



# News from the Nest

## New Ulm High School Home of the Eagles

Volume 1, Issue 3

December 23, 2008

## Dante's *Inferno* Sparks Religious Questions

By Lauren Horsch and Tessa Makepeace

Juniors and seniors in Advanced Placement (AP) English Literature and Composition had been anticipating this event for weeks. Mrs. Fairbairn, the AP English teacher, organized a religious panel on the afterlife stemming from her classes' reading and discussion of Dante Alighieri's *The Inferno*.

The students entered the lecture theater as presenters representing beliefs from Buddhism to the three branches of Lutheranism sat waiting to present. Every student was represented by the beliefs of the 11 presenters. Mrs. Fairbairn introduced all 11 then gave a quick brief on what was going on to the parents and administrators present, as well as the students

"It was informational, not persuasive," Fairbairn said.

The presenters were: Father Craig Timmerman (Catholicism), Jason Mack (Buddhism), Pastor Todd Nelsen (Lutheranism – ELCA), August Berkshire (Atheism), Reverend Dana Reynolds (Unitarian Universalism), Pastor Grant Bode (Lutheranism – LCMS), Pastor Robert Fuller (Baptistic), Reverend Ursula Christ (All Sacred Pathways Honored), Reverend Micah Roberts (Non-Denominational), Pastor Kevin Dunn (Methodism), and Pastor Timothy Smith (Lutheranism – WELS).

Each presenter was allotted about 10 minutes of speaking time. In this time they were to speak briefly about the history of the faith and then their views on the afterlife.

Father Timmerman opened up with the Catholic faith, describing the aspects of heaven and hell. He explained about the eternal soul going to purgatory, then to heaven. In the Catholic view, people's actions make them who they are. Thus, if one acts against God

without repenting, he or she would go to hell.

"In Buddhism, all you need is your own body, your own mind, and your own heart," said Jason Mack, a Buddhist teacher. The story of Buddhism began with Buddha, who taught that love was important to all. After death, there isn't a certainty of what happens, but rather one should live in the present. He ended with a joke that lightened up the mood during a brief power outage.



"Thank you, Lord," Pastor Todd Nelsen said, as the lights turned back on during the beginning of his speech. The details of the Reformation and how Martin Luther split from the Catholic Church were discussed. The ELCA branch of Lutheranism, which Pastor Nelsen represented, believes that

grace will help in the afterlife, and there is indeed a hell.

August Berkshire, the President of the Minnesota Atheists, stood up next and passed out informational handouts. He stated that in the simplest sense, Atheism is like "taking a multiple choice test, and checking none of the above." Also in that set of beliefs there is no afterlife.

"We do not have to think alike to love alike," said Reverend Dana Reynolds, the speaker for Unitarian Universalism. The beginning for the modern church from two different churches was offered up. Important to Unitarian Universalists are freedom, reason, and religious tolerance.

The sixth speaker, Pastor Grant Bode, offered another Lutheran perspective, from the LCMS branch. In the LCMS sector a life everlasting is a core belief in the afterlife, similar to the other Lutheran branches represented.

Pastor Robert Fuller presented the Baptistic belief. Death only comes once, then there would be an evaluation before one could be present with the Lord. According to Baptist beliefs, there is no indication where heaven or hell are, but they exist. Those who reject God would go to hell.

The only female on the panel, Reverend Ursula Christ,

spoke about the All Sacred Pathways Honored beliefs. According to Christ, her faith strives to bring science and spirituality together. The afterlife to them doesn't exactly mean a heaven or hell but rather trying to get off of the karmic wheel of life. The karmic wheel is the system of rebirth that she believes in and people can disembark by doing good deeds.

Reverend Micah Roberts, who is non-denominational, agreed with the pastors on their views of the after life. He spoke about his belief in Jesus Christ.

Pastor Kevin Dunn emphasized the life everlasting in the Methodistic beliefs. Not only that, a second point, God, wants us to go to heaven, was brought up.

The last presenter of the day was Pastor Timothy Smith of the WELS branch of Lutheranism. The similarities between the WELS branch and the LCMS branch are numerous in both beliefs and practices. Hell is a prison, but Satan is not the king. On the other side, God will take all his believers to heaven.

AP Panel continued on pg. 9

### Inside This Issue

#### News:

AP Enrollment.....	p. 2
High School Dropout Rates.....	p. 3
Black Friday.....	p. 4

#### Features:

Hot Gifts.....	p. 6
Scientology.....	p. 7
Cheating.....	p. 8

#### Sports:

Hockey.....	p. 10
Mock Trial.....	p. 11
Wrestling.....	p. 12

#### Fun & Games

Holiday Personality Test.....	p. 14
Comic / Shout Outs!.....	p. 15



## Leaders of Tomorrow

By Amanda Huiras

Most kids in NUHS do not know what STABLE stands for. Some of the STABLE kids do not even know what it stands for. But even though STABLE students don't know what their slogan means, they know what their purpose is.

On Monday, December 8, 2008, all the STABLE kids met at St. Paul's for their annual retreat. The STABLE students used the day to learn what is expected of them for the coming year, to meet new kids, and to step out of their comfort zones.

Craig Hillier taught how to show teamwork, how to show respect, and how to be a leader. Hillier is a youth speaker from Lakeville, Minnesota that talks to students on how to be leaders in their schools.

"I liked our speaker a lot," freshman STABLE member Maddie Augustin said. "He was funny and had great anecdotes."



dotes."

This retreat officially starts the new STABLE season.

Students were chosen for this group by filling out an application and turning it in to STABLE leader Mrs. Bergmann. They all had to meet the following criteria: be chemical free, be in good standing academically, be willing to participate, and be willing to teach younger students.

"STABLE members try to make a positive difference in other people's lives," Augustin said of the group's basic goal.

"We try to be good role models to kids and set good examples in kids' lives," senior STABLE member Allison Rubie said.

STABLE members try to instill kindness, respect, and values in the students' lives that they teach. They also teach kids how to handle peer pressure and grade transitions.

They teach 1st through 6th grade students in their class-

## AP Courses

By Cassie Reed

Advanced Placement classes, also known as AP classes, offer many opportunities for students to excel in academics. AP classes are more challenging but can be more rewarding in the long run.

AP classes are designed to teach students what will be covered on the AP test in early May as well as typical first-year college coursework. The AP test is scored on a scale of 1 to 5, with a score of 5 being "extremely qualified" and 3 considered passing or "qualified" to receive college credit. Credit earned from AP tests is just as accepted by colleges across the nation as Post Secondary Education Option (PSEO) classes.

Mrs. Gordon, an AP teacher at New Ulm High School, feels that AP classes are good for students because they "prepare them for college and it looks good on transcripts."

Another AP teacher at New Ulm High, Mr. Pankonin, feels it is good for students to take AP classes because they "offer an opportunity for students to challenge themselves."

AP classes look good on college transcripts even if you do not do well on the test because it shows that you are trying to push yourself to excel in academics. Students who have taken AP classes say they feel taking AP classes are important because, like junior Trisha Johnson said, "They challenge your mind and push you to your limit and knowledge. They are also good for college prep."

Senior Allison Rubie and junior Rachel Enwright enjoy

taking AP classes because they are with people who want to challenge themselves at a high academic level, so the environment is more conducive to learning and fast-paced.

Mrs. Gordon feels the environment of the classroom plays a large factor in the students' success in the classroom because it is more relaxed in AP classes than in non-AP classes. She feels this because she believes that there is a trust factor with AP students that is not always there with non-AP students.

Along with the friendlier environment for learning, students feel they do learn important skills from AP classes ranging from a better work ethic and study habits to improved writing skills. In fact, Rubie, Johnson, Enwright, and senior Lora Hlavsa all feel that their improved writing skills are the most important thing they have learned from taking AP classes.

Johnson also feels that her AP classes have helped her out in her other classes because it made them look easy

rooms about all these character building blocks. STABLE students will also be leading three fun-packed retreats this year: a kindness retreat for the 4th graders and the annual 3rd and 6th grade retreats.

"I just wish we had more time to meet with students, though. Sometimes they just need more time to really understand our purpose of being there," Rubie said of STABLE's schedule.

STABLE members not only make a difference in other people's lives but in their own too. They all develop leadership skills and motivate themselves to become a better person, according to Bergmann.

There are many STABLE students in each grade that try to implant these ideas into their peers' lives all around them.

"I believe there is more good in this school than bad," Bergmann says. "I wish we could include more students in STABLE."

This Student Team Approach for Better Living for Everyone (STABLE) is paving the way for many other kids to better their lives and follow the rules. They are just trying to make the world a better place for everyone to live in.

by comparison. Mrs. Gordon believes that this is due to the workload of the classes compared with that of non-AP classes. She feels that even though the students who take AP classes enjoy taking them, there is a love-hate relationship because of the environment and the corresponding workload.

Mrs. Gordon is disappointed more students do not sign up for AP classes because she feels that "some students are selling themselves short" and that it is "reflective of an overall lower work ethic."

Students who have taken AP classes say they would recommend that younger students take AP classes because they are worthwhile, even if they are a lot of work.

Most students are glad they took AP classes because they exposed them to new things, prepared themselves for college, and made their other classes easier.

If you like challenging yourself, AP classes are for you. It is time to get the enrollment numbers up so these classes will be around for future students to take.



## Santa's Closet: Lending A Helping Hand

By Amanda Huiras

Now that the holiday season is upon us, it is time for NUHS to take a look at their own blessed lives and maybe help out another.

Santa's Closet is just one of the many ways people at NUHS can give back to their community. Our school participates in Santa's Closet around this time every year as their own way of giving back.

