh, and I like motorcycles; I ride them to the airport." He listens to music. "I like Metallica and Nirvana, but I'm not a head banger." Considering himself as an outdoors man, Volesky also likes duck hunting and fishing. "I just like the outdoors," he said.

Volesky enjoys the time he has spent here and is already looking forward to next year. "High speed, low drag" is the way he described his time with NUHS.



Mark Volesky says he's no "head banger."



The One Act Play Cast and crew spent many hours working together to make the play an artistic success.

One act play cast impresses one judge

by Sarah Nelson
Graphos Reporter

For three weeks a cast of six people and two directors worked long, hard hours to prepare "White Room of My Remembering" for the one act play contest. Each year a small cast from NUHS presents a one-act play in hopes of qualifying for state competition.

This past January the cast and crew went to Monticello for the sub-regions. They won the competition and got rave reviews. During February they displayed their talents at the regionals in Marshall. Although they didn't advance to the state contest, NUHS was the only play to receive an "A+" rating from a judge.

The play is about Jessie, a middle aged woman (Maren Olson). Jessie returns to the house she grew up in because she must sell the land. She recalls all that had happened in the empty house, but once she starts remembering, the house becomes filled with laughter and light.

While remembering her past, Jessie's imagination comes to life on stage. Jessie as a young girl (Casie Netzke) is innocent and free. She has the desire to paint just

like her father (Peter Schroeder) had done, but her mother (Tanya Horner) longs for her to be a proper lady and mother. Young Jessie starts to leave for New York to pursue an art career.

Leaving the countryside also meant leaving Michael, her first true love (Jerod Spilman). She discovers that keeping in touch with her past is difficult. Many years pass when Jessie returns home for her father's funeral. She recalls all the events that have happened and tells her friend, Margaret, (Sam Tuttle) that she doesn't want to sell the house and go back to the city. Margaret reminds her, however, that she must go on living her city life.

Director Al Alvig, was very pleased with the performance of the cast. "The true measure of success, however, was their ability to bring spectators to the point of tears."

For three weeks the cast, Alvig, and Student Director Allison Koeckeritz sacrificed their leisure time, rearranged work schedules, and spent many hours getting the play ready. "What is truly remarkable is how this intelligent and creative cast pulled the show together in spite of the many difficulties," said Alvig.

Valentine's Day fills hearts with memories

by Christine Schmidt
Graphos Reporter

Even though we may not celebrate it every year, many of us have experienced a memorable Valentine's Day, whether good or bad.

Do you remember those elementary days when everyone was expected to give everyone else in their class a Valentine. One would usually end up with half a dozen of the same cards with the currently popular cartoon characters (Spider Man, Care Bears, Wonder Women, Smurfs, Garfield) with a nice generic saying on them. Don't forget the sucker or stick of gum taped to the envelope.

One senior girl recalls having a boy refuse to put a Valentine in her box. Even the teacher couldn't change the stubborn boy's mind. To get back at him, the girl tore up his valentine she was going to give him, put it in the envelope, and deposited it in his box.

In seventh grade, Scott Varland was blessed with four secret admirers. Whoever they were, they knew his locker combination and sneaked a rose, lots of cards, candy, and a bottle of Brut into it before Valentine's Day.

Most of us haven't experienced a very best Valentine's Day yet, but

have a good idea how we would like it to be. Joye Schmeling's ideal is romantic. It would include receiving a dozen roses delivered to school, a dinner date, and sledding with a fireside to warm up at afterwards. It doesn't hurt to drop a few hints before the day rolls around.

Math teacher Sharon Skunes' most memorable Valentine's Day occurred during college. She was part of a group that for a fund raiser delivered singing Valentine's. One of the choices for the customer was not the most complimentary. A group of pharmacy students ordered this one to be delivered to their professor, infamous for being very strict. Skunes and the others arrived at the appointed spot on time and found an auditorium filled with students taking an exam. A few toward the back pointed them to the front where the professor stood. Reluctantly, the group went to the front and announced that this Valentine was from his pharmacy class. Then they began to sing, "Please, please, don't be my Valentine, I can do better than you!"

