

# the Grapghos

September 1978

New Ulm, Minnesota 56073

the



Statues and figurines of elves and mushrooms are situated throughout Schell's garden.

## Schell's Deer Park is a dream to share

by Kim Schmiesing

Once upon a time in a land not too far away, a king built a castle and instead of a moat to keep people away he planted a garden to attract people from all over the land.

This is not a fairy tale but more of a dream-come-true. August Schell played the part of the king, and in 1880 after he built his home behind Schell's brewery, he also planted a garden around his home for him and his family to enjoy. The private garden has since become a park where anyone from anywhere can come and enjoy the scene. The park is Schell's Deer Park.

When Schell built the private garden, it was intended to consist exclusively of grape arbors, but as time went on, the garden was added. Now when one visits the park, he will see only one grape arbor.

As the name implies, the feature of the park is the deer. They are a big hit with "children" of all ages. This year the deer herd consists of one buck, four does, and three fawns. Usually in the fall the fawns are sold so that the herd does not outgrow the park, but this fall it is hoped that they can be kept since the herd is small.

The planted garden of the park is another of its special features. Any hobby

gardener knows that even a small flower patch takes a lot of care and a green thumb. At the deer park there are 36 dozen marigolds alone and 27 dozen petunias, and those include just two of the many different kinds of flowers there. A gardener is hired to take care of the flower garden.

Statues and figurines of elves and mushrooms are throughout the garden. These were purchased and painted within the past few years and added to the park by members of the Warren Marti family, who now own and live in the Schell home.

Within the garden there are goldfish ponds, and some of them are crossed by small bridges. The goldfish are kept during the winter so that in the spring they can once again be added to the ponds with water plants.

The park does not end at the boundaries of the garden or with what has been bought or planted for the park. Beyond the garden are many wild flowers and greens. A definite addition to the park are the birds which make it their home. The birds have houses and baths for their convenience distributed among the other features of the park.

Schell's Park is an enjoyable experience for everyone, young and old. The park is like a fairy tale in that, like all fairy tales, it ends "happily ever after."



This bridge, complete with road signs, is located amidst the marigolds and petunias in Schell's Deer Park.

# editorial

## Tax reductions cut activities



by Mike Engel

This could very well be the last issue of *The Graphos* you will ever see.

Unlikely as it may seem, money used to fund *The Graphos* and other such extracurricular activities might be cut from the school district's budget due to widespread popularity of legislation calling for a general reduction in taxes.

Politicians know lower taxes are what the voting public wants and will do their best to appease them to keep their jobs. Howard Jarvis is one such political figure who at the moment is a very popular man in California.

Jarvis, together with Paul Gann, sponsored the now famous Proposition 13, which calls for a 57 percent or \$7 billion cut in property taxes. California voters overwhelmingly accepted the proposal by a nearly 2 to 1 margin. But did they think of the possible consequences?

For example, your little brother comes home from school to find a burglar ransacking your house. The surprised thief pulls out a gun, shooting and seriously injuring him.

Where were the police when all this was happening? A number of burglaries had been reported in your neighborhood in the past two weeks, yet no police car has been patrolling the area. Why? The police department answers by saying they just don't have the needed manpower due to layoffs forced by a reduced budget.

A neighbor's house goes up in flames as trucks race three miles to the scene. Recent cutbacks have forced the fire station two

blocks away to close leaving its confines to echo with screams of horror as the owners watch their home burn to the ground. The firemen arrived too late.

"Sure a few people may experience a little inconvenience," says the heartless public. "But look at all those tax dollars we're saving." We ask, however, "Is it really worth the price?"

By now many are wondering "What does all this talk of tax cuts and fewer local services have to do with us students?" More than you might think.

Suppose you have learning difficulties. Tax cuts would trigger faculty layoffs, forcing instructors to teach classes of 40, 50 or even 60 students.

Do you think you or anyone else will get the individual attention so vital to a successful education?

Extracurricular activities such as AFS, Stage Crew and Better Half, Drama Club, and *The Graphos* may cease to exist simply because of a lack of funds to subsidize them. Glencoe High School eliminated debate last year.

According to tax reduction legislation being proposed in many states, more or all interscholastic sports programs would be abolished or reduced. Can you imagine a school without a sports program?

What's a Friday night in the fall without a football game? What's winter without a drive to St. Peter to watch the Eagles play hockey? What better way to spend a spring afternoon than to watch New Ulm win a baseball game.

We are living in a time when public services or activities often go unnoticed until they are gone. Such things as police protection, an adequate fire department, and even school activities may fall victims to tax reductions.

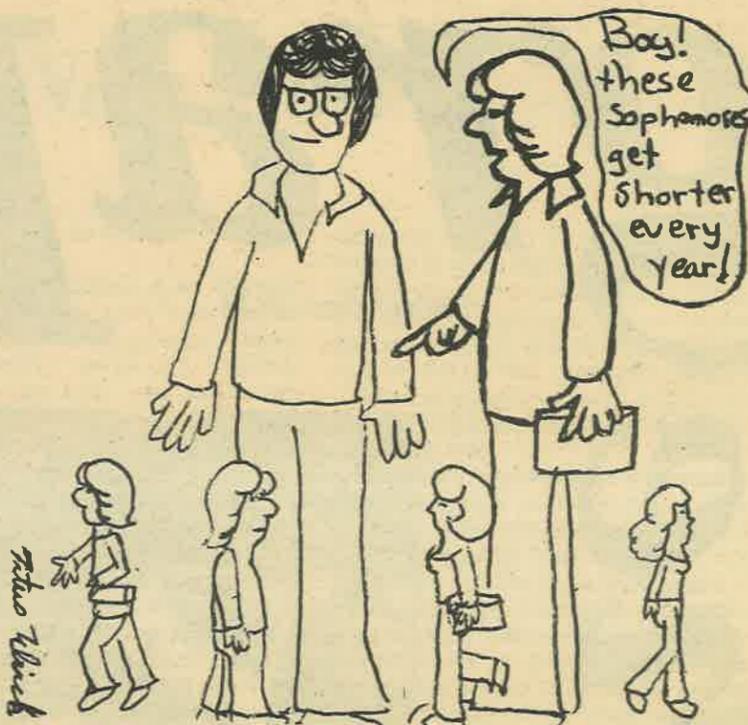
It's about time taxpayers start deciding what is best for the community and stop backing legislation simply because it calls for a cut in taxes. We hope voters examine each issue before plunging into something they may not want.

## Tomorrow

Tomorrow:

A thought in a dimension I cannot grasp,  
Experiences I have not yet lived,  
Questions I have yet to ask,  
Answers I'm sure I will receive,  
A time before hope,  
A moment after wishes.  
In that small space fits tomorrow.

by Scott Zangel



## Sophomores given advice

by Kris Knutson

Barry Manilow once said, "I would have given everything I own if someone would have said, 'you're not alone.'" Hey, sophomores, you're not alone.

High school, for some, is not the best years in their life, but for many it's the most important.

For many sophomores this is going to be a difficult year. Yet for quite a few others who can manage to take things lightly and with a grain of salt, it will be a great year. But if you're one of those whose only goal is to avoid getting invited to the junior prom a year early, good luck and remember we all get rewarded for what momentarily seems like punishment.

All of you sophomores are soon going to be met with more decisions than you've ever dreamed possible. You're going to find many roads in which to go down, and you must decide which road it will be. Don't let this scare you. If you pick the wrong road, there's always time to change your mind and revamp your route. All it takes is a little wisdom and a bit of courage.

If the word high school were to be defined, it would probably be something like this: "A time to prepare yourself for after high school experiences and to make decisions and accept the consequences of those decisions."

No one ever said school was going to be easy. It's important to put as much into it as possible. After all, you get out of something as much as you put into it. And there's much more to high school than parties, floats, and games.

You must also decide if you are going to lead or be led. You are older now and can start breaking away from the security needed in the past.

When making important decisions, don't let them weigh you down. Remember, if you worry about being accepted, peer acceptance is superficial. Don't say to yourself that "Everyone else is doing it." Everyone else is not going to get you a scholarship or write an important recommendation for a job you'd love to have. When you think of people you really admire, aren't they individuals who do their own things and do what's best for themselves?