Santa's Closet raises money to buy presents for less fortunate families in Brown County in the holiday season. The presents are mainly all toys for children who may not get a lot of presents this year.

This year's goal was to raise \$3,500, just a little bit more than last year's donation of \$3,010.

"I am expecting no less than our goal," Anthony Wienke, a junior FCCLA member, said. "In fact, I am expecting us to surpass our goal."



This year, we did in fact surpass our goal with the total of \$3,554.76 collected. The homerooms that won the competition for the pizza parties and root beer floats are Mr. Nelson's, Mrs. Hansel's, and Ms. Pratt's homerooms.

"We have a lot of generous students in our school," Erik

Curry, a junior FCCLA member said.

Some of these generous students are part of FCCLA (Family Career Community Leaders of America), a student run group that organizes Santa's Closet.

"FCCLA is a good leadership experience. It helps develop responsibility in students," FCCLA leader Mrs. Curry said.

"FCCLA opens up doors to many opportunities," senior member Jill Bartels said. "We get to help out our school and community."

This year, FCCLA members are not only helping with Santa's Closet but with many other projects in the community. This year they will be volunteering at the Humane Society, at different assisted living centers, and at the school by trying to start a recycling center.

FCCLA is just trying to help out in any way they can. They are a generous and well-rounded organization in this school that is involving many students in their school and community as well.



## Dropping Out of High School

By Maya Heinonen

Every year more and more students drop out of high school. Approximately 7,000 high school students drop out every school day in the U.S. The lowest graduation rates are reported in Detroit, Indianapolis, and Cleveland, according to Peter Hart, researcher of "Silent Epidemic."

Closer to home, co-principal Mr. Bergmann says dropping out hasn't been a problem at NUHS.

"We have many options to get the student back on track," Bergmann says.

For example, the school offers night school and summer school, so if someone needs to catch up, it doesn't always mean an extra year in high school. The school also has a Family Facility Program that tries to help the students by discussing their problems with their families.

When asked, most dropouts say that school wasn't interesting enough, and they decided to do something else. According to Bergmann, the "lower motivated students are most likely to drop out." They might not value their education and future.

"The Silent Epidemic," a report by Civic Enterprises in association with Peter D. Hart Research (March 2006), reported that most dropouts had passing grades, and 70% of dropouts were confident that they could have graduated. But almost 50% said that the biggest reason that they dropped out was that the classes weren't interesting enough. Most of them said that they weren't motivated to work hard.

"Family structure also has a huge impact," Bergmann says. "Parents should be interested in their kid's life." Interested parents help keep their kids on track and successful in

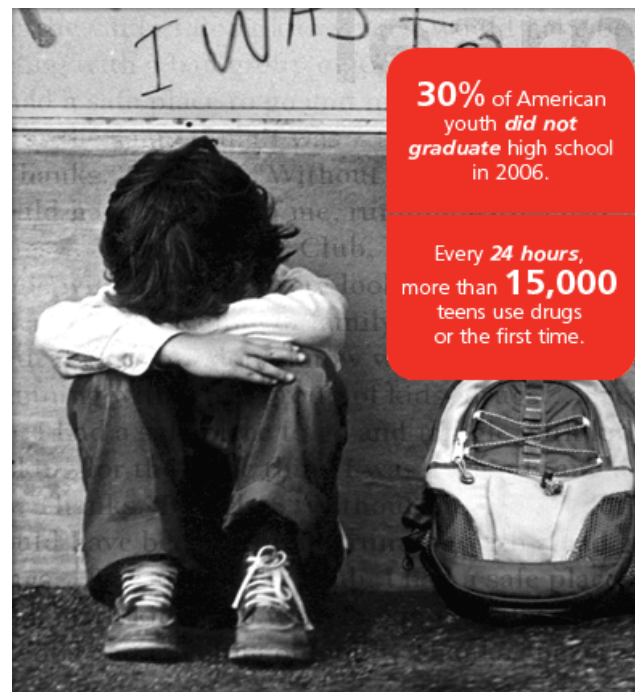
school.

"The problem, though, is that most teenagers want to be independent and not to share things with their parents," Bergmann says. It's the age-old battle for freedom during the teenage years.

Bergmann suggests that parents should find out what their sons and daughters, not the parents themselves, like to do and then participate in their children's lives. Children would like to do things they are interested in with their parents.

Bergmann also says that a student who participates in some extra curricular activities has more success and better grades in school than a student who is not in any sport or club.

The most alarming part, though, is what happens to the students after dropping out. Bergmann says that many dropouts get a minimum wage job, go into the service, or



30% of American youth *did not graduate* high school in 2006.

Every 24 hours, more than 15,000 teens use drugs or the first time.

Picture taken from: <<http://www.bgebp.com/Images/Images/stats.gif>>

decide to go back to school. "Most of them don't know what they want from life," he says.

"Silent Epidemic" supports Bergmann's conclusions when it reports that dropouts are more likely than their peers to be unemployed, unhealthy, and divorced or single parents with children who are more likely to drop out themselves.

It isn't easy to fix the problem. Bergmann says that if the school had more money, it would be able to offer more programming and assistance and eventually more success. Cooperation between the school and the families is primary now to help struggling students.

Sources:

Hart, Peter. "Silent Epidemic." March 2006. 7 December 2008

<<http://www.silentepidemic.org/epidemic/why.htm>>

# Holiday Shoppers Hunt for Bargains

By Tessa Makepeace

The day after Thanksgiving, known as Black Friday, is the largest shopping day of the year and kicks off the holiday shopping season. Black Friday originally got its name because a busy day the Friday after Thanksgiving could make a business profitable for the year, or “in the black.”

In the midst of a turbulent economy, holiday shoppers are making the most of every penny they have this year. Despite our current recession, the number of people shopping actually increased 4.8 percent from last year for the day, according to the National Retail Federation. The number of shoppers and how much they spent was more than each of the last three years.

Shoppers crowded the stores, many arriving for the sales as early as 4 a.m. This mayhem resulted in the death of a 34 year-old man, Jdimytai Damour, at a Wal-Mart in Valley Stream, New York. Anxious bargain hunters trampled the inadequately-trained man to death when the doors opened as they raced to save a few dollars.

“They put an untrained, temporary worker in the situation because of his sheer size,” said Mr. Anderson, an economics teacher at New Ulm High School.

Despite unfortunate events, this holiday season may have provided a much-needed boost for many businesses. However, holiday sales are expected to rise 2.2 percent this



Picture taken from: <http://weblogs.baltimoresun.com/business/consuminginterests/blog/lastminute.jpg>

year, which is the smallest gain in six years.

Huge sales, often called doorbusters, caused consumers to turn out in droves in the early morning hours of Black Friday and throughout the day. Due to large price cuts retailers use to draw shoppers, they will end up with minimal profits, some analysts say. “I don’t know that they’re going to turn a profit selling everything 60 to 70 percent off,” Anderson said.

According to a *New York Times* article, this year shoppers had fewer items on their lists. Consumers were more organized this year, using lists to remember the few items that they were headed for. Molly Gareis, a senior at New Ulm High School, did a little shopping on Black Friday. “I just buy easy stuff that I know everyone will like,” said Gareis.

Terry J. Lundgren, the head of Macy’s in Manhattan, was feeling “very encouraged that customers were out” on the Friday after Thanksgiving, according to a *New York Times* article, “Deep Discounts Draw Shoppers, but Not Profits.” Many store chains were relieved that consumers

were spending compared to the dismal November sales leading up to Thanksgiving.

“The rebound we saw on Black Friday was impressive in all areas,” said Michael McNamara, vice president of SpendingPulse, a report by MasterCard Advisors.

Internet sales for Friday and Saturday were up 11.8 percent, indicating that more people chose to shop from their homes. From Friday to Saturday, sales dropped .8 percent compared with Black Saturday last year. The economy is struggling this holiday season, meaning these are mixed results for retailers.

The question remains of if this possibly short-lived rebound will be enough to keep the economy from continuing its current slope. Many analysts believe that the economic downturn is not yet at its end but has hopefully begun to stabilize. “I think we are in deep trouble,” said Anderson.

## Sources:

Rosenbloom, Stephanie. “Deep Discounts Draw Shoppers, but Not Profits.” 30 Nov. 2008. *New York Times*. 9 Dec. 2008 <<http://www.nytimes.com/2008/12/01/business/01shop.html?partner=rss&emc=rss>>.

Rosenbloom, Stephanie. “Retailers Get a Brief Lift on Black Friday as Shoppers Look for Blockbuster Sales.” 1 Dec. 2008. *New York Times*. 9 Dec. 2008 <<http://www.nytimes.com/2008/12/02/business/02shop.html?ref=business>>.

Wesbury, Brian S, and Robert Stein. “A Bullish Black Friday.” Dec. 2008. *Forbes*. 9 Dec. 2008 <[http://www.forbes.com/2008/12/01/black-friday-shopping-oped-cx\\_bw\\_rs\\_1202wesburystein.html](http://www.forbes.com/2008/12/01/black-friday-shopping-oped-cx_bw_rs_1202wesburystein.html)>.

# Standardized World: Does One Size Fit All?

By Rebecca Henle

Today it is impossible for any student to graduate from high school without taking a standardized test. Whenever we hear about another great chance to take one, we all groan. Why do we have to take them? What are they really? What does the future of standardized testing look like?

A standardized test is one that is the same no matter who is taking it. They are used to compare different school’s standards or systems of grading. At New Ulm High School, we are offered many different tests such as the MCA, BST, AP, ASVAB, NWEA, ACT, PSAT, PLAN, Accuplacer, and Explore (8th grade). But don’t worry, not all of these tests are mandatory!