Hopefully, each one of us experienced a unique and happy Valentine's Day that we will hold near to our hearts. We hope you all had a happy Valentine's Day!



Andy Snow and Candice Thompson are a familiar couple at NUHS.

Gay rights controversy stirs up emotions

by Sarah Clyne
Graphos Reporter

Gay rights happens to be a very controversial issue. It was a very big part of the Democratic campaign in the 1992 elections.

Should homosexuals be allowed in the military? As of now, they are not allowed to serve because of their sexual preferences. Many people fear them especially since the AIDS epidemic struck the nation, and most people thought it was a "gay" disease, which it is not. There is a higher percentage of heterosexuals who have AIDS than homosexuals.

People seem to think gay people have some sort of disease you can "catch" if you associate with them. This military regulation is discriminating and does not consider the person's qualifications or conduct. It automatically casts them out of the lot because of their sexual preferences. This discrimination has been going on for years, but maybe things will change in the Clinton administration. He wants to allow homosexuals to be able to serve in the military.

Recently a bill called "Amendment II" was introduced in Colorado. This law would make it impossible for homosexuals to take any legal ac-

tion against their employer should they be fired because of their sexual preference. Apparently the majority wants this law to pass and it looks as though it will within the year. This type of law is also discrimination.

What difference does it make if someone is homosexual when a person is trying to obtain a job? If the person has all the qualifications and is right for the job, they should be hired. If the person wants it known that they are gay, it has no effect on their intelligence or abilities. These types of laws are discriminating towards a particular group of

people. An employer or anyone else does not have to agree with someone's preferences, morals, religion, culture, or beliefs. None of these things should affect the hiring or firing of a person.

We are all different. It's OK to recognize those differences and acknowledge that they exist, but let's learn how to respect each others' differences even if we don't agree of believe in them. Treat others like you would want them to treat you. Let's start concentrating on HUMANRIGHTS instead of gay rights, women's rights, and every other group's rights.

sports

Former NBA athletes faced with unfair abuse



by Steve Schmidt
Graphos Columnist

People often wonder where the ex-pros go when they can't quite cut it in the NBA. The players who feel they are still able to play competitive basketball have been known to voyage overseas to the European teams. Approximately 350 American basketball players were under contract at the start of the 1991-1992 season. With no international players association, few labor laws, and many clubs struggling financially, the opportunities for player abuse have a strong presence throughout the league.

The Americans who play organized basketball in these European leagues say they are being treated like cattle. Their biggest complaint is that they don't get paid. Charles Grantham, president of the NBA Players Association, states that he repeatedly gets calls from the players in Europe and that something has to be done. He believes an international tribunal must be established to arbitrate and protect the rights of American players.

Danny Vranes, a former first-round draft pick of the Seattle SuperSonics who spent seven years in the NBA, signed with the AEK basketball team of Athens, Greece. His troubles began when he arrived and received \$1,000 in cash for moving expenses. When he was given the cash it was in a plastic bag and underneath a lot of fruit. He began playing ball for the team but became extremely concerned when his paycheck bounced which led to the elimination of his electricity and the expulsion of his kids from school. The new Mercedes-Benz he was promised turned out to be a used Nissan compact. He later left the team after substantial evidence that the president of the team was involved with organized crime. Danny's experiences were not unique. Slippery lawyers, riotous fans, shady owners, and 18 hour bus rides are typical of the league. However, Americans continue to endure the nightmare scenarios that the Europeans place on them.

Money, or lack of it, tends to be the largest problem, but violence

seems to play a role also. Vranes' accumulation of \$20,000 in small cash payments over a season had to be laundered out of the country on the black market through Switzerland. He placed his wife and three children on a plane out of the country and planned to join them later after saying goodbye to a friend. As he and his friend were conversing, three men walked in and started physically assaulting his friend. They told Vranes that if he didn't play in the Greek Cup game that he would never see his friend alive again. Vranes later received a phone call from his friend, who was now a hostage, pleading with him to play in the game.