When you think back to what you have accomplished at graduation, don't fog the picture with disappointments or regrets.

Make it easy on yourself. Make the right decisions now in your sophomore year. Don't waste a third of your high school career by thinking what someone in a song once did. "All the time I thought that I was wrong, wanting to be me, but needing to belong, all the time, all the wasted time to think I had it all the time."

Welcome to our world, sophomores, awfully glad you came.

## "Grubbies" are grubbed

by Viann Friesen

Students are back into the swing of things and with the new year comes new clothes styles.

This year I have noticed more students dressing up. Of course, jeans are still worn, but I've found bright, unique, new, and attractive outfits on many New Ulm High School students.

The change is very good to see! In the past teachers have always had a gripe because we appeared in school day after day with the same faded jeans. The teachers can no longer complain about grubby clothes.

It was always said that New Ulm High School did not need a "grub day" — a day when everyone wore their grubbiest clothes — because every day was a grub

day here. As you can see for yourself, those days are gone. And if you haven't noticed — pay closer attention. You will probably be surprised by what you see!

There are substantial reasons why more kids are dressing better. Today's clothes are more comfortable, and students apparently want to look neater.

Keep up the good looks!

# graphos

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# the guidepost

by Miss Mary Swenson, Counselor

I am Miss Mary Swenson, the new female half of the guidance department replacing Miss Webb. I come to New Ulm originally from Waseca, but with many towns in between the two. My family lives in Britt, Iowa, (home of the National Hobo Convention) and I was graduated from the high school there. I spent four years at Iowa State University in Ames, Iowa, and graduated with a degree in Home Economics Education. From Ames, I moved to Dubuque, Iowa, where I taught home economics for four years at a large parochial high school. I left teaching at that time and became a dormitory head resident advisor at a junior college in Fort Dodge, Iowa. I was employed there for two years. The past year I spent as a full time graduate student at Mankato State University in secondary guidance. During my year at Mankato, I spent two days per week in Gaylord in the guidance department as a practicum student. Since August 7th, I've been working and living in New

Ulm. I am enjoying my experience here very much and am looking forward to a rewarding school year.

Mr. Zetah and I feel the guidance department here is a multi-purpose operation. We serve students in three basic ways: (1) academic records (we keep a count of your credits, for example;) (2) vocational and career planning; and (3) personal and social counseling.

As an aid in career planning, we are fortunate to be connected to two computer outlets. These outlets, GIS and MOIS, can be an aid in job exploration, financial aid information, and college information.

In the area of personal and social counseling, Mr. Zetah and I hope to start group counseling situations in which seven to ten students with a similar concern meet regularly with one of us. We also hope to start peer counseling. In this type of counseling, fellow students act as a counselor after a brief period of training.

In all counseling situations, both Mr. Zetah and I feel what is said in our offices stays in our offices.

In past years, this column has appeared regularly in *The Graphos*. In keeping with tradition, "The Guidepost" will be a monthly feature of this newspaper. It will be written by Mr. Zetah and I on an alternating basis.

## Student Council plans projects

by Lynn Ludewig

Throughout the year Student Council members make plans for various activities and projects involving NUHS. They usually meet during school time and are supervised by Mr. Dave Stead and Mr. Gene Brand.

Their first project this year involves the planning of Homecoming Week activities. They are responsible for the Homecoming Review, the coronation of the Homecoming Queen, the production of homecoming buttons, publishing of the programs, staging the parade, and certain aspects of the dance which include decorations and selling of the tickets. They also handle the publicity for homecoming, such as making posters and announcements of the different homecoming activities.

Lyceums are another task which the Student Council organizes. The Student Council President, Randall Stuckey, discusses the various programs available with Mr. Stead. When selecting a lyceum, both the entertainment and educational value of it must be considered, in addition to any budget limits that may exist.

Student Council members also arrange for the school dances. Last year's Valentine's Dance is an example of such a dance. They are responsible for decorations, publicity, ticket sales, and clean up after the dance. Every year they handle the details for the prom and homecoming dances. In addition to these, they also plan to have one other dance this year, probably in winter or early spring.

Another project of the Student Council is Variety Week. In previous years, Variety Week has included such events as Hat Day, T-Shirt Day, and a Fifties Day. Last year a variety show was held which featured games and contests with student participants. The Student Council is thinking of having another Variety Week this year which will probably include some of these same activities.

Student Council members also volunteer their time to such things as selling tickets for prom and dances. They help with the distribution of ballots for elections of class officers, new student council members, and Homecoming Queen candidates. They also participate in selling at concession stands for sports events.

The Student Council is divided into five basic committees, each of which has certain responsibilities. The Activities Committee organizes dances, lyceums, and other entertaining activities. The Education Action Committee is concerned with reviewing the NUHS curriculum and making suggestions about various subjects and classes. The Executive Committee is made up of the Student Council officers who are in charge at meetings. The Relations Committee, which is representative of the student body, discusses students' suggestions and opinions concerning NUHS. The Constitution Committee reviews the Student Council Constitution and makes any additional amendments or corrections which are deemed necessary.

Although there are separate committees, the Student Council works together on many projects. For example, all members discuss the planning of school lunch menus with Mr. Earl Williams and make suggestions about student food preferences. The entire council also donated money to the Dollars for Scholars program last year.

One student council member commented that even though there is a lot of work involved he thinks it's fun because of the ideas of school involvement that Student Council promotes. President Randall Stuckey wants to remind students that "The Student Council is open to suggestions because we represent the students. We really do appreciate their suggestions."

## IT GETS BETTER EVERY TIME YOU SEE IT

The movie that has the music

"You're The One That I Want"  
"Grease"

"Summer Nights"  
"Sandy"

"Hopelessly Devoted To You"



## "Grease" slides to record business

by Lorie Mogen

A blockbusting, phenomenon of a movie has captured the box office business of every theater in the country. Paramount's *Grease* is fast becoming the most popular motion picture of all time. *Grease* will permanently remain in the minds of every Fifties fan in the nation. Unlimited money has been spent and gained on not only the film but T-shirts, records, posters, and a multitude of other *Grease* products. *Grease* is the word, and it's getting around fast.

On an average most people who see the movie once, see it for a second, even a third or fourth time. It is that good. This author observed at attending the motion picture for the first time that the audience gets involved so closely with the movie that it isn't unusual to hear people singing or clapping to certain songs. When Sandy (portrayed by Olivia Newton-John) sang "Hopelessly Devoted to You," the entire audience joined in. It truly was an ex-

perience not often seen in contemporary movie audiences.

The movie itself is a fascinating tribute to an unforgettable time. The main characters played by Olivia Newton-John and John Travolta do a superb job in playing teenagers in the Fifties. Drag races, school proms, football games, and the whole high school scene of the Fifties are brought out in a cavalcade of songs and dances that are expertly choreographed to create an end product which, when combined with a heartwarming story, creates a movie spectacular.

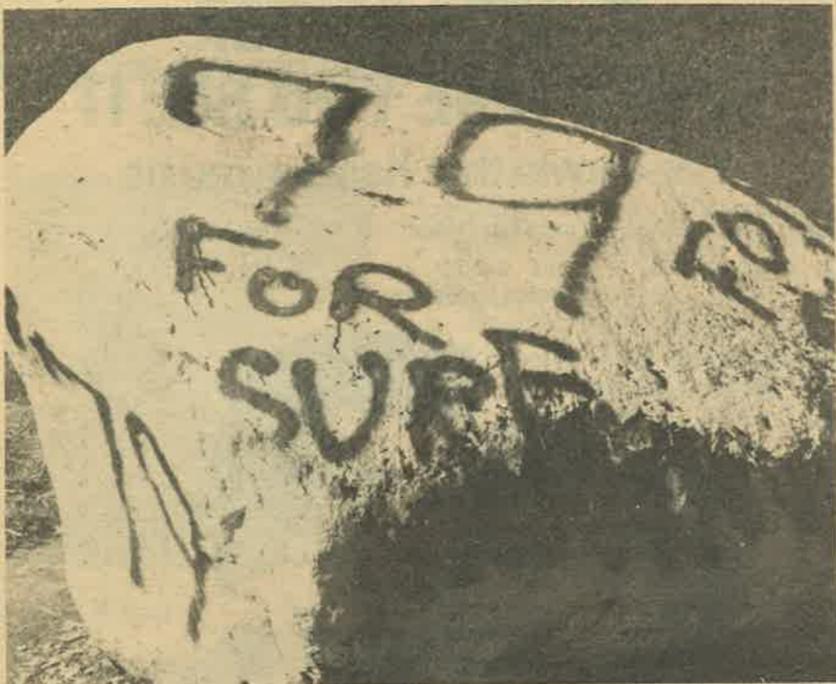
Most of the dancing in *Grease* is relatively simple, but authentic to the time portrayed. The difficult dancing comes in one particular scene called, "Greased Lightning." It looks and is a very professional sequence.