“They take too long and it’s the same questions over and over,” Emma Longhenry, a freshman, said.

Most standardized tests are made to compare students, as individuals or the school as a whole. Some tests are to see how the student or the school is progressing. Just a few have to be passed for graduation, but that number is increasing thanks to No Child Left Behind. Some of the other tests are for college admissions.

Another difference in the tests is whether they are state or national tests. The state tests we take here are the Basic Skills Tests (BST) and the Minnesota Comprehensive Assessment (MCA). Current seniors need to pass the BST to graduate and juniors and lower have to pass the MCA. The national tests are typically for colleges to look at or to check on schools on a higher level.

Another part of standardized testing is No Child Left Behind. Testing for No Child Left Behind checks on how the schools are doing but on an individual student basis. It tries to hold all students to the same standard and checks that the schools are doing their part in helping all students succeed academically.

“The idea behind it is good, but maybe it’s a little too strict,” Mr. Ziemer said, a school guidance counselor. Ziemer

thought that holding everyone accountable for their grade is a good idea, but it may be challenging to get everyone to that level.

The future of standardized testing can change in a couple different ways. We could see that the style of test changes. We may see some tests combining. Combining may be a good idea because kids tend to try harder on the tests that affect them more directly and not as hard on ones that measure the schools success.

“I usually just want to get done,” Zac Dittrich, a senior, said.

Unfortunately, it doesn’t look like the number of tests will be going away anytime soon. For example, the MCA is adding a science section. More tests seems to be the current trend. The end of standardized testing is nowhere in sight.

Shhh!



Please do not disturb.

We are testing.

## Open Lunch: More Harm Than Good?

By Tim Waibel

Even though this school hasn't had an open lunch in the past 15 years, the idea has been tossed around by students and teachers alike.

In an open lunch students would be allowed to leave the school's premises to enjoy a bite to eat at a local restaurant or fast food joint. And if that doesn't sound appealing, they could go home to eat. But in this simple description of an open lunch, problems arise.

Although an open lunch sounds good to a lot of students, it actually would cause more harm than good. "An outside organization funds and regulates the school's lunches. If we had an open lunch it would actually cost more money," Mr. Bergmann, a NUHS co-principal, said.

Additionally, if you have ever parked in the school's parking lot, you know how hectic and congested the lot gets when you're leaving. "It would be too dangerous to have

students coming and going during their lunch periods, especially with the bad weather," he said.

Even though high school kids are trustworthy, there is a concern because of the lack of supervision they would get. Local businesses probably wouldn't want the sudden surge of teen drivers either during the lunch hour. Besides how would students drive to a restaurant, order, wait in line, and eat all in 30 minutes. It would be nearly impossible.

Open lunch isn't all bad, though. In fact, some students

think it's a very good idea. "I want an open lunch because if we don't like the school's food that day, we don't have to eat it. We could go eat somewhere else," Nick Olstad, a sophomore, said.

"Some kids could go home and eat so they wouldn't have to spend money on school lunches they don't like," junior Jason Johnson said.

Even though both sides of the open lunch issue have been addressed, Mr. Bergmann, a spokesperson for the School Board, said, "The chances of an open lunch in the future is slim to none."



Picture taken from: <<http://www.businesspundit.com/wp-content/uploads/2008/07/mcdonalds1.jpg>>

## Greatest Christmas Movies

By Ashley Schroeder

Christmas is a time to celebrate by having hot chocolate with tons of marshmallows and watching the greatest Christmas movies, so grab the remote and turn on your television.

One of the most popular Christmas movies is *How the Grinch Stole Christmas*. It's about a Grinch who has a heart



Picture taken from: <<http://images.amazon.com/images/P/B00004VVP8.01.LZZZZZZZ.jpg>>

two sizes too small and about a girl named Cindy Lou, who helps a Grinch realize what Christmas is all about. Sarah Rosenau, a senior, says she likes *The Grinch*; she even watches it every Christmas!

*The Nightmare before Christmas* is about Jack, who leads the town of Halloween into a frightful celebration every Halloween, but has grown tired of the same routine year after year. He accidentally wanders around in the forest and opens the portal to

Christmas town.

Jack's obsession with Christmas gets so bad he kidnaps Santa Claus, and on Christmas Eve he embarks into the sky on a coffin-like sleigh pulled by skeletal reindeer. He delivers gifts to everyone, but they are shrunken heads and Christmas tree eating snakes. Luckily Sally, a rag doll woman who is created by a mad scientist, tries to save Jack before it is too late.

*The Polar Express* is a story of a young boy on Christ-

mas Eve who wants to believe in the true spirit of Christmas. A magic train called the Polar Express pulls up in front of his house and he is invited by the train's mysterious conductor to go to the North Pole. On the train the boy encounters a mysterious hobo, who lives on the top of the train, and two engineers. Along the way he makes new friends and learns to believe in Santa Claus.

In the movie *Home Alone*, after a fight with his older brother Buzz, Kevin gets sent to the attic bedroom. Kevin wishes his family would disappear. After a power line failure, his family rushes to leave to go on Christmas vacation in Paris, France. Kevin is accidentally left home causing his wish to be granted.

Two intruders plan to break into his almost vacant house.

So it is up to Kevin to protect his home. "You'll love *Home Alone*. It's amazing how he can survive," says senior Jessica Maidl, an obvious fan of the movie.

So go turn on your television and enjoy your warm hot chocolate!

Sources:

"The Top 25 Christmas Movies of All Time." December 2008. AOL. 11 December 2008 <<http://movies.aol.com/holiday-movies/best-christmas-movies>>.

The Candy Shop  
featuring  
Candy Bouquet

Candy Bouquets, Gourmet Chocolates & Nostalgic Candy

Downtown New Ulm  
210 N Minnesota St.  
10-5 pm weekdays  
11-3 pm Saturdays  
(507) 359-9742 or  
(800) 758-1242  
candyshopcandy.com

Or Contact the Candy Bouquet  
Franchise nearest you @  
candybouquet.com

### Did You Know?

Did you know that 100% of lottery winners gain weight after winning?

Did you know that women blink nearly twice as much as men?

Taken from: <<http://www.seppalantila.com/Minttu/tiesitko.htm>> and <<http://www.hemmy.net/2006/04/30/50-interesting-facts/>>

# Bank Midwest

oneplace

26 S. Broadway Street  
New Ulm, MN 56073  
507.354.8813

BankMidwest.com

OWN YOUR HEALTH

## Broadway

### CHIROPRACTIC

### Wellness Center

[www.broadwaychiropractor.com](http://www.broadwaychiropractor.com)  
New Ulm, Mn \* 507-359-4374

Frederic Falentin DC

Bonnie Lantz NC

# What's on Your Christmas List?

By Olivia Augustin

Every Christmas countless teenagers across the globe sit down with a blank sheet of paper and a pen to begin crafting their list of desired gifts. This season, various items such as the Xbox 360 Elite, digital cameras, cell phones, and iPods are all in high demand, according to MSN.com. These nifty gadgets will have teenagers tingling with anticipation in hopes of unwrapping one of these gifts, along with many others, this holiday.

The Xbox 360 is an item that brings gaming to "a whole new level," says MSN.com. It allows the gamer to connect with more than 14 million other users from all around the world.

The cell phone Sony Eperia is a high-tech device encased in a premium metal body with the capability to download numerous applications on its high 800x400 resolution screen.

The iPod made its first big appearance on October 23, 2001, according to LowEndMac.com, and has continually been a popular item. It is no surprise that it is one of the top "Best Christmas Gifts for 2008," according to Amazon.com.

Chelsie Salonek, a freshman, knows where it is at when it comes to asking for Christmas gifts. "I want an iPod Touch for Christmas," Salonek said. "It would be better than my iPod Nano because it holds more songs and has more features. You can listen to music, watch movies, or put pictures on it." It is a trendy electronic that is sure to be on many Christmas lists.

Also this Christmas, digital cameras are becoming "increasingly sophisticated," says MSN.com. They are shrinking in size and come in a variety of colors, making them a very desirable item.

"I want a digital camera that can change the colors of the pictures," said Marne Louters, a junior. "I want to take pictures with my friends and of my high school memories."

But Louters is not the only person with a digital camera on her list.

"I need a new one! My other one is not working right," said Mrs. McGregor, a science teacher at New Ulm High School, about wanting a camera herself for Christmas. "If I have a really good camera, I can take great pictures of my kids. It's all about the kids," said McGregor. Both McGregor and Louters will be pretty bummed if they do not receive their selected present, but, McGregor is "so excited to watch them [her kids] open their presents and discover new things. A camera would just help hold on to that."

As the digital camera makes its way onto Christmas lists by capturing and saving special moments, there are plenty of other items wanted by New Ulm High School students that did not necessarily make MSN.com's editor's picks.

"I want an acoustic guitar to play and make music for my own enjoyment and others," said Nate Bauer, a sophomore. "It's relaxing and something you can use your whole life," said Bauer about

the gift. A typical acoustic guitar will cost anywhere from \$600-\$1,000. Perhaps Santa should bring this one.

"I want a new pair of skis," said Jordan Burkhart, a senior. "I really like to ski and I would prefer to ski on nice skis." Burkhart does not think that many other New Ulm students will have this item on their list because "not too many people are as serious about skiing as I am around here," said Burkhart. Not to mention a decent pair from the brand Salomon run about \$700.

This year the possibilities of Christmas gifts seem endless. Everything from the latest digital camera, a musical instrument, or simply enjoying the excitement of watching others receive their gifts, will bring Christmas joy to all. The days are counting down. What's on your list?