Vranes played and had an outstanding game to lead the team to a victory. After the game the president of the team came down to the court and embraced him as though the kidnapping of his friend was nothing personal. Vranes fled Greece the very next day, carrying with him approximately \$33,000 in cash stuffed into every jacket lining possible.

Unlike the NBA, where teams are required to post multimillion-dollar operating bonds before the season, most European teams are run on extremely small cash flows. The expectations placed on the Americans are beyond their abilities. Even the superstars of the league, such as, Danny Ferry and Brian Shaw, were blamed for the disappointing loss during the playoffs. Despite a phenomenal game they both were cited for the loss. Players said that the important game had already been fixed because of a payment to the "chosen" team.

Not even the game of basketball is much solace for Americans abroad. Often the basketball floor is linoleum or tartan laid down on concrete. Most courts in Europe are surrounded by plexiglass or chain-link barriers to keep the fans in their place. The players enter and exit using shielded, retractable tunnels that protect them from objects thrown by the fans. Police with riot gear and fire hoses stand alert throughout the game. The players have been bombarded with whiskey bottles, firecrackers, or lit traffic flares. Whether the rowdy behavior of the fans is a reflection of the hard liquor that is sold at all the arenas during games or just simply a violent portrayal of team spirit, injuries occur nonetheless.

Players who sign with teams in major European cities such as Rome, Munich, and Barcelona generally have fewer problems adjusting to the foreign land. These cities have several American restaurants and the language barriers are more easily
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Eagles skate to winning season



Senior wing Erik Setterholm closes in on the goalie.

Sarah Henderson
Graphos Reporter

At any home hockey game, many people can be heard talking about what a great season our Eagle team had last year. It would be a player's and fan's dream come true if they could do it again this year.

Last year the Eagles hockey team entered the Tier II tournament with a 5-16-1 record. Coach Tom Macho says that this year the team has a good chance to do as well or better than last year. The competition also looks similar, according to Macho. "The way things are going so far, our chances are looking good."

Macho has also appreciated all of the outstanding fan support

Girls' basketball measures strengths

by Lezli Tuttle
Graphos Reporter

The success of girls' basketball team can't be determined by this season's record but rather by its strength.

According to head coach David Janssen, the Eagles' biggest strengths are hard work, great attitude, and a never-give-up attitude. All of the above are evident when watching the team in action.

The Eagles have only three wins so far this season, but they have won in other ways. One of these ways is their persistence on the court.

During their game with Worthington on January 23, the Eagles were down by 13 points at half time. They came back to dominate the second half to lose by only one point. The way the girls pulled together as a team was admirable.

"Basketball is a team sport," Janssen said. "If one player scores a lot of points, gets a lot of assists, or gathers a lot of rebounds, it is because the other players on the team have done their job."

"The weaknesses of this team are the lack of numbers in the junior and senior classes, and the lack

throughout the season. He says that fans have spurred the team on with their enthusiasm during a couple of key games this year. The fan support caused them to play much better, sometimes better than the players thought they could.

It's no mistake that the team has been playing better this year. The team is just pulling together to do the old things well. At times the old plays work well, but at other times, not at all.

This year's team has been strongly rooted around a group of 11 seniors: David Bonnifield, Shawn Ennis, Sam Jacobs, Travis Leskey, Chet Peterson, Captain Lonny Rathmann, Jeremy Reed, Eric Setterholm, Bryan Stolt, Mike Treml, and Jamie Wieben. They've all been through a lot, and most have been playing for the Eagles since their sophomore year.

As younger players come up to fill the spots left by this large group of seniors, Macho identified, freshman Ben Dier and sophomores Dayton Larson, Scott Macho and John McKinzie. They have all showed talent and will be even more important to the team in the future.

It's easy to see the improved talent on this year's Eagle hockey team. With all the fan support behind them, the best is yet to come.

of height at the post position," Janssen said.