Some critics have called *Grease* "a poor excuse for a *Happy Days* remake," but all over America crowds mass into theaters to see what has been called the best loved movie of all time, *Grease*.

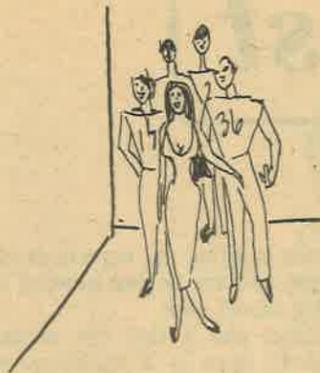
AMERICAN EDUCATION WEEK, NOVEMBER 12-18, 1978

# EDUCATION CAN TURN THINGS AROUND

NATIONAL EDUCATION ASSOCIATION U.S. OFFICE OF EDUCATION  
NATIONAL CONGRESS OF PARENTS AND TEACHERS  
THE AMERICAN LEGION



Many students have painted their graduation years on "The Rock" in recent years.



"I have a feeling we're going to have trouble with that girl."



Orde

# Rock is metamorphic scene

by Colleen Berg

"The rock" is a most familiar sight to us every day of school. Ever wonder how that rock became such a part of our school?

In 1973, when the Annex was being built, Heymann Construction dug up the rock. ~~They~~ can get rid of it, T.R. Olson decided it could be used decoratively.

"The rock" did not receive much attention until the 1976 senior class members painted the rock at graduation time. Instead of reprimanding the culprits, Mr. Wilson thought it was better to paint "the rock" than to vandalize other public objects and places.

On the average "the rock" gets painted two or three times a week and has amassed at least fifty coats of artistic attention.

The classes of '75 through '82 have left their marks on "the rock" with the usual "Class of—" The seniors of '78 painted "We Got" on it in big letters. Even "Augie

Dogie" was written on the rock! The newest addition to "the rock" is the saying "For Sure." Cathedral too has apparently taken to leaving their symbol on our beloved rock.

Some people got a little rowdy and tried moving the rock. They brought shovels and garden tools. After the hole was dug, they tried moving the rock with manpower. That didn't work very well, so the idea came up to get the Phillips 66 tow truck and pull the rock away. Another brainstorm suggested blowing up the rock. But like the others, it was only an idea.

Last year some "artists" used their talents on the sidewalks and buildings. Local residents did not appreciate the vandalism, and numerous letters were written to *The Journal* editors. To stop such events, let's keep using our "rock" to vent our painting talents.

Remember painting "the rock" is fun as long as that's all we aim that can of spray paint at.

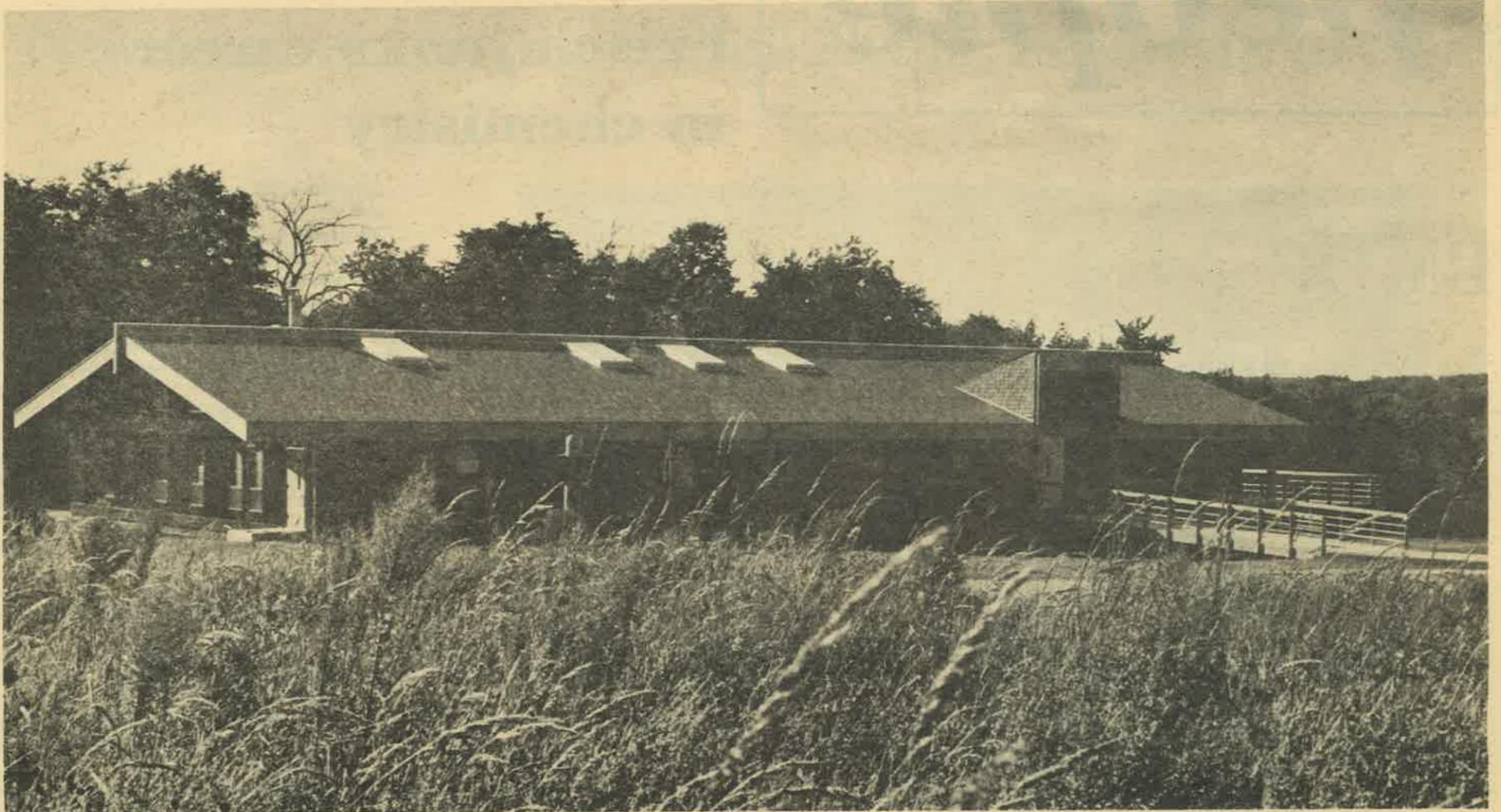
# A New Beginning

A new beginning:  
Empty notebooks  
Soon to be filled  
With "important" information;  
Clean shiny blackboards  
Quickly disguised with  
White chalk-dust;  
More books to add  
To the ever-growing  
Collection  
Already in your locker;  
Crowds assembling  
In once-quiet hallways;  
Seas of various faces  
Awaiting the day's lesson;  
Memories of another summer  
Come and gone;  
Anticipation of the days  
That lie ahead;  
Full of laughter, smiles,  
frowns, and tears;  
A new beginning — another year.

by Lynn Ludewig



It looks as if J.S., S.H. and the Class of '80 will not be outdone by any upperclassmen.



The DNR's new Regional Headquarters is located south of New Ulm overlooking the scenic Cottonwood River valley.

## DNR protects and preserves area environment

by Cindy Sperling

The DNR stands for The Department of Natural Resources. One of its regional offices is located outside New Ulm, but most people don't know much about what it does. The DNR protects Minnesota's environment for and from people. The department tries to preserve the natural resources and yet permits their use for the economy.