## Sources:

"Best Christmas Gifts for 2008." 2008. Amazon. 9 Dec. 2008 <<http://astore.amazon.com/best-christmas-gifts-for-2008-20>>.

Hormby, Tom, and Dan Knight. "A History of the iPod: 2000 to 2004." Low End Mac. 14 Oct. 2005. <<http://lowendmac.com/orchard/05/origin-of-the-ipod.html#1>>.

"Shopping Advice at MSN Shopping." MSN Shopping. 2008. Microsoft. 8 Dec. 2008 <<http://shopping.msn.com/content/shp/?ctid=4364&pagelink=toptaxshopadvice>>.



# What Was Your Best Christmas Present Ever?

By Laura Schmacher

"I got a new basketball hoop. That was pretty sweet!" -Jacob Thunander, junior

"My cat Phil." -Kayla Halvorson, senior

"A trip to Washington, D.C." -Jenna Thedens, sophomore

"It was a Harry Potter lego set. It was a giant castle. I was the happiest kid in the world." -Scott Johnson, junior

"Our cat." -Elizabeth Melville, junior

"My iPod?" -Kara Grochow, senior



Picture taken from: <[http://www.masternewmedia.org/images/present-box-gift\\_id5846001\\_size210.jpg](http://www.masternewmedia.org/images/present-box-gift_id5846001_size210.jpg)>

"When we got our first computer." -Molly Meyer, junior

"It was when I was 6 years old. I liked dressing up as a princess. I got that cleaning set with a broom and I felt like Cinderella." -Faith Collum, sophomore

"Probably my camera. I like it a lot." -Meghan King, sophomore

"My dog." -Kate Wieland, junior

## Did You Know?

Did you know that a shrimp's heart is located in its head?

# Students!

## Open a Simply Checking Account

- No minimum monthly balance
- Free on-line banking
- Free debit card
- Free bill-pay
- E-statements available

### FRANSEN BANK & TRUST

507-233-4700

"Your Bridge to Financial Success"

Member FDIC

# Scientology: Science-Fiction to Religion

By Taylor Rueckert

Scientology is a religion that appeals to many different groups of people and is becoming popular with celebrities. Who can forget that episode of Oprah a while back when Tom Cruise jumped all over a sofa professing his love for Katie Holmes and discussing his views on Scientology, an avid believer himself? However, for many scientology is a religion derived from a science-fiction book! It is a faith in which members believe humans are spiritual beings that have lived many lives through several bodies.

Scientology is a religion created by the science-fiction writer L. Ron Hubbard. Scientology is the successor to Hubbard's self-help system, which he had developed earlier on in his life. It is based upon his writing entitled "Dianetics," which appeared in the publication "Terra Incognita: The Mind" in the 1949 Winter/Spring issue of the *Explorer's Club Journal*.

Very quickly there was a lot of scientific criticism for the religion. "The Dianetics concept is unscientific and unworthy of discussion or review," *Newsweek* said. Hubbard offered his findings to the American Medical Association and the American Psychiatry Association, both of which re-



jected his findings. After a short amount of time, Hubbard and several other people then created the Hubbard Dianetic Research Foundation in Elizabeth, New Jersey, in order to plan out Hubbard's next publication: "Dianetics: The Modern Science of Mental Health."

The book became very popular and pulled in a lot of money until 1951, when the New Jersey Board of Medical Examiners pushed proceedings against Hubbard's organization for teaching medicine without a license. This led to Hubbard's bankruptcy by selling off assets such as Dianetics.

Then in 1952, Hubbard took the Dianetics idea and added more teachings to it and called it Scientology. In 1953, the first church of Scientology was established in Elizabeth, New Jersey.

Scientology says that people are immortal Thetans (spiritual beings) which have lived for tens of trillions of years, which is a lot longer than what scientists have predicted the universe to be. When someone reaches a certain level in Scientology, he gains the chance to "undo the trauma" that the Thetans, a race of aliens that

landed on earth, have undergone throughout time. At this time there are also more teachings bestowed upon them, and among the new teachings is the reason why the Thetans are even here.

Scientologists believe that 75 million years ago, the alien ruler of the "galactic confederation" named Xenu, brought billions of Thetans to Earth and stacked them around volcanoes and then detonated hydrogen bombs inside of the volcanoes. The Thetans then clustered and stuck to the living, which they continue to do today.

One of the largest reasons that Scientology is known today is the fact that several Hollywood actors have joined the religion and are very open about it. The celebrities include John Travolta, Kirstie Alley, Lisa Marie Presley, Jason Lee, Isaac Hayes, Tom Cruise, and Katie Holmes. Many former Scientologists have said that too much of the attention is going to the celebrities and not enough to the other members.

## Sources:

"Scientology." 8 December 2008. Wikipedia Foundation. 10 December 2008 <<http://en.wikipedia.org/wiki/Scientology>>.

Church of Scientology Homepage. 10 December 2008 <<http://www.scientology.org/index.html>>.

# Feeling SAD?

By Madeline Ullery

Amanda Palmer sings in her song "Runs in the Family," "My friend has problems with winter and autumn/They give him prescriptions, they shine bright lights on him." The "problem" Palmer describes is none other than Seasonal Affective Disorder.

Seasonal Affective Disorder, or SAD, is a seasonal type of depression. Ms. Aaron-Brass, who works in school-based mental health, said that SAD is "a depression really marked by the onset of seasons."

While many people suffer from a simple case of the "winter blues," SAD is a serious condition and shouldn't be dismissed so easily. SAD is a cyclic condition, disappearing and returning around the same time every year.

The majority of people suffer from fall and winter SAD, but spring and summer SAD is also a possible condition. However, symptoms of the two are nearly opposite.

While Seasonal Affective Disorder isn't recognized as an official or distinct disorder, it is typically diagnosed as a subtype of depression or bipolar disorder.

Aaron-Brass described winter SAD, with an honest laugh, as "kind of a sense of a bear needing to hibernate." People suffering from winter SAD experience hopelessness, depression, anxiety, lethargy, social withdrawal, loss of interest, and a craving for foods high in carbohydrates.

There is no one known specific cause of Seasonal Af-

fective Disorder. It is thought that genetics, age, and the body's natural chemical makeup all play a part in the onset of SAD.

One cause of SAD is the simple fact that there is, obviously, less daylight during wintertime. This can be a trigger to many different changes in the body's chemistry.

For one, the seasonal change messes with the circadian rhythm of some people. The circadian rhythm is "a physiological process that helps regulate your body's internal clock," according to the Mayo Clinic. When this clock is disrupted, depression can occur.

Another change in the body that goes along with a new season is the levels of both Melatonin and Serotonin. Production of Melatonin, a sleep-related hormone often linked to depression, increases during the long winter nights. Aaron-Brass references jet-setters (well-traveled socialites) who use Melatonin to hasten sleep and ease jet lag.

Serotonin is a neurotransmitter that affects mood. Reduced sunlight, like we see in the winter, can cause a drop in serotonin and subsequently lead to depression.

Once SAD is diagnosed, there are a few treatment options. One of these treatments is light therapy, where one is exposed to a light box (which mimics outdoor light) for about a half-hour every morning. This triggers your body to change its production of Melatonin and Serotonin and is

generally the main treatment of SAD.

Other treatment options for those suffering from SAD are medications (such as Zoloft, Effexor, and Prozac) and psychotherapy (used to help identify negative behaviors and learn healthy ways to cope with SAD and manage stress).

So, wait. Why is all of this information useful to you as a high school student? Well, experiencing symptoms of SAD may lead to many not-so-desirable things, such as dropping grades or strain in friendships.

This doesn't mean all your problems (or any of them, for that matter) are the work of SAD, but you don't need to chock everything up to your own mistakes-some things are beyond your power. Even if you don't suffer from SAD, winter often gives teens depressed feelings.

SAD commonly doesn't appear in people younger than 20, but that doesn't make it impossible for high-schoolers to have it. Aaron-Brass says she hasn't seen any "full-blown" SAD in kids, but depressed feelings are an inevitable part of winter for many people.

Don't go around blaming your winter blues on Seasonal Affective Disorder, but don't dispel it as a potential cause.

## Sources:

"Seasonal Affective Disorder (SAD)." 24 Sept 2007. Mayo Clinic. 4 Dec 2008 <<http://www.mayoclinic.com/health/seasonal-affective-disorder/DS00195>>.

## Stop Looking at My Paper

By Ryan Miller

Cheating. We can't really pretend it doesn't happen. We all see it being done. Some of us may even have done it (for shame). Is there a cheating problem? Why does it happen? Who does it?

There could be many reasons. Perhaps it is because cheating is becoming easier. Maybe teachers don't care. Maybe people are just getting better at it. Maybe people could even be cheating less, but what we see are the exceptions.

Nevertheless, the real question is whether or not cheating is a problem.

"Yes, but I'm not black and white about it," said NUHS teacher Mr. Bute. It doesn't happen all the time in everything, but it is bad that it is happening when it does. But who cheats?

"I don't see one particular group cheating more," Bute said. So it can't be that the freshmen are cheating while the seniors are not, or that boys cheat more than girls. It really ends up being not a single group, but a piece of the whole. 64 percent of students in a randomly selected nationwide survey have admitted to cheating on a test.

Obvious signs of cheating during a test include looking around at other's desks, constantly looking down to check a contraband cell phone, or having crib notes. In halls or

even on non-test assignments in class, it tends to just be one student giving another their paper and letting someone else copy it. But how big a player are cell phones in cheating?