Another weakness for the Eagles is their knack of falling behind early in games. They start the second half strong and end up dominating the opposing team but lose by a few points at the end. According to Janssen, if the girls could start the first quarter the way they start the third, they would be competitive the whole game.

Boys' basketball records rebound

by Ryan Raschke
Graphos Reporter

In case you haven't noticed, this year's boys' basketball team has quietly turned around their season. What looked like a rebuilding year has turned out to possibly be a very unexpected successful season.

The Eagles, at one point in the season, had a record of 3 wins and 8 losses. The team was discouraged but kept plugging away. They then went on a five game winning streak in the conference, and at the time of this writ-

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Injuries, facilities disrupt struggling gymnastics team



Sarah Nelson shows her stuff on the balance beam.

by Seth Kersten
Graphos Reporter

The girls' gymnastics squad practices hard for the state meet, which is the goal for all the competitors. While this year's team has struggled with a 1-8 record, Coach Sandy Fritz says many members have shown improvement and/or talent in the individual events.

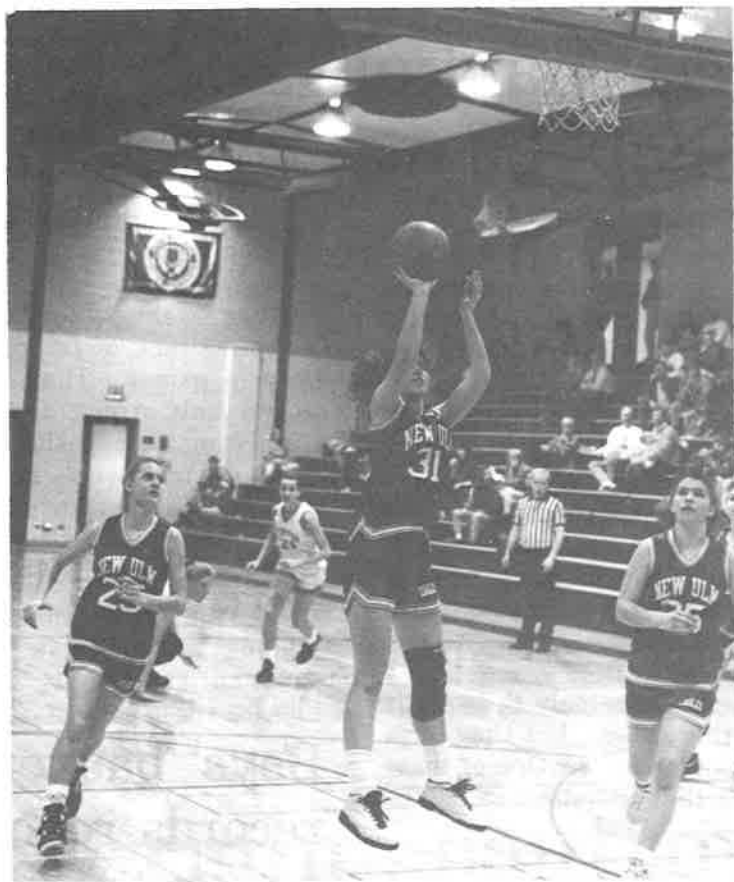
The squad consists of tri-captains Nicky Fluegge, Heidi Fritz, and Jennie Mertz; 15 returning varsity members, five of whom have

previously lettered; and several skilled newcomers.

Two of the latest additions to the team, Jill Eyrich and Stacy Lauwagie, have shown excellent aptitude for the sport. Fritz hopes the two recognize their talent and stay with the sport during high school.

While the gymnasts have been competing and practicing, several unforeseen problems have disrupted the team. At the beginning of the season, some teams complained about the incorrect height of the lower beam on the uneven parallel bars. And like every athletic team, there have been the usual injuries. Finally, the team continues to practice at the Jefferson Elementary gym. The site requires the team to take down and put up their equipment every day. On meet days the squad brings all of their equipment from Jefferson to the senior high gym.