The DNR is supported partially by taxes, but most of its funding comes from the sale of fishing and hunting licenses, timber sales, and the entrance fees at state parks.

The DNR has many divisions. One is the Parks and Recreation division. This section runs the state parks. They acquire segments of rivers for the Wild and Scenic Rivers Program and are in charge of canoe and boat routes. They also operate nearly 5000 miles of Minnesota trails for such things as hiking, biking, and skiing.

The Fish and Wildlife section is another division. The wildlife section's jobs include building habitats for wildlife and helping set hunting limitations. The fisheries people do such things as stock lakes with game fish and clear out the rough fish.

The Forestry division manages and protects the forests of Minnesota. Among other things they sell timber, plant new trees, buy forests, and help in fire control.

The enforcement division employs Conservation Officers, formerly Game Wardens. They do more than just enforce fish and game laws. They are involved in many things such as predator control and wild rice management. They also teach classes on firearm safety and proper snowmobile use.

All these divisions, and the many others that exist, involve much more work than

what is listed here. These fields involve much planning, research, studies, and many other such activities besides the actual action in the field.

The DNR regional office has a staff of people who are willing to talk to anyone who is interested in a career with the DNR. Many career planning pamphlets are also available.

All the people in the various divisions are working towards the common purpose of conserving, preserving, and wisely using Minnesota's natural resources.

## Rec center fund nears goal

by Dave Traurig

After several months of hard work, the goal set back in mid-summer is about to become reality.

At that time a fund drive was started to raise money for a Family Recreation Center, which is to be built adjacent to the new indoor swimming pool now under construction. Two co-chairpersons were selected by Mayor Carl Wyczawski, Dr. Howard Vogel and Roman Schmid. A steering committee was organized and a goal of \$300,000 by October 1 was set.

Midway through September Mayor Wyczawski felt, "The fund drive is about 35 to 40 percent complete, and pledges are a little ahead of what we expected at this point in the drive."

The committee is made up of representatives of several local service clubs such as the New Ulm Club, Lions Club, the

Rotary Club, and the Jaycees. The New Ulm Education Association, New Ulm Hockey Association, and several major industries are also represented. These and many other clubs assist the co-chairpersons and the mayor in the decision making.

The committee seeks private donations from industry, downtown businesses, and individuals as its major method of raising money. During the week of September 18 the Girl and Boy Scouts of the community went door to door distributing an information packet. The packet contained information about the center and a request for participation in the fund drive.

The first donation was made last summer by the 3M company and from then on donations from other clubs and businesses have continued. One of the most publicized donations was made by

the New Ulm Hockey Association. The association contributed \$3,072 raised during a golf tournament held on July 18. This year's Student Council also has gotten involved by pledging the money made from the Homecoming Review admissions.

Some businesses have not yet donated money. The reason for this delay stated Mayor Wyczawski is "most have to go out of town and even out of state to get permission from the home office for the donation. This takes time."

The money that is raised will not cover all building costs. The committee is also depending on 750 to 800 thousand dollars of Federal Revenue Sharing. The City Council must hold public hearings on the use of these funds and then decide what to do with the money. Many people involved feel confident that they

will receive the money because of the city-wide interest shown by the citizens in a multi-purpose center.

Similar facilities were brought up on bond issues several years ago but were rejected by the community. The second bond issue was defeated by a very narrow margin. Many people involved feel this is the last chance for anything like the center to be built in New Ulm.

Mayor Wyczawski has often said the center would be a great asset to the city of New Ulm and "many people could benefit from it."

If any high school student would like to get involved in the fund drive, co-chairperson Roman Schmid stated, "Anyone interested should get in contact with myself, Dr. Vogel, Mayor Wyczawski, or Larry Kobs, Park and Recreation Director."

# New teachers bring varied skills, interests to NUHS

by Lisa Isenberg

This year New Ulm High School has nine new teachers occupying various positions created by resignations or additions last spring.

Rebecca Anderson, a graduate of Winona State, is settling into her first teaching job. She teaches Spanish, Communications I, and is the advisor of the Foreign Language Club.

Miss Anderson now lives in New Ulm and enjoys hiking, tennis, volleyball, biking, and sewing.

Arlene Burke teaches art at NUHS. She is a graduate of Iowa State University at Ames and for four years taught elementary school art in Plainfield, Iowa. So this is her first high school teaching post.

In addition to being the yearbook advisor and teaching her regular classes, Miss Burke has plans for some changes in the art department, "I'm going to try to set up a program that offers a greater variety of activities," says Miss Burke, who would like to expose her students to many different mediums. She also has plans for an advanced art program.

Miss Burke keeps busy outside of school too. She likes biking, fishing and playing the guitar and has two registered horses. She likes New Ulm and feels that the attitudes and behavior of the students are impressive.

Getting out and selling his program to students is a major concern of Phillip Davis. Mr. Davis teaches Drafting, Power Mechanics, and Basic Metals. He wishes to stir more student interest in these areas because few students ever get any exposure to the industrial arts. Mr. Davis would also like to start an expert program in technical illustration stressing the putting together of a portfolio for the student's future reference.

Mr. Davis received his B.S. degree from St. Cloud State and is in his third year of teaching. Previously he taught in two junior high schools: first in Norfolk, Virginia, and last year in Albert Lea. He lives in New Ulm with his wife, Carol, where he is active in the Jaycees and enjoys hiking, jogging, and making and refinishing furniture.



Some new faces on the NUHS faculty are from left to right Kristine Eckstein, Nancy Palmer, Dan Digre, and Holly Herbers.

Dan Digre is the new director of Vocal Music. He directs the Concert Choir, Sophomore Choir and Treble Choir as well as Bel Canto and the Payne Street Singers. This is his first teaching job and was graduated from Augustana in South Dakota last spring.

Mr. Digre lives in New Ulm and likes to bike around the community. He is very interested in New Ulm's arts. He also hopes to become involved in a church and perhaps direct a church choir.

"I feel very fortunate to be here," says Mr. Digre. He likes the school and the kids and hopes to add something to NUHS. Much of this year will be spent refining, ironing out, and stabilizing his department. He will direct Company 88 or any other group that may start later in the year.

"New Ulm is a progressive town working toward a better tomorrow." This

is a first impression of Kristine Eckstein, who teaches Importance of Foods, Creative Foods, Independent Living, and Family Life. This is Mrs. Eckstein's first full-time teaching job. She did long and short-term subbing in five schools for one and one-half years. She is a graduate of the University of Minnesota.

Mrs. Eckstein enjoys sports and refinishing and upholstering furniture. She lives on a farm near Sleepy Eye with her husband.

Holly Herbers is teaching Typing I in her first teaching post. She received her B.S. degree from Mankato State University last March.

Miss Herbers lives in New Ulm and is interested in softball, swimming, and reading. She will be coaching either seventh or eighth grade Girls' Softball this year.

Doug Howard is our new librarian. He

was previously a part-time German teacher and librarian in Elgin, Iowa, for four years. Mr. Howard received his B.A. from Luther College and his M.L.S. from the University of Iowa. In addition to his duties as librarian, Mr. Howard is the AFS advisor at NUHS.

Mr. Howard, like many of this year's new teachers, just moved to New Ulm recently and is in the process of adjusting to the community. He plans to become involved in the community AFS program and the Public Library. Jogging, music, and antiques are among his other interests.

Mr. Howard is pleased with the student help in the library but notes that there are still some hours open for volunteer student help. He wants to make the library a pleasant place to be. "I'd like the library to be used by the students."

NUHS has created a new position in its faculty this year. Nancy Palmer, the added teacher, says Learning Disabilities "is a program for the average or above student who is having problems in different areas of learning."

Miss Palmer was graduated from St. Cloud State and was a TMR teacher at Morris for three years. This year, she will also be coaching Girls' B Squad Basketball and assisting with Girls' Softball.

Miss Palmer, who lives in New Ulm, enjoys horseback riding, sports, and the outdoors. As a first impression, she thinks that both teachers and students at NUHS are very well dressed and the students are well behaved.