"I'd say they allow it (cheating) to take place in a different style," Bute said about cell phones. It's pretty much just a different version of having the answers on a paper in your pocket (only this paper is much, much more expensive and probably not very good for drawing on.)

A concern is expressed as to what effect cheating will have.

"I worry if they cheat in high school," Bute said, "they might be willing to cheat when they're CEOs." It is a bit of a silly thought to think that using an answer sheet on a test could lead to you stealing company money, but given how they're in a position of power, it is a bit disconcerting.

"I think cheating would happen a lot less if we personalize more assignments," Bute said. He explained that if each student had a more personalized education, it would be more difficult to cheat on something designed specifically for you.

"There's always going to be some cheating," Bute said. But, is cheating going to increase or decrease in the future? It all rests on what is done to minimize it.



## Kangaroos and Gunshots A Movie for Everyone this Holiday Season

By Sara Keller

### Transporter 3

In the movie *Transporter 3*, Jason Statham returns as main character Frank Martin. Martin is given the choice to either deliver a "package" or die. Along the way Martin must deal with attacks by a rival group as well as an assassination attempt by his forced employer. All the while Martin must not go farther than 75 feet from the car; he has an electronic bracelet on his wrist that is rigged to explode if he goes any farther than that.

This movie is action packed and a definite must see for any action movie lover. "It had a lot of good action scenes and lots of explosions," said Jack Sletta, an eighth grader at NUHS.

"I like how he fought with his clothing," comments Madeline Ullery, an NUHS junior. Martin is the only movie character I have seen that turns a suit into a weapon.

"It was exhilarating and funny," said Kyle Bandow, an NUHS eighth grader. Both Bandow and Sletta felt that Frank Martin was their favorite character. While Ullery's favorite character was "Malcolm, the first transporter. I was sad that he died almost immediately."

Bandow gave this movie five out of five stars. However, if you are not a big fan of action movies, this may not be the flick for you. Ullery gave the movie a rating of 2.5 stars. "I rated it 2.5 stars because the characters were way too stereotypical," said Ullery. "The main girl character (Valentina) was being a stereotypical damsel in distress. She needs to be able to throw a punch."

*Transporter 3* is very predictable but still a fun time as the scenes play out, even if the audience knows what is going to happen. I would recommend seeing this movie to anyone who liked the first two *Transporter* movies or anyone who likes action-packed movies.

### Australia

Set in the beginning of World War II in the northern outback, *Australia* tells the story of many different characters and facets of Australian history.

Movie Reviews continued on pg. 10

# CU



Look for Our CU  
photographers at local events.  
Thousands of photos one  
local website!

Check out the galleries on The Journal CU Site.  
Visit [cu.nujournal.com](http://cu.nujournal.com) view the galleries, past  
photos, purchase prints, t-shirts, mugs & more

[cu.nujournal.com](http://cu.nujournal.com)



# Arockalypse?

## The End of an Era

By Laura Schumacher

Metal head (mēt'1-hēd'): Slang, A fan of heavy metal music. Many fans describe it as "metal heads being hoisted aloft and hurled across the arena floor."

Today we can look back on more than 50 years of awesome, loud, and wild rock and heavy metal music. But what were the best rock albums ever released? According to Tom Polich, a senior, one of them would have to be Pink Floyd's "Wish You Were Here" or "Nirvana MTV Unplugged."

"The Beatles! Sgt. Pepper's Lonely Hearts Club Band," argues sophomore Joe Huiras.

"That would be Korn's Greatest Hits," Paul Ryberg, a junior, proclaims.

The years have brought up a long list of pretty decent bands, but there are only a few that are seen by many metal heads and rock fans as gods, including Metallica, Nirvana, AC/DC, Iron Maiden, and Led Zeppelin, (and yes, they are worshipped like gods!)

If you take a close look, you will not only find that they have a similar style of music and lyrics, but that no new and young bands are mentioned when it comes to rock legends. Therefore, the question is: will there ever be thrillingly rocking and entertaining bands like the ones from the 80's again? Or will we suffer from the death of rock and heavy metal, an arockalypse?

First of all, these old school bands are still alive. The "Rock Radio Top 10" in the recent *Rolling Stone* proves this. The top three songs are from AC/DC ("Rock n Roll Train"), Metallica ("The Day That Never Comes"), and Guns'n'Roses ("Chinese Democracy").

Today there is also a much bigger variety of bands, lyrics, styles, and genres influencing the rock and metal scene.

One of the most common rock genres is Alternative Rock. Today there are hundreds of bands that call themselves "Alternative," and with everyone swimming with the stream by trying to be alternative the title of this genre almost loses its meaning. The most famous band in this genre and one of the first bands establishing it is Nirvana, although it belongs to a subgenre called Grunge.

Punk Rock is rock's most political form and has subgenres as well, including Pop Punk, which The Offspring belong to. Punk lyrics often demand drastic political changes.

Metal can be seen as a part of rock, too, but is much more complex than Alternative and Punk Rock. It has its own variety of melodic, almost classic music called Symphonic Metal to very loud and aggressive screaming, guitar scratching, and fast double base beats called Grind Core. The most famous and popular band in Metal is again a legend: Metallica.

It still seems like there are no bands that can keep up with the classics, but it must be considered that every rock

and heavy metal fan has his or her own personal taste, and with this big variety of bands almost everybody will find a band that they consider perfect.

In the 80's you liked it, or you didn't like it. Today there is Art Rock, Christian Rock, Emo, Hard Rock, Garage Rock, Grunge, Instrumental Rock, Indie Rock, Ska, Psychedelic Rock, Power Metal, Pagan Metal, Black Metal, Viking Metal, Death Metal, Melodic Metal, Symphonic Metal, Metal Core, Heavy Metal, and many more.

In the end it doesn't look too bad for rock music. Indeed we are far away from an arockalypse. There are still many metal heads out there. Metallica is still writing songs and there are new ideas and bands every day. So go ahead and bang your head!

### Did You Know?

Did you know that using headphones increases the amount of bacteria in your ears 700 times?

### AP Panel Continued from pg. 1

As the panel ended, questions from the students were allowed. A slight verbal tiff happened between a student and a presenter, but ended on good terms. With very few questions being asked, the floor was opened to the members of the audience.

"Hearing about other religions helped clarify some general questions I had," said Elizabeth Melville, a junior in the 7th hour AP class.

After three hours of discussion, Mrs. Fairbairn was happy with how the panel went and was glad to see students stay through the whole presentation. "Everybody was respectful, and I am so proud of my students," Fairbairn said.

Fairbairn would consider an event like this again, but it all would depend on the class. Classes differ from year to year, and she wouldn't want to "force it."

The discussion was informative, and according to Mrs. Fairbairn, the goal reached. Fairbairn wanted her students to learn about the different faiths in her classes, without any misrepresentation. "I think we need more exposure. We're a global society," Fairbairn said.

# relax...

*We have scholarships worth up to*

# \$4,000!

*Check us out!*

[citizensmn.com](http://citizensmn.com)

## Citizens

BANK MINNESOTA

Contact Missy Marti at  
507-354-3165 or  
[mmarti@citizensmn.com](mailto:mmarti@citizensmn.com)

\*Value up to \$4,000 (\$1,000 each year based on a 4-year college program)

Member FDIC



## Girls' Hockey Making a Run at State

By Jesse Wiggins

With a lot of players returning this year, the Eagles are expecting a state birth. However, new coach Angie Zeig replaces Jason Seidel as the head coach this year. Zeig has been coaching in the New Ulm Hockey Association for the past couple of years.

"It has been hard adjusting to a new coach," said senior Korinne O'Connor. "It has been hard getting to know the new coach and the new teammates."

Last year the Eagles won the South Central Conference and took second in the section, losing to Marshall 5-2 in the section finals.

The Eagles dress four seniors, all who painfully remember the past three section final losses.

"It stinks to get so close to state and then to lose," said O'Connor. "One of our goals this year is to make it to state and to post a winning record." The Eagles are 5-2 so far this year with a conference victory over Waseca.

Splitting the net-minder time this year will be junior Kacie Covington and sophomore Shalyn Salonek. Neither of them has seen much playing time in their high school ca-

reers, but they look strong so far. Their play has made the goaltending position a bit less of a concern this year.

While the Eagles have always had goaltending issues, they have always been an offensive team, and this year proves to be no different. "We are a high-scoring team," said O'Connor. "We have many players who know how to score."

O'Connor is without a doubt one of the most prolific scorers in New Ulm girls' hockey ever. She is approaching many scoring records set by Tiffany Hoffmann two years ago. O'Connor is not alone in the scoring tally. Teammates Kaylen Berle and Courtney Kral provide dynamic scoring for the Eagles as well.

The Eagles are lead by captains Kaylen Berle, Courtney Kral, and Megan Meyer. After three consecutive years of narrowly missing out on a state birth, the Eagles are in a year of very high expectations. In a year of weak competition in the section, look for the Eagles to make it to state.

## Boys' Hockey Starts Rocky

By Korinne O'Connor

The New Ulm Boys' Hockey Team is looking to better their win-loss record from last year and win that final section game to make it to the state tournament. The team will have a lot of good competition throughout the season to prepare them for the final game.

The team has already faced off against Hutchinson, a main contender in their section, and came out with a 4-1 loss in their first game of the year. Other teams in the section are Litchfield-Dassel-Cokato and Willmar.

Head Coach Erik Setterholm feels the team needs to have a good year if they want to be a contender for the section championship. "We have a lot of things we can improve on and have a lot of work to do yet," Setterholm said.

The team has a lot of seniors and they are all looking to having a good season and pushing the team. Senior defender Cody Kohn is most looking forward to "having fun, scoring goals, penalties, and going to state."