Fritz has coached gymnastics for 21 years at NUHS. When she participated in the sport at Fairmont and Mankato State, she drew on her background in dance for her routines. All in all, she loves coaching and enjoys watching the gymnasts grow and improve each year. She hopes that all of the under class girls return to compete next year.



Renee Reinhart puts up a short jump shot for the Eagles.

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ing they've posted an 8 and 9 record. During their streak the team not only showed that they could win but also proved that they could beat some of the best teams in the conference. They defeated Fairmont on their home court by four and pounded Waseca by 14.

The experience that the Eagles gained in their first 11 games was a major factor in the sudden turn around. They are a young team

who needed to adapt to varsity competition.

Along with this playing experience came team unity. The players have learned what they can do and, as a result, are playing with much more confidence.

Other reasons for the Eagles' success are the team's three big guys, Luke and Steve Schmidt and Rod Swenson. Each is learning to work together and is contributing to the team's recent success.

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lowered. There is also a U.S. consulate nearby if the going gets too tough. The medical practices in the larger cities tend to have much better medical coverage for their players. Players have said that doctors treated them while smoking cigarettes and gave them incorrect diagnoses. The hospitals were known to have cockroaches and mice running throughout the hospital kitchen.

Europe is not the only place where American basketball players go when they can't perform well enough to play in the NBA. Americans have also gone to countries such as Columbia. David Everett, a 6'11" center from Scottsdale, Arizona, played for the Bogota Icollantas. During his first week in the city, the hotel room next to his exploded due to a bomb. Drug lords were responsible for the explosion and don't

take kindly to Americans because of their continuous fight against illicit drugs. Once, when he finally got the courage to go out, he and a teammate went for a stroll. His teammate got shot in crossfire from a drug related battle. Finally, tired of dodging bottles thrown at him by fans, he decided it was time to leave which was only possible due to help from the American Embassy.

Despite endless frustrations and mishaps, American players journey to foreign lands to stay in shape and make a name for themselves in America. They pick up playing experience at the expense of the comfort and respect they are used to in America. The salaries are low, when received, and the fans are unappreciative and disrespectful. However, basketball players from the U.S. trek to foreign lands in anticipation of being a superstar and perhaps eventually entering the NBA.



Brandon Reichel is literally in his opponent's face.

Personal achievement tops wrestlers' wish list

by Betsy Pieser
Graphos Reporter

Terry Steinbach plays baseball. Michael Jordan shoots hoops. Mike Madono rushes the puck. Pat Altmann many be the next Hulk Hogan in the World Wrestling Federation.

Young kids idolize professional athletes. Every rookie pitcher looks up to Nolan Ryan, but to whom do wrestlers look? The Olympics are the ultimate goal for some young wrestlers while others apply for college scholarships and hope to wrestle at the collegiate level. Wrestling coach Darwin Arndt said, "Sometimes wrestlers have a better chance at getting wrestling scholarships because there are less people vying for each one due to the many different weights."

Wrestling, the world's oldest sport, is a very strong tradition in some families. Joey Wendinger (112 pounds) and Scott Wendinger (171 or 189 pounds) are first

cousins and enjoy wrestling. "It's not bad wrestling together, almost like a tradition in some families; it's turned out to be fun in ours," said Joey, the lighter Wendinger.

Brady Ranweiler doesn't worry about people teasing him for being a lowly sophomore. Ranweiler, a heavyweight, is experiencing his first year as an Eagle wrestler. The maximum heavyweight is 275 pounds, which is about 60 pounds more than Ranweiler weighs. "It's frustrating to be the last one to wrestle. But it's fun to go against the guys bigger than me, and it's even better to beat them. At least I don't have to lose weight, said Ranweiler about his rookie season.

Senior co-captain Altmann believes that wrestlers aren't necessarily out for the sport to play professionally but enjoy it for the personal recognition and achievement. "I think it's (this year) one of the best teams since 1982-1983. I know I'll miss it next year," Altmann said.