Mary Swenson is the new guidance counselor at NUHS. This is her first year as a counselor, although last year she took a practicum as a guidance counselor in Gaylord. Earlier she taught home economics in Dubuque, Iowa, for four years. Last summer, Miss Swenson received her Master's degree from MSU. Before that, she got her undergraduate education at Iowa State University in Ames.

Miss Swenson lives in New Ulm and likes biking, sewing, and cooking. She is the school's cheerleading advisor.

These are NUHS's new teachers. They come from different areas and backgrounds, but all have a wish to contribute their best to their school.



Other new faculty members are from left to right Doug Howard, Phillip Davis, Rebecca Anderson, Mary Swenson, and Arlene Burke.

# people

## BMOC is obvious choice



This month's BMOC Randall Stuckey is a two sport letterman and Student Council President in addition to participating in FFA, Concert Choir, Concert Band, Swing Band, and Graphos.

by Kim Schmiesing

Although most students at NUHS already know Randall Stuckey, it was thought that he should be this month's Big Man On Campus so that people get to know something about him that they didn't already know.

Randall Stuckey was not chosen as this month's BMOC just because he's the student body president or just because he's the FFA president or just because he is successful in athletics — although any one of these are good reasons for being a BMOC. Randall was chosen BMOC because of other contributions he has made to this school.

Friends, classmates, and faculty all seem to agree that Randall possesses many qualities which set him apart from your everyday student. He can always make someone feel included and important, and if he says something, it's usually a positive statement.

Last spring Randall ran for student body president unopposed. This popular acceptance indicates the kind of respect he commands among all students. In Randall's junior year he was student body vice-president. He hopes to keep up the good work that has preceded him in the student council and, as of now, anticipates no major changes. He added that right now the council is quite busy with planning this year's homecoming festivities.

Randall is also president of the New Ulm chapter of the Future Farmers of America and hopes to maintain the excellent record that organization has established. He proudly points out that there is no real

reason for change because in the past the New Ulm FFA chapter has been highly rated in the state and the nation.

Randall has lettered in football and baseball and participates in weightlifting. He is a defensive back on the high school football team and a catcher on the high school baseball team. He was the catcher for the Legion baseball team this summer where he showed not only his defensive skills behind the plate but also his offensive value when he hit two home runs in the game against Cedar Rapids, Iowa, at Rapid City in the regional tournament.

If Randall doesn't keep himself busy with student council, FFA, and sports, he also participates in Concert Choir, Concert Band, Swing Band and is on The Graphos staff. Last year Randall was chosen to be on the board of the Dollars for Scholars program.

Besides these school related activities, Randall is an active member of the Menagerie and has a job at Green Clothiers.

Randall has two brothers, Scott, who is older, was also president of the student council and FFA and Bryan is a sophomore at NUHS. His father teaches agriculture classes here at the high school.

After high school Randall plans to go to college but has not yet decided where.

What really makes Randall unique is that he does all of his many jobs and responsibilities well. People might expect some boasting from this BMOC, but after knowing him all they say is that he is just a "nice guy."

## Frisch junks career in chemistry

by Mike Ostrom

Most people would not associate a salvage dealer with a man who is intelligent, witty, and concerned about the community. This rare combination exists in a salvage dealer named Phil Frisch.

Upon entering Mr. Frisch's home, you are greeted by a five pound bundle of ferocity appropriately named "Tiger." Tiger is Mr. Frisch's 17-year old Toy Manchester Terrier that watches over the household when Mr. Frisch is away. Tiger's sentry duties consume most of his time as Mr. Frisch's activities keep him away from home many hours each day.

Much of his time is spent running his salvage yard down by the railroad tracks which, for the most part, consists of old (yet usable) automobile parts. Mr. Frisch seems very satisfied with his business, but by no means was salvage the answer to his occupational aspirations as a youth.

"I entered the University of Minnesota working toward a degree in chemistry, and after four hard years, I gained that degree. However, when I got out into the world of employment, the country was in the midst of the depression, and jobs for anyone were extremely scarce. I was in competition for jobs in the field with men with Ph.D.'s. These jobs were for a mere \$15-20 a week. Because of the depression these brilliant men needed the jobs desperately, and I didn't have the kind of education needed to compete with them. Eventually, I realized that chemistry had no doors open for me so I joined my brothers with their salvage business in New Ulm in 1939. Ultimately, my brothers moved to California, and I took over the business."

Mr. Frisch, a widower, puts in long hours at his salvage yard, but his spare

time is used for many civic activities. The most important is his involvement with the Rotarians.

Frisch joined the Rotarians in 1955 because he wanted to join an organization that would better the community. "The Rotarians have as their main goal to promote community unification in projects to help the New Ulm area. Right now we are working on the fund-raising drive for a sports complex. I think a sports complex would be ideal for keeping the young people of New Ulm active and healthy."

Frisch, who celebrated his 69th birthday recently and certainly does not look it, continued, "If you want to keep your youthful enthusiasm, you must keep active all of your life."

"People of all ages must keep mentally sharp. Inactiveness of the mind is even worse than inactiveness of the body. All citizens must keep abreast of what is going on around them or face the danger of apathy."

"People must also appreciate the cultural aspects of society. Everyone should gain an understanding and enjoyment for music and the arts." He especially likes to play eight-track cassettes of Bach's Fugues on a quality Zenith Allegro sound system. His stereo would make the most avid hard-rock junkie envious; he has speakers in every corner of the room. He listens to the Old Masters sometimes while snacking on some delicious smoked fish which he has caught and prepared.

Phil Frisch feels fortunate to live in a town in which he can help the young people develop their minds and bodies. He also confidently assures us that New Ulm will have a recreation center before Tiger reaches the age of consent. Mr. Frisch will do all he can to keep that promise.



College educated and personable, salvage dealer Phil Frisch is also a man concerned with community affairs.



Foreign exchange students Gerd Icker, Mary Fee, and Chris Schmihing seem to be adjusting to the American way of life.

## Foreign students adjust to New Ulm

by Wayne Roddy

This year New Ulm High School has three foreign exchange students. Two are from Germany, and one is from Australia.

Gerd Icker, 21, from Hamburg, Germany, is enrolled in two sophomore English classes. Chris Schmihing, 17, is from Ulm, Germany, and will be enrolled in junior and senior classes. Mary Fee, 16, from Bunbury, Australia, is a senior. Gerd is an International Christian Youth Exchange student and is staying with Mr. Doug Hiza. Chris is here on the Ulm-New Ulm Rotary Exchange program and is staying with the Gerald Ubl family. Mary is an AFS Americans Abroad Student and is staying with the Harold Fenske family.

All three are very pleased with their stay in New Ulm. "The town is very nice and friendly," according to Gerd. "I like the town and everything," replied Mary.

They are also pleased with their host families.

Their opinions on school were surprisingly similar. All three were glad to see the "closeness between the students and teachers." Mary said, "We don't get as close with our teachers. We are more formal." "Teachers have closer contact with students," according to Chris, and Gerd liked the "very good communications between students and teachers."

Another interesting fact is that all three were impressed with the big cars that they saw when they first arrived in the

U.S. Mary even commented that "only about 10 kids in our school have cars because we aren't allowed to drive in Australia until we are 18." The same is also true in Germany. Gerd and Chris were impressed that almost every family in New Ulm had their own house and own yard. Most of the people in Germany live in apartments, and very few families have a house and fewer have a yard. Mary had a hard time adjusting to the fact that almost all New Ulm houses are built above basements, and the cars are driven on the "opposite" side of the road.

Chris mentioned a couple of things he didn't like. He didn't like the fact that we have a minimum drinking age. In Germany you can buy alcoholic beverages at any age, but you have to be 16 to go into a

bar. Chris commented, however, that "they don't really care if you go into a bar, if you are 14 or 15." He also mentioned that he didn't like our 55 mph speed limit. In Germany there is no speed limit on the highway.

Another item all three have in common is their interest in sports. Both Gerd and Chris like soccer and basketball. Mary likes sports too and is currently participating in cross country. She also plans to try out for basketball.

During the course of their '78-'79 school year, Gerd is planning on "bettering his English and comparing Germany to America." Chris is going to learn more about America and broaden his education, and Mary is "gonna go crazy when she sees snow."