Although the Eagles do have strong senior leadership, Setterholm "hopes that the sophomores on the team can make a difference."

"The season is still young and lines aren't totally set," Setterholm said. "We have sophomore goalie Blake Burgau and senior Justin Wiggins splitting time in the

nets."

The Eagles have new coach Anthony Ortmann from Marshall. He is the new junior varsity coach and is also really contributing to the goalies.

The Eagles are 1-2 right now losing to Hutchinson in their first game, then defeating a South Central Conference opponent in St. Peter/Le Seuer 5-2. The Eagles also went up against Minnehaha Academy and lost 4-3.

The Eagles hope to remain undefeated in the South Central Conference with games against Waseca, St. Peter, and Fairmont.



OWN YOUR HEALTH

*Broadway*

**CHIROPRACTIC**

**Wellness Center**

[www.broadwaychiropractor.com](http://www.broadwaychiropractor.com)

New Ulm, Mn \* 507-359-4374

Frederic Falentin DC

Bonnie Lantz NC

Movie Reviews continued from pg. 8

The main story centers on English aristocrat Sarah Ashley played by Nicole Kidman. She travels to Australia in search of her husband. While there she inherits a cattle ranch and is threatened by a cattle baron who is trying to buy her land. Kidman teams up with a cattle drover to drive her cattle to town to sell in order to save the ranch.

Additionally, the movie displays a rather sad point of Australian history, the Stolen Generations. The Stolen Generations is the term used to describe the children of mixed aboriginal and white parents who were taken by the government and sent to church missions. These removals occurred from approximately 1869 to 1969.

One character that stood out from the rest was Nullah, played by Brandon Walters. He plays a half aboriginal child who is struggling to find a place where he belongs. His performance is captivating and a definite show stealer.

I would give this movie 4 out of 5 stars and I would recommend this movie to romance and historical movie lovers. But beware...the movie is 2 hours and 45 minutes long.

**Upcoming movies to look forward to:**

*Bedtime Stories*, starring Adam Sandler whose life is turned upside down when bedtime stories come to life.

*The Curious Case of Benjamin Button*, the story of a man who lives his life backwards.

*Valkyrie*, a movie based on the true story of German soldiers who plot to assassinate Hitler.

*Marley & Me*, the story of a couple who adopts a troublesome Labrador Retriever puppy.

*The Spirit*, the story of a masked crusader who fights crime in the shadows of Central City.

*Bride Wars*, the story of two best friends who fight it out when their wedding date ends up on the same day.

### Did You Know?

Did you know that over 50% of people in the world have never used a phone?

Did you know that the average person who stops smoking requires one hour less sleep per night?

**Nicklasson Athletic Company**



**Good Luck  
Eagle Athletes!**

1217 South Broadway  
PO Box 847  
New Ulm, MN 56073

Phone 507-354-8586  
Toll Free 800-228-6425 (NICK)  
[www.nicklassonathletic.com](http://www.nicklassonathletic.com)

# You Will Be Judged

By Justin Wiggins

Last year the Mock Trial team did something that's only been done twice in school history: earn a trip to the state tournament. The team was led by the strong core of seniors Ana Rodenberg, Laura Ullery, Thea Schmitt, and Emma Dickinson.

But a new year brings new faces. This year's team looks to be led by juniors Jake Schmitt, Lauren Horsch, Paul Ryberg, and senior Josh Gronholz.

"We look for big things from these people," said Mr. Anderson, who coaches the team. "They certainly have some big shoes to fill."

The team this year is younger than years' past. The ros-

ter is loaded with freshmen and sophomores. "They will really do well for the future," Anderson said.

In the past, many people have had to play multiple roles and have done it well. This year, Anderson expects his senior and juniors to really step up.

"We are hoping to do well this year and hopefully go to state, and do better than last year," said Horsch.

Horsch added the importance of the under classmen of this year's team. "They're important because they have to learn from us quickly because they really are the next generation for the Mock Trial team," she said.

Anderson says that Mock Trial is more than just a com-

petitive activity. "It truly challenges the skills and abilities used in real life," he said. "It really is a battle of wits."

In most sports, the coach really influences the team, but Anderson says that that's not the case with Mock Trial. "It doesn't matter what I do. It really is all the kids. They put in so much work, a lot without my help," he said. "It really is something else to watch these kids put this all together."

Anderson says that his favorite part of coaching the Mock Trial team would definitely be "watching all these kids working so hard. They truly do work hard. Their expectations are set very high, and they truly do exceed them."

## Winter Activities Schedule

### Girls' Basketball

1/16	@Fairmont	6:00 p.m.
1/20	@Mankato West	6:00 p.m.
1/22	BEA	6:00 p.m.
1/27	Redwood Valley	6:00 p.m.
1/30	@St. Peter	6:00 p.m.
2/3	Sibley East	6:00 p.m.
2/5	@St. James	6:00 p.m.
2/10	BOLD	6:00 p.m.
2/13	Waseca	6:00 p.m.
2/17	LHHS	6:00 p.m.
2/24	St. James	6:00 p.m.
2/26	@Marshall	6:00 p.m.

### Boys' Basketball

1/16	Fairmont	7:30 p.m.
1/22	@BEA	7:30 p.m.
1/24	Worthington	7:30 p.m.
1/27	@Sibley East	7:30 p.m.
1/30	St. Peter	7:30 p.m.
2/3	@BOLD	7:30 p.m.
2/5	St. James	7:30 p.m.
2/10	@Redwood Valley	7:30 p.m.
2/13	@Waseca	7:30 p.m.
2/20	@Fairmont	7:30 p.m.
2/21	Jackson County Central	7:30 p.m.
2/24	@St. James	7:30 p.m.
2/27	BEA	7:30 p.m.

### Gymnastics

1/9	@St. Peter	6:30 p.m.
1/15	@St. James	6:30 p.m.
1/20	@Worthington	6:00 p.m.
1/23	Waseca	6:30 p.m.
1/24	@Jackson County Central	11:00 a.m.
1/27	@Waconia	6:00 p.m.
1/29	@Fairmont	6:00 p.m.

### Wrestling

1/3	West Fargo Public School	TBD
1/9	St. Peter	7:30 p.m.
1/13	@River Valley	7:30 p.m.
1/15	St. James	7:30p.m.
1/17	@Madelia, Wabasso	9:00 a.m.
1/20	Lake Crystal	7:30 p.m.
1/24	@Champlin Park	9:00 a.m.
1/27	@Glencoe-Silver Lake	6:00 p.m.
1/29	Fairmont	7:30 p.m.
1/31	@Madelia	TBD
2/5	@Waseca	7:30 p.m.

### Boys' Hockey

1/6	Fairmont	7:00 p.m.
1/13	@Sauk Centre	7:30 p.m.
1/20	@Fairmont	7:00 p.m.
1/23	Winona	7:30 p.m.
1/27	@Northfield	7:30 p.m.
1/29	Austin	7:30 p.m.
2/5	@Marshall	7:30 p.m.
2/7	@Sartell	7:30 p.m.
2/10	@St. Peter	7:30 p.m.
2/12	@Litchfield	7:30 p.m.
2/13	@Dodge County	7:30 p.m.
2/17	Waseca	7:30 p.m.
2/19	@Windom	7:00 p.m.

### Girls' Hockey

1/6	@Fairmont	7:00 p.m.
1/10	@Rocori	7:30 p.m.
1/15	@Marshall	7:00 p.m.
1/20	Fairmont	7:00 p.m.
1/22	Fairbault	7:00 p.m.
1/27	Dodge County	7:00 p.m.
1/29	@Waseca	7:00 p.m.
2/3	St. Peter	7:00 p.m.

### \*\* NOTICE \*\*

#### Important 9-12 High School Yearbook Dates:

#### All 9-12th grade students:

**Deadline for ordering a yearbook: Jan 20, 2009**

**Order online at [www.yearbooksonsale.com](http://www.yearbooksonsale.com) \$62.05**

**SENIORS: Please bring your pictures to Ms. Filzen**

**\*One "younger you"/baby picture is due 12/19/2008.**

**\*Senior pictures are due by Friday, Feb 20, 2009.**

**NO LATE SENIOR PICTURES WILL BE ACCEPTED  
DUE TO STRICT YEARBOOK PUBLICATION  
DEADLINES.**

**Questions? Please see Ms. Filzen! Room 112**

### Did You Know?

Did you know that if you are right handed, you will tend to chew your food on your right side. If you are left handed, you will tend to chew your food on your left side.

Did you know that the roar that we hear when we place a seashell next to our ear is not the ocean, but rather the sound of blood surging through the veins in the ear?

*New Ulm's Favorite  
Family Restaurant & Bakery*



Sun.-Thurs. 6 a.m. to midnight Fri. & Sat. 24 hours  
1727 S. Broadway New Ulm 354-6688

## New Season, New Team

By Korinne O'Connor

The New Ulm Wrestling Team may be young, but that doesn't mean they don't have any experience. Under Head Coach Dan Kurth, the Eagles are looking forward to "the growth potential a young team has during the season, compared to that of an experienced one," Kurth said.

Kurth has been coaching for fourteen years, this season being his second season as head coach. He feels that the team's biggest strength is that the talent is spread out throughout the weight classes.

There are twenty-four wrestlers in grades 9-12 and 7 in the junior high. These numbers are average for the past ten years, but lower than Kurth would like to see.

The Eagles' Wrestling Team will have a tough road of

competition this season in and outside of the South Central Conference. St. James and Blue Earth have always been tough, and Waseca looks promising as well. Kurth says of the Conference tournament, "It will be interesting."