## Chaos kicks off homecoming meeting

by Mary Manderfeld

In the beginning there was chaos. At a recent homecoming planning meeting, Student Council President Randall Stuckey said, "It's not always like this, usually it's more organized." Even though the meeting seemed chaotic, many of the homecoming festivities were planned.

Homecoming kicks off on Thursday night, October 5, with the annual Homecoming Review at the Junior High Auditorium. Two hours of information, laughter, and suspense are yours for only 50 cents. This year the 50 cent admission will be contributed to the New Ulm Family Recreation Center Fund Drive by the New Ulm Senior High Drama Club.

The Review begins with the introduction of the football players and coaches. Then the Homecoming Royalty is introduced. The candidates which were chosen by the Senior class are Bridget Bushard, Leslie

Dietrich, Kathy Gareis, Joan LeGare, Nancy Smesmo, Linda Mae Ulrich, and Tammy Windschitl. A variety show presented by the Drama Club follows the introductions.

The suspense increases as the seven candidates and their escorts return to the stage. One of the seven girls will receive a white rose, while the other girls receive red roses. The white rose signifies that the student body has chosen that girl as their 1978 Homecoming Queen. Nancy Hanson, the 1977 Queen, will do the crowning. After the Homecoming Review the students usually put the finishing touches on their class or club floats.

Friday afternoon begins with a pepfest in the gym with the cheerleaders building up enthusiasm for the big game that night. The winners of the float competition are also announced.

The homecoming parade will march

down Minnesota Street Friday after the pep fest. The Grand Marshal will be Mr. Joe Harman, a retired Eagle football coach. The players and coaches of the football team will also participate. Nancy Hanson, the Homecoming Queen of 1977, and the 1968 Queen are expected to be present for the parade. Floats from the senior, junior, and sophomore classes will be in the float competition. Other notable units in the parade are the AFS and FFA floats, the pom-pom girls, the New Ulm Marching Eagle Band, plus much more.

The powder puff game follows the parade at the senior high field. The senior and junior girls play a game of flag football. Each team is coached by guys of the respective class. In the past the games have been rough but fun.

The big game is Friday, October 6, at 7:30 P.M. The Eagles hope to "Waste the Wildcats," which is this year's slogan.

With the support of the student body and returning alumni, the football players will be fired up to win this important conference game against Wells at Johnson Field. The football program, which includes pictures of the players, coaches, and Homecoming Queen Candidates, is dedicated to the late Orville Sievert. Mr. Sievert was an enthusiastic supporter of New Ulm athletic teams.

After the game Homecoming 1978 will break away from tradition and have a disco dance at the Senior High Gym. "Friday Night Fever" will be DJed by Snokey T, who was the disc jockey at a previous disco dance last spring. So save up a \$1.50 and dance the night away.

Several weeks of thought and work by the Student Council has made another homecoming possible. So in the end, there was a creation — Homecoming 1978 — after the initial chaos.

# sports

## Girls' tennis hits good season

by Dana Heymann

Despite an inauspicious beginning, the New Ulm women's tennis team has been displaying qualities characteristic to those of a championship team.

Although their record may indicate otherwise, coach Bob Pederson believes this is the best squad the team has ever had. "The Waseca coach said this is the best New Ulm team she has seen," he mentioned. "Fundamentally these are the best hitters we've had. We have a lot of depth this year which we've never had the luxury of having."

The Eagles, led by senior Lori Tyler, gain added strength and experience from juniors Colleen Berg and Cathy Hartten in singles competition. Juniors Sandy Fenske, Kim Horner, Vicki O'Malley, and sophomore Connie Johnson complete the

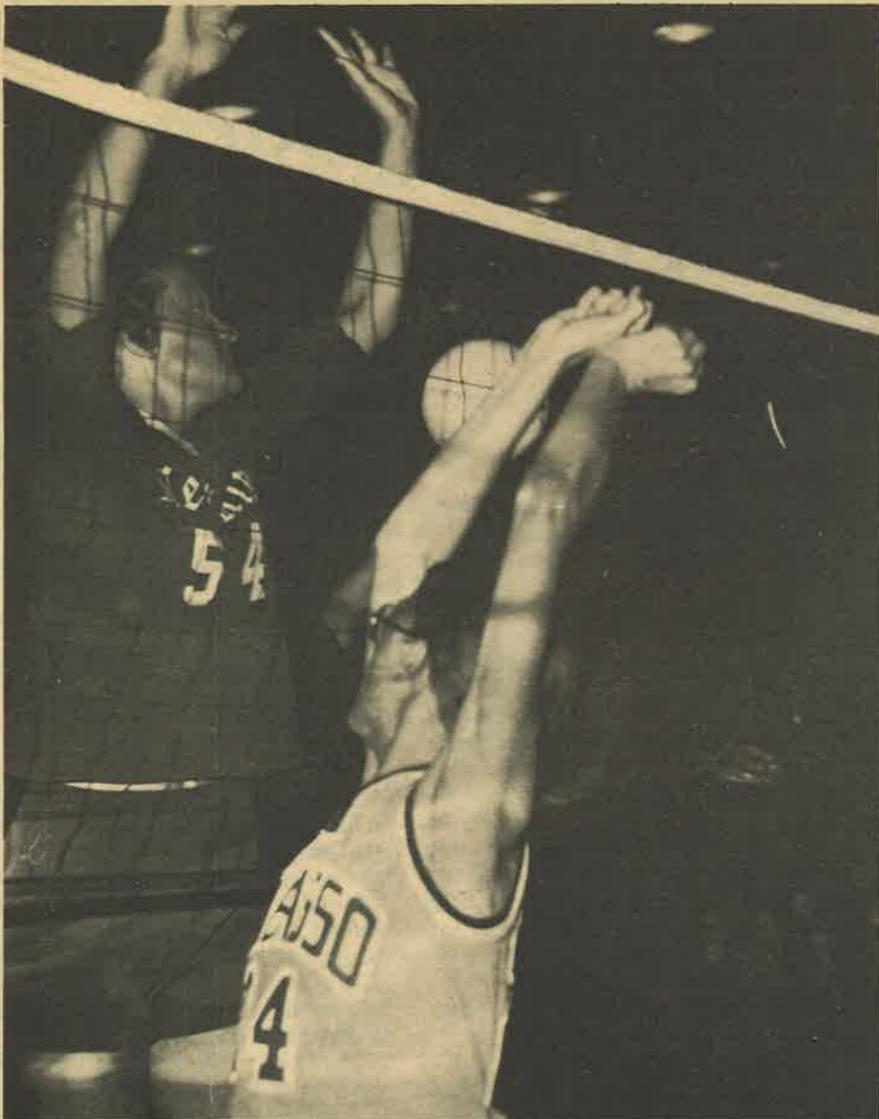
varsity squad in doubles competition. Other team members include Cindy Sperling, Kim Hoggatt, Lynne Stoering, Julie Mielke, Lisa Peterson, Lauri Richter, Kris Ryberg, Kris Traurig, Mary Roiger, Lisa Schultz, Sue Alwin, Denise Schultz, and Dawn Windschitl.

As the end of the season approaches, the girls look ahead to the conference meet and sub-regionals. Despite losing to the very good teams in the conference, coach Pederson said, "We've come closer to beating the conference teams than the scores indicate. We could do very well in the conference meet and sub-regions."

In preparation for the conference meet at St. James on October 7, the Eagles hope to attain a 2-3 record in the South Central Conference.



Junior Sandy Fenske uses both hands to return a serve during a meet at the NUHS courts.



Reaching to block a shot, Lauri Alwin is one of the many experienced seniors on this year's volleyball team.

## Girls' volley ball bumps into season

by Randall Stuckey

Power volleyball can be very exciting and involves more skill and knowledge than one realizes.

When watching a volleyball game at NUHS, a person can hear comments like "Why are they hitting the ball with their arms" or "Why are the players bending over to receive the serve." The reason for this type of play is because the girls at NUHS play power volleyball instead of the "slop" version played by most people.

Power volleyball involves several important rules which makes it different from the slop method. The main difference occurs when making contact with the volleyball. A player cannot "carry" the ball.

A good method of preventing a carry is the use of the "bump" — striking the volleyball upwards with both forearms to set up the ball for a return. By using the bump method, a player can control the volleyball with more ease, and he prevents carrying the ball.

Another technique in volleyball is the use of the overhead set. When using this method, the player hits the ball with her hands that are extended above the head. To prevent a carry when using the overhead set, a player uses her finger tips.

The spike is also an important part in volleyball. The spike is striking the ball violently with the hand which provides a hard return for the opponent.

During the time of play, a player cannot touch the net during a live ball, but a player can reach under the net as long as the feet do not step over a four inch wide line. On a spike, she can go over the net but cannot touch the net, or a foul will be called. A player can serve the ball in anyway she wants to. If she swings and misses the ball during the serve, it counts as a serve. If she throws the ball up and catches it, there is no serve. The ceiling is in play and a player should play the ball off the ceiling.

Several players on the volleyball squad agree that the sport involves a great amount of skill. Kay Lambrecht, a senior on the team commented, "People take the skills used in volleyball for granted. It takes a lot of coordination to do the bump and you need good timing for a spike."

The NUHS girls are trying to improve with each game they play, and coach Lyle Sparrowgrove has a positive attitude about his squad. "We need work on reacting to game situations so all players are in position, but we have been playing good volleyball," Sparrowgrove observed.

# Boys' Cross Country running with the pack

by Dale Walston

In high school sports, the key to a successful attack is balance. A good example of this balance is the New Ulm Cross Country team.

The Eagle runners have only two seniors, Peter Kretsch and Steve Palmer. Kretsch, however, has been New Ulm's top finisher so far this season while Palmer has also done well.

The mainstays of the lineup have been the juniors. Randy Hager, Steve Hofmeister, and Jon Senum have all run well. Although they are young, they are experienced because all three ran varsity last year.

The youngsters so far have not done as well as the juniors and seniors, but there's promise for a good future. Sophomores Dave Affolter and Steve Domine give New Ulm good depth. Affolter has been running on varsity, and Domine has been the top junior varsity runner during the early going.

With this good mixture of young and experienced runners, Coach Rich Peterson wants all of them to run at the same pace. Peterson calls this strategy "pack running," which is running at a pace in which all the runners of one team stay together as a unit. Thus someone running well might act as a leader while someone not running well may be "picked up and carried along" by the pack's pace.

Peterson started using this strategy last year and got New Ulm to the state tournament. In fact, New Ulm Cross Country teams have been to state tournaments six of the last nine years. In 1971 New Ulm had its best finish, coming in tenth. Last year, New Ulm came in sixteenth in "AA" competition.

On the first day of practice, the cross country runners set going back to the state tournament as their team goal. With the balance of young, experienced runners and growing confidence, a trip to the Twin Cities in November seems within reach.



Straining to hold on to a short lead in the NU Invitational, Pete Kretsch is one of only two senior harriers.



On a team composed mainly of junior high girls, Carla Windschitl is the only junior.

## Girls' Cross Country against tough competition

by Sue Kunz

Have you ever wondered what goes through a runner's mind when he's running a two-mile race. Well, Carla Windschitl often asks herself "Why am I doing this?"

Carla is a member of the New Ulm Girls' Cross Country team. She's the only junior on a team well represented by several grades. Kristi Risius and foreign exchange student, Mary Fee, are the only seniors. Sophomore runners are Deb Rathman and Terry Davis. The rest of the team is made up of three freshmen, four eighth graders, and three seventh graders.

With a team heavily dominated by underclassmen, it's easy to see why one of coach Dennis Ellingson's goals is improvement. Practices vary from day to day. When they work on distance, they'll take a five to six mile run. On days when they're working on speed, they only run sprints totaling about three miles.

The team also has an injury preventive program. This means they work on preventing injuries while running. Prevention includes a thorough warm-up before they start stretching out the muscles. To avoid knee, shin, or ankle injuries they also try to stay off any

pavement while running. Just as important as the warm-up before practice is the warm-down after practice. This procedure prevents muscles from cramping or tightening after a hard workout.

A new member of the cross country team this year is Mary Fee, an AFS student from Australia. She likes cross country "very much because we work, but have fun doing it." Mary did a little running back home, but it wasn't anything like belonging to a team or competing. According to her a bunch of kids would get together after school and run for the fun of it. The only competition they had would be an intra-school meet. Cross country is something new for Mary and even though they work hard she's glad to be a member.

As of this writing the girls have had four meets. Coach Ellingson thinks the team is doing a satisfactory job and are farther along than they were at this time last year. Injuries and sickness while running have hindered the team's performances so far. The hot weather for the first three meets was hard on the girls and forced a couple to drop out. It looks as though the conference meet is going to be a tight race and the region will be pretty stiff, but the girls are trying to develop some very positive thoughts for the remaining meets.

# Captains maintain gridder's' morale



Larry Zimmerman

by Mark Hulse

All athletic teams must have leaders. The leaders of the New Ulm football team are Larry Zimmermann, Jaime Schnieder, Brad Portner, and Laine Sletta. Since they are the team captains, they have many responsibilities. Some of these responsibilities are leading the team in calisthenics, setting good examples for other players, and maintaining team moral and enthusiasm.

Coach Stan Zweifel expects quite a lot from his captains. He expects their performances on the football field to be exceptional. Since the captains were chosen by their performance during the previous year, they are naturally expected to play football with superior qualities. Since Zweifel is busy as the head coach, he expects the captains to help him enforce discipline in the locker room and on the field. According to Zweifel, the captains have done an excellent job fulfilling their responsibilities thus far this year.

The captains of the NUHS football squad

are very serious about football. Starting at the end of the football season, the captains begin conditioning for the next year. They are either out for another sport keeping in condition, or they are in the weight room working out.

The captains along with Zweifel also sit down and plan the captain's practices for the summer, which begin a month before school starts. The captains supervise the practices. One of the primary purposes of the captain's practices is to get the players thinking about football.

Another reason for the captin's practices is to get the players better acquainted with each other. The captains feel that if the players know each other, they will feel more comfortable on the field with each other.

## A look at the captains.

Running back Larry Zimmermann is the powerhouse of the offensive backfield. Larry's size and strength make him a major threat. A teammate of Larry's commented that "Larry has a lot of finesse and is very quick getting off the ball." Larry believes it is an honor to be a cap-



Jaime Schnieder



Brad Portner

tain of the team. He has strong feelings about the NUHS football program. He thinks that football at NUHS is not emphasized enough, and if the fan support would be stronger, the team would perform better. Larry is sure that this season is going to be a success. "There is no doubt in my mind that we can make it; we are going to do it!"

Another captain, Jaime Schneider, an offensive tackle and defensive end, is a very aggressive ball player. He knows that a football team must be fired up for their games, so he fires the team up to make sure it is ready to play. "There is no doubt that pep talks and getting psyched up for a game helps your performance on the field." Jaime is also very sure that NUHS is going to have a good season.

Captain Brad Portner is one of the most interesting ball players on the team. He has a unique habit of destroying mouthguards. Many players commented that Brad gets so involved in a game he begins chewing his mouthguard. By the end of a game, his mouthguard is ruined.

(A single mouthguard is usually sufficient for the season, but nobody knows how many Brad will demolish by the end of the season.) According to Coach Zweifel, Brad does an excellent job at offensive and defensive tackle. "Brad is the hardest working football player I have ever coached. He is a real pleasure to have on the team."

Another captain, Laine Sletta, the middle linebacker and offensive guard, is a great asset to the team. Laine thinks that Zweifel is doing a superb job as head coach. The new traditions — like awarding "offensive player of the week" T-shirts for outstanding play — seem to be good ideas and give the players something to strive for. Laine believes that within the next few years the football team is going to be a strong contender for the conference title.

The captains of NUHS football team are hard working, determined ball players according to their teammates. Coach Zweifel sums it up perfectly about these captains: "They are a bunch of real outstanding young men."