Outside of the SCC the Eagles will battle with Scott West, who is ranked 7th in state. They will also see many of the best wrestlers in the state during the Rumble on the Red Tournament in Fargo on January 2nd and 3rd. Junior wrestler Jake Schmidt agrees that the competition will be tough against these opponents.

Schmidt is most looking forward to wrestling Blue

Earth because "they always come ready to wrestle and pound heads."

The wrestling team may be young, but Kurth has some strong juniors returning to the squad including Pat Brinkman, who is currently ranked number 1 in state (4-0), Jamie Gieske, Anthony Mathiowetz, and Jake Schmidt (3-1). The many younger contributors on the team include freshmen Pat Bock, Ryan Hoffmann (4-0), and Aaron Wenninger (3-1).

The Eagles are 2-2 so far and finished 6th at the Monticello tournament. For the rest of the season Kurth is most looking forward to "bringing the team together for a run at going to the state tournament by the end of the year."

Schmidt is a third year varsity wrestler and his favorite thing about it is "the unity the wrestling team has. Wrestling is a grueling sport, and we really respect the rest of our teammates."

## Vikings and Wild in Contention

By Justin Wiggins

### Vikings Finishing Strong

The Minnesota Vikings started off the season slow, losing three of their first four games. Coach Brad Childress decided the team needed a drastic change, so he benched 2nd year quarterback Tarvaris Jackson and opted for the 37 year-old veteran Gus Frerotte.

Frerotte has lifted the Vikings to a 9-5 record and first place in the NFC North division, throwing for 2,157 yards and 12 touchdowns. But in week 14, Frerotte went down because of injury and was replaced by Jackson. Frerotte is now day-to-day with an undisclosed lower back injury, which could mean trouble for the Vikings if they wish to make a push in the upcoming playoffs. However, the 15-year veteran's health is the least of the Vikings' worries.

Their two Pro Bowl defensive tackles Kevin Williams and Pat Williams tested positive for water pills (a masking agent that is banned in the National Football League) and could receive a four-game suspension any time in the next two weeks. Without the Williams' anchoring the middle of the defensive line, the Vikings could suffer when it comes to stopping the run come playoff time.

### Wild Struggling To Score

Most teams, at any level, have one distinct weakness that keeps them from being a great team. The Minnesota Wild is no exception. The Wild is a good team, but their inability to score goals is keeping them from being a top competitor in the Western Conference.

They are 25th in the National Hockey League in scoring, posting just 2.52 goals per game. The only positive area in scoring for the Wild is their power-play. The Wild boast the league's fourth best power-play, scoring on 24.4% percent of their man advantages.

But it's obviously not enough for the slumping Wild as they keep losing the one-goal games that are crucial for any playoff-bound team in the NHL.

Although the offense is struggling, the defense for the Wild is as solid as it comes. Minnesota is second in the league defensively, surrendering a stingy 2.28 goals per game. Only the Boston Bruins are better at keeping the puck out of their own net with just 2.10 goals against per game.

The Wild also sport the league's third best penalty kill

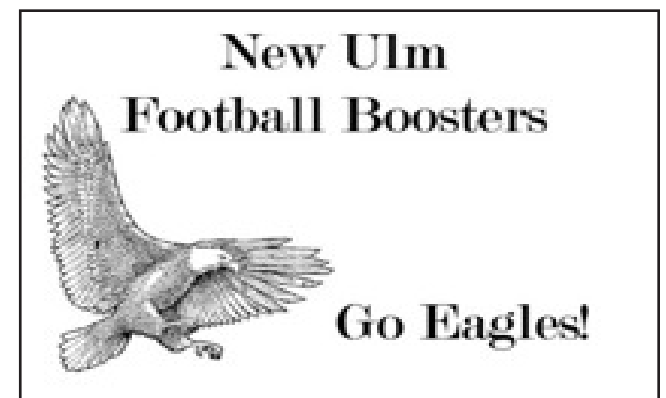
unit, killing off 88.4% of their penalties. The Wild's dominate power-play and penalty kill units have enabled them to stay within striking distance of the Northwest division title, as they are just six points behind the division leading Vancouver Canucks.

The Wild have the defense needed to make the playoffs, but their offense needs a lot of help. Hopefully, scoring addict Marion Gaborik can recover from his quad injury soon and help boost the Wild's scoring chances, but team doctors say that he may have tweaked the muscle again in a skate around last week and could be out until mid-January.

There has also been speculation that Wild General Manager Doug Risebrough is talking with a couple of teams interested in trading for Gaborik. No deal has yet been made, but Risebrough has said that if any team is interested and has good trade stock, then the Wild would listen to their offer



GET INTO THE SWING OF THINGS AT THE NUCC! ENJOY GREAT ROUNDS OF GOLF DURING THE 2009-2010 GOLF SEASON FOR JUST \$170 AS A JUNIOR MEMBER! CALL TODAY: 354-8896



## Boys' Basketball: Are You Ready?

By Josh Botten

The New Ulm Boys' Basketball team is ready to get going this season. Many players attended camps during the summer like the Bethany League in Mankato or the AAU team in St. Cloud to improve their skills.

The team this year consists of 40 players and 16 of them are on varsity. The varsity head coach is Mr. Erickson and the assistant coach is Mr. Schlieman. The JV coach is Mr. Foley, and Mr. Morgan coaches the freshmen team.

"Our team goal this year is to at least have a .500 season and have a winning record in our conference," said Dustin Reinhart, a senior on the team. The last time the team was .500 in a season was



two years ago and they are hoping to accomplish the same.

"The 1st game, that's where it starts to have a good and successful season," Mr. Erickson said. "We need everyone, not just one star. It's more of a team effort and who has the hot hand during the game."

Anticipation is growing already for the season.

"I can't wait until we play Waseca," Reinhart said. "The crowds are big and they are a huge rival even if the game is a big blowout. It is just really competitive."

One way they get ready for games is to get pumped up by listening to loud music and making loud chants.

The team this year has been work-

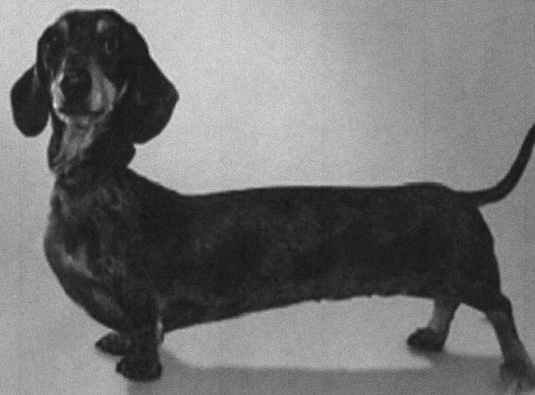
ing on getting physical because of the lack of height. The team has also been working on what the other team does for offense in order to make their defense stronger.

"My favorite drill in practice is 50," Reinhart said. "You have to beat your time from the day before, so you have to work on your abilities and teamwork in order to achieve that goal."

Even though they play basketball, the team has some fundraising programs like helping out with NUB-BA games and at practice to help the younger kids with their skills. The team also helps a local food shelf by going door-to-door picking up food and helping out on United Way's the Day of Caring.

What matters most is how you see

*yourself.*



**24-Hour Health Club**

512 First Street South • New Ulm • 354-0700  
www.anytimefitness.com

**ANYTIME  
FITNESS**

*Locally owned and committed to a FIT community*

GO NEW ULM  
EAGLES!

**HyVee**  
EMPLOYEE OWNED

"WHERE THERE'S A HELPFUL SMILE IN  
EVERY AISLE"

2015 South Broadway Street  
New Ulm, MN 56073  
(507) 354-8255

### Holiday Excitement Quiz

What's Your Holiday Personality?

By Chyla Nelson

- What do you want most for Christmas?
  - Who would want gifts when you can give more and see their faces when they open them?
  - Golly Gee! That sure is a tough question.
  - A fat sack of money.
- Are you going anywhere for Christmas this year?
  - Yeah, same every year.
  - Nah, I think I'll stay right here.
  - The parties, the people, the joy! It's all so HAPPY!!
- Sum up Christmas in one word.
  - HAPPY!!!
  - Expensive.
  - Overrated.
- If you could put anything on your Christmas card, what would it be?
  - Merry Christmas (a card that would sing)
  - Have a good one!
  - HO HO HO! Merry Christmas!
- What's your favorite holiday tradition?
  - The part where it's over.
  - Say "NO!" to people.
  - Singing Christmas carols, putting up the tree, baking cookies, and handing out gifts!

- 1.) A=3 B=2 C=1    2.) A=2 B=0 C=3  
 3.) A=2 B=1 C=0    4.) A=3 B=1 C=2  
 5.) A=1 B=0 C=3

**HOLIDAY SPIRIT METER:**

**Elf: 15-11**

You're really psyched about Christmas. (REALLY, REALLY psyched.) Seriously, this level of psyched isn't normal. (You can defiantly change all the scrooges and grinchers out there.)

**Santa: 10-6**

You get to spend all year making toys and the one day everyone gets off you get to fly around the world and eat a billion cookies and visit every kid in the WHOLE WORLD! (If I were you, I would ask for a raise even though you love it.)

**Scrooge: 5-0**

You're not that into Christmas, but you do like getting presents, maybe not always giving them. You may not always be the most festive one, but you're getting there. (Try baking some cookies or building a snowman to get in the spirit!)