Laine Sletta

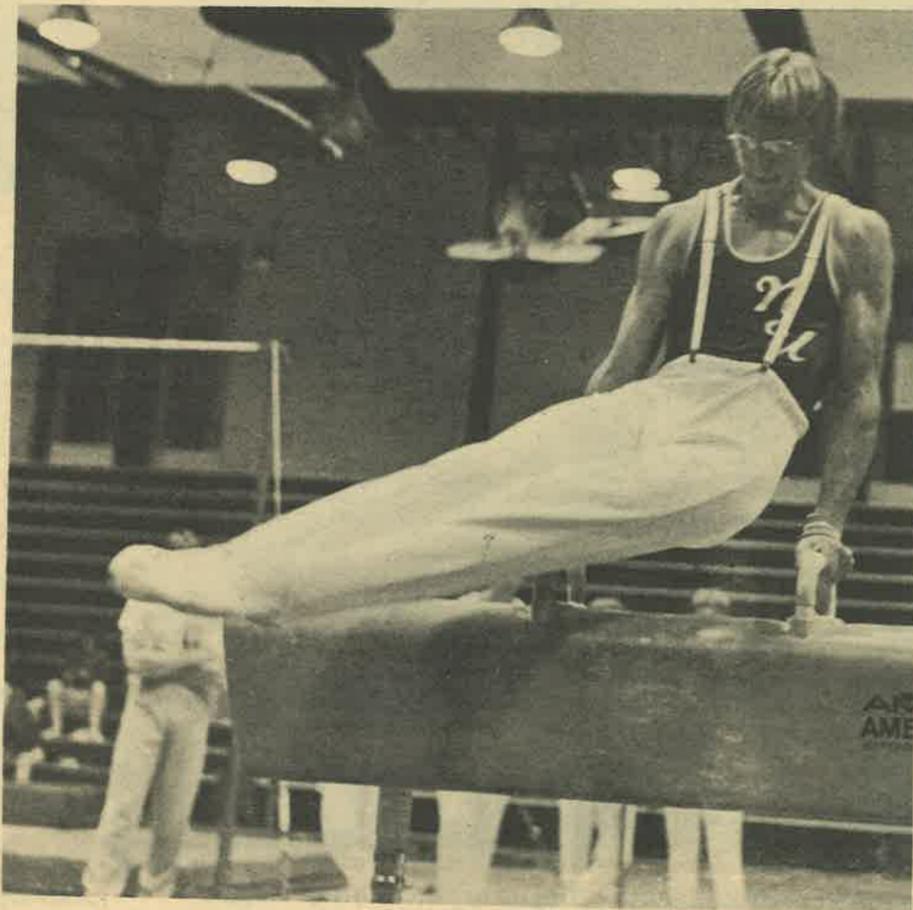
# Gymnasts exercise competitive skills

by Jeff Albrecht

The New Ulm Eagle gymnasts, coached this year by Mr. Ted Marti, are looking very impressive coming into the 1978 season. Having lost only three members from last year's squad, the gymnasts are returning a team that should be ranked in state-wide polls if all goes according to pre-season expectations. In a poll taken of coaches throughout the state, New Ulm was ranked fourth in the state. However, Mr. Marti feels the squad has the abilities to do better.

Leading the squad this year are senior co-captains Pat Wesselman and Mark Roeder. Both Pat and Mark along with Steve Byer and Scott Fruhwirth will be participating in the all around events. Other seniors expected to do most of the scoring for the team include Todd Olson and Pat Hofmann on the parallel bars, Chris Lohman and Tom Skillings in floor exercise and vaulting, and Wayne Roddy on the rings.

The gymnasts are looking forward to a season that promises strong competition. However, Mr. Marti feels he can rely on these seniors to pull the team through the season and bring them to a state tournament by season's end.



Senior Pat Wesselman's routine on the pommel horse was not enough for a first-place finish in the meet with Armstrong.

# Legionnaires' Disease hits New Ulm

by George Hudak

Baseball fans all around New Ulm know about the success of the New Ulm American Legion baseball team. This success included winning the Minnesota American Legion baseball title, the Midwest Regional baseball title, and a free ticket to play in the American Legion World Series in Yakima, Washington. What really happened behind the scenes while the team was in tournament play this summer?

The Minnesota State American Legion Tournament was held in Austin from August 11-14. In addition to playing baseball, the team attended a banquet in which Bill "Moose" Skowran was the guest speaker. New Ulm's team won four consecutive games to win the state American Legion title, giving them the opportunity to play in the Midwest Regional Tournament held in Rapid City, South Dakota.

Coach Jim Senske stated that there were two different feelings on how the team would do in the regionals. He said there was a dreamy feeling that the team might win the tournament. He also stated that he tried to be realistic about the team's chances. Because he did not know how good the other teams were, his goal in Rapid City was to win one game.

At Rapid City, however, New Ulm's team continued to win. With the small amount of free time available to the players, they were not allowed to do many other things besides playing baseball. They attended a banquet at which Jim Perry, a former Minnesota Twin's pitcher, was the guest speaker. The team also toured Mount Rushmore, the Reptile Gardens, and Keystone, a rebuilt western city. These were all educational experiences for the players. Another learning opportunity was going to see the dog

races, though this one turned out to be far less profitable.

New Ulm's domination of the Midwest Regional tournament gave them the opportunity to play at the American Legion Baseball World Series in Yakima, Washington. The team flew to Denver, Colorado, to meet several other teams on their way to Yakima. But when they arrived, they learned that not just two or three teams, but all eight teams (171 players) and the tourney directors were all meeting in Denver to go to Yakima. This meeting was a surprise because it was the first time that all the teams would go to the site of the World Series together.

New Ulm's team was the last to get on the plane in Denver. This meant that when they arrived in Yakima, they would be the first team to get off the plane. The team was greeted by television crews and sportswriters as they left the plane.

During their stay in Yakima, the team

did many things. They attended another banquet at which Bob Feller spoke. He is a former pitcher for the Cleveland Indians and the first American Legion baseball player ever to be enshrined in baseball's Hall of Fame. The team saw many of Yakima's famous landmarks including the apple orchards and the Congden family's summer home.

The team's stay in Yakima was cut short after losing their first two games. When they returned to Minnesota, they received many honors. In New Ulm they were greeted by the fire department and rode down to the high school where hundreds of cheering fans welcomed them. They were dinner guests of many local clubs including the Rotary Club, the Lions Club and the Legion Club. They were also guests at Ebert's. Most recently they were guests of the Minnesota Twins, and their story was told on WCCO during the broadcast of that particular Twins' game.



Junior end Mike Ostrom makes a fingertip catch in the Eagles' 21-0 loss to Mankato East.

## Athletes specialize

### Senske's Sports Sense



by Eric Senske

As I am sure most of you know, New Ulm High School lost one of its biggest sports enthusiasts this summer with the death of Orville Sievert. He died tragically on July 28 from injuries sustained when he was hit by a car a day earlier. Mr. Sievert was a familiar figure at many sporting events. Known by most as "Orv," NUHS athletes considered him a friend, not just another spectator. His presence will be greatly missed by all who are associated with any phase of New Ulm athletics.

#### SPECIALIZATION IN SPORTS

Sports are becoming more and more specialized. Sport seasons no longer last just the three or four months prescribed by the high school league. And the three sport athlete is becoming more of a scarcity because of these developments.

Let me explain. With the present caliber of interscholastic athletics, it has become impossible for athletes to compete on a

high level of competition if they put no more time into their sports that is allotted to each season. Each sport has its own set of prescribed off-season conditioning drills designed to prepare and improve participants for the upcoming season. Football has its "captains' practices" which begin in mid-July. Basketball has its summer programs and open gyms. So does gymnastics. Baseball has various summer teams and programs which can overlap the beginning of the football season. Tennis can be practiced for as long as mother nature keeps rain and snow off the courts.

The two "universal" methods of preparing for a season are lifting weights and running. These methods are not limited to one sex or sport. Many people have the false assumption that weight lifting is for guys only and that running is exclusively for the track or cross country participants. In fact, the opposite is true. Strength is important in just about any sport — men's or women's. As for running, you have to be in shape no matter what your game is.

Because of the growing demands of each sport, it is becoming tougher and tougher for an athlete to excel in three sports. Coaches are becoming more demanding as to how much their sport should be practiced in the off-season. Because of these demands athletes are forced to decide what sport is the most important to them. These choices can be very hard decisions to make — and often hard for coaches to accept and understand.

I often find myself wondering what happened to the elementary school days when you played every sport — and played them just to have a good time. But I guess this is how it has to be if teams want to win. And after all, winning is what it is all about — right?