### Holiday Word Search

R F A M I L Y R E E D N I E R  
 Z R U I C O V D Y S S T E C S  
 I I O T J E M F T D R U P Z H  
 H V C T S O A H B E N R H V O  
 S Z S E D N G N E I E A L W P  
 L S A N S I O A H S P H C I P  
 E L N S L K S I E G G T H D I  
 D O T I R G A N T H I W G S N  
 I C A N E S T T O A U E O D G  
 N F L E S S I P I W R R L N O  
 G E L O P H T R O N M O Q S S  
 I S E I K O O C W E G A C X A  
 Y T R A P K K N S J P Z N E N  
 S C A R F T F R I E N D S V D  
 A X K H T A E R W S M S T A H

SANTA            DECORATIONS  
 ELF                TREE  
 REINDEER        CANES  
 SLEIGH            LIGHTS  
 SNOW              ICESKATING  
 NORTHPOLE       SLEDING  
 COOKIES           SNOWMAN  
 CANDY             HAT  
 FAMILY            MITTENS  
 FRIENDS           SCARF  
 PRESENTS  
 JOY  
 SHOPPING  
 PARTY  
 WREATH

### Sudoku

	4				7			1
6	7				8			
					4			6
					5		1	8
			1	8		3		
8	2					5	6	
	1	7					4	
			4	3	6	1		
3	6		7			9	8	



**Concordia Lanes**

**416 19th North St.  
 New Ulm, 354-2923**

[www.concordialanes.com](http://www.concordialanes.com)

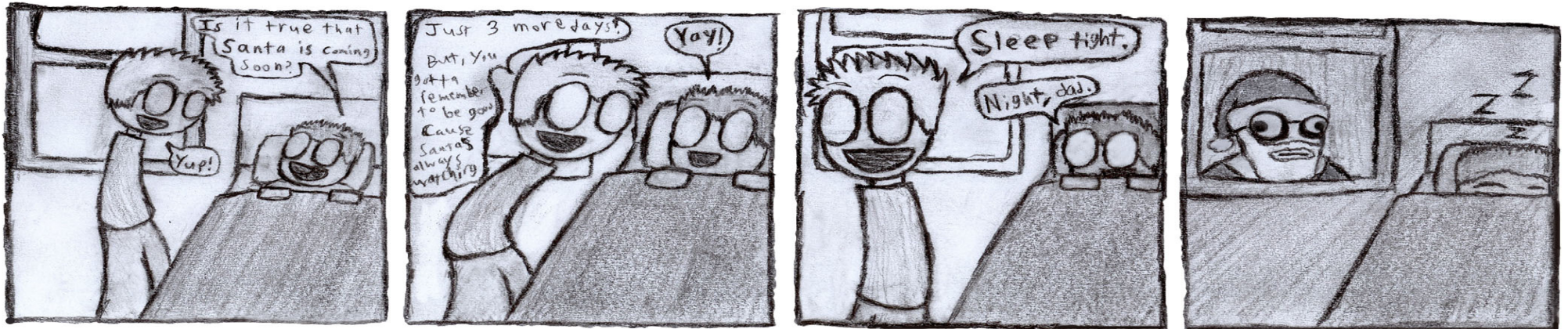
Weekend Special Events,  
 Quarters Mania & Extreme Quarters  
 Mania, Color Pin, & Lucky Strick  
 Monday 2-for-1

### Did You Know?

The state with the highest percentage of people who walk to work: Alaska.

Each king in a deck of playing cards represents a great king from history:  
 Spades - King David, Hearts - Charlemagne, Clubs - Alexander the Great, Diamonds - Julius Caesar.

# Comic



## Shout Outs!

Shout out to Santa Claus. This year I want a pink pony. Thanks!

Shout out to the A.P. English class students wearing those black t-shirts. I'd die and go to hell for you any day.

This freezing cold weather is utterly unbearable. But when I look at you sitting there 6<sup>th</sup> hour working intently my heart and body warm like an oven. I wish one day we could just cuddle.

Shout out to the person who keeps dropping fun but slightly inappropriate surprises in my locker. What are you hinting at?

Shout out to the semester being almost over. A fresh new schedule is just around the corner. Can't wait!

Shout out to my sugar monkey. You will always be my "prime mate."

**\*\* NOTICE \*\***

**Important 9-12 High School Yearbook Dates:**

**All 9-12th grade students:**  
 Deadline for ordering a yearbook: Jan 20, 2009  
 Order online at [www.yearbooksonsale.com](http://www.yearbooksonsale.com) \$62.05

**SENIORS:** Please bring your pictures to Ms. Filzen  
 \*One "younger you"/baby picture is due 12/19/2008.  
 \*Senior pictures are due by Friday, Feb 20, 2009.

**NO LATE SENIOR PICTURES WILL BE ACCEPTED  
 DUE TO STRICT YEARBOOK PUBLICATION  
 DEADLINES.**

Questions? Please see Ms. Filzen! Room 112

### Did You Know?

The most common name in the world is Mohammed.

The sound of E.T. walking was made by someone squishing her hands in jelly.

A pregnant goldfish is called a twit.

## Sudoku Answer

9	4	2	3	6	7	8	5	1
6	7	3	5	1	8	4	2	9
1	8	5	2	9	4	7	3	6
4	3	9	6	7	5	2	1	8
7	5	6	1	8	2	3	9	4
8	2	1	9	4	3	5	6	7
5	1	7	8	2	9	6	4	3
2	9	8	4	3	6	1	7	5
3	6	4	7	5	1	9	8	2

## New Year's Resolutions

By Maya Heinonen



"I don't make resolutions but I have tried with limited success."  
 -Mr. Anderson



"I wasn't planning to make any, but I think I should exercise more and lose weight."  
 -Mr. Howard



"I am not sure yet that I want to make resolutions. I have made them in the past and actually kept them too."  
 -Kyle Becker



"I am not gonna make any resolutions. I think that if you decide to do something you can do it any day."  
 -Annemette Koch

"I don't know either but I have also made resolutions and managed to keep them."  
 -Taylor Johnson

## Almond Toffee Bark



- 4 cups sliced California Almonds, roasted
- ½ cup unsalted butter, softened
- 1 ½ cups sugar
- 1/3 cup water
- ½ teaspoon vanilla
- ¼ teaspoon salt
- 1 pound fine-quality bittersweet chocolate
- ½ pound fine-quality semi-sweet chocolate
- 3 ounces milk chocolate or white chocolate (optional)

1. Preheat oven to 400 degrees F. Oil a large baking sheet. Set aside.

2. In a large heavy saucepan bring butter, sugar, water, vanilla and salt to a boil over moderate heat, stirring with a wooden spoon. Boil mixture, without stirring, until deep golden, about 12 minutes.

3. Remove pan from heat and stir in 2 cups roasted almonds. Immediately pour onto reserved baking sheet. Spread evenly and then place into the refrigerator to set.

4. Chop chocolate. In a hot double boiler, melt chocolate until smooth. Pour chocolate over cooled almond toffee and spread evenly with an offset spatula. Sprinkle top with remaining almonds. If desired, drizzle top with melted milk chocolate, or white chocolate for contrast. Chill uncovered until firm, at least 1 hour. Break toffee into pieces.

## Quick Party Punch

- \*One (12 oz.) can of Minute Maid Fruit Punch Frozen Concentrate
- \*One (2 liter) bottle of 7-up or Sierra Mist

Chill the 2 liter bottle of 7-up overnight.

In a large pitcher, put in the frozen concentrate fruit punch. (Do not add water.)

On top of the frozen punch, slowly add the 7-up and mix together.

Serve and enjoy!



## Merry Cherry Cheesecake Bars



**Crust-** 1/3 cup cold butter, 1/3 cup brown sugar, 1 cup flour

Cut butter in chunks; add brown sugar and flour; mix at low speed. Beat at medium speed scraping sides of bowl until well mixed (about one minute of mixing). Reserve ½ cup crumb mixture for topping. Press remaining crumbs in 8" baking pan. Bake near center on 350 for 10-12 minutes.

**Filling-** 8 oz. pkg. cream cheese softened, ¼ cup sugar, 1 egg, 1 tbsp. lemon juice, ¼ cup each chopped glazed red and green cherries

Beat cream cheese, sugar, egg, and lemon juice at medium speed until fluffy (1-2 minutes) stir in chopped cherries

Spread filling over crust; sprinkle with remaining crumb mixture. Continue baking for 18-20 minutes or until filling is set and top is lightly browned. Cook and store in refrigerator.

## Peanut Butter Blossoms

- 1 cup sugar
- 1 cup brown sugar
- 1 cup butter
- 2 eggs
- 1 cup chunky peanut butter
- ¼ cup milk
- 2 tsp vanilla
- 3 ½ cup flour
- 2 tsp baking soda
- 1 tsp salt



Cream sugars, butter, and peanut butter. Beat in eggs, milk, and vanilla. Sift flour, soda, and salt together and mix with butter batter. Chill.

Shape into balls the size of a walnut and roll in additional sugar. Bake on ungreased cookie sheet at 375 for 10-12 minutes. Press chocolate kiss or star into center of each cookie while hot.



## Journalism Staff

**News Writers:** Tessa Makepeace (Editor), Cassie Reed, Tim Waibel, Olivia Augustin

**Sports/Activities Writers:** Jesse Wiggins (Editor), Korinne O'Connor, Josh Botten, Justin Wiggins

**Features Writers:** Lauren Horsch (Editor), Ryan Miller, Laura Schumacher, Maya Heinonen

**Photographers:** Rebecca Henle (Editor), Chyla Nelson

**Layout and Design:** Ashley Schroeder (Editor), Taylor Ruekert

**Copy Editors:** Madeline Ullery, Amanda Huiras, Rebecca Henle, Olivia Augustin, Sara Keller

**Advisor:** Mr. Van Leeuwe

