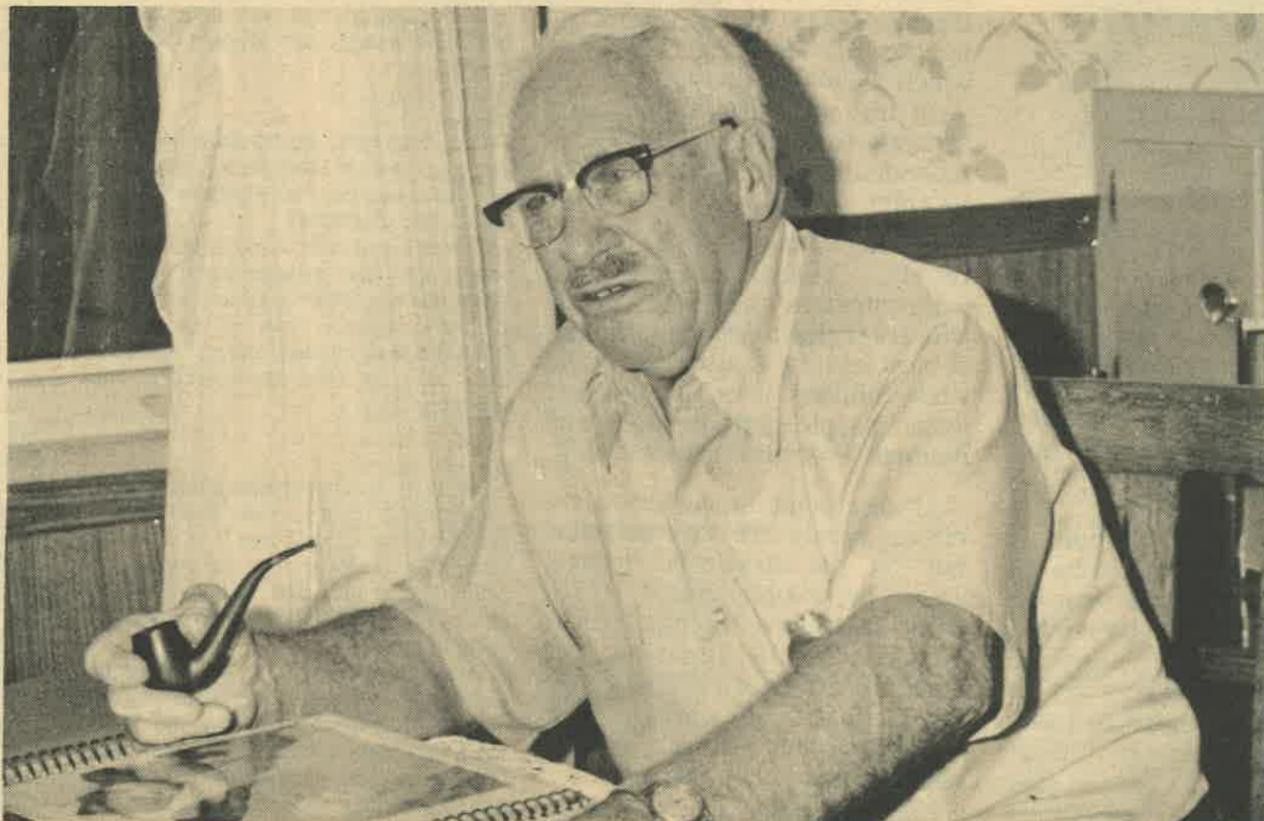


# graphos

December, 1975

New Ulm, Minnesota 56073

the



Mr. Leo Schuck, looking over his photo album full of memories as New Ulm's oldest Santa Claus, explains why he finds his role enjoyable. Photo by Mr. Mike Wieseler.

## New Ulmite lives Christmas year-round

by Lisa Dotzenrod

Christmas is not just a day or even a season for Mr. Leo Schuck. Seventy-eight years old, Leo is New Ulm's oldest Santa Claus. A warm, friendly man, he gives freely of himself not only from Thanksgiving to New Year's by portraying Santa Claus but throughout the whole year.

Leo began playing Santa Claus forty-seven years ago. Vividly remembering those days, he recalls the first times he played Santa Claus, "I wore a sheepskin coat turned inside out and a Santa Claus mask. There were no fancy costumes or whiskers at that time."

After a few seasons in that make-shift costume, he would go to the New Ulm woolen mill where a friend would fashion a beard out of sheep's wool which he would glue on his face.

It is not difficult to understand how Leo has worn out four or five Santa Claus suits considering that he sometimes would make as many as fifty to fifty-five Santa visits in one night.

Age has not worn him out although he has slowed down a little. Today Leo still manages to make between fifteen and twenty appearances as Santa over a couple of nights' visits.

Mr. Schuck's visits as Santa are mostly to individual homes. Parents leave their children's presents outside on the porch or hidden somewhere, and Leo brings them in and delivers them to the children in person. Both Union and Loretto hospitals, churches, schools and various community functions make up the remainder of his visits. Leo goes anywhere to make people happy and to show the true spirit of Christmas that he holds and wishes to share with others.

A traditional New Ulm German in the best sense of the phrase, Mr. Schuck seldom gets paid for his efforts, although he spends countless hours making people of all ages happy. "I can remember parents showing me their gratitude by paying me in sausages when they didn't have anything else to give," Leo commented.

He is very careful that children don't find out that he really is not Santa Claus. He feels it will ruin their fun, so he takes great pains in preserving his image as Santa. Many times he dresses in the garage and sneaks into a car from there.

Often one of the most difficult parts of his job is finding someone to drive him around to the various homes he has to visit on Christmas Eve. Luckily for everyone, Leo always seems to make it to the homes where he is wanted.

Although mostly recognized by others during the Christmas season, Mr. Schuck portrays the Christmas spirit all year long. He feels that anyone can hold this spirit throughout the year if they make the effort.

"A person can show this spirit by forgiving others, doing favors for friends, and just acting to other people how you would like them to act towards you."

For Leo Schuck the spirit of Christmas will never die. "The reason I do this is to make people happy. If the spirit wasn't alive I still wouldn't be going around."

New Ulm's oldest Santa has no intention of quitting his visits. The satisfaction derived from making children's faces light up would be too much for him to be without.

"I think I'll keep on going as long as I'm able to carry a sack." Hopefully for everyone concerned, it will be a long time.



Santa poses as many children will see him throughout the holiday season. Photo by Mr. Mike Wieseler.

# editorial

## What does a grade mean?



by Scott Simkins

As in life, sports, school, or anything in which you endeavor where many people are organized under one category, "team" unity is required.

This singleness of purpose is important to athletic teams in gaining momentum for coming games, but it can also be related to our own school experiences and life in general. Teachers try to unify students in order to teach better and make a closer student-faculty relationship. Yet you find in some classrooms a handful of smart alecks who make it hard for the rest of the students to learn.

Not that I say we all must conform to life's wills and take them lying down, but we must gain knowledge in order to pick out those morals and standards which we will accept and still be able to intelligently reject and change those which are unsatisfactory. That is why we're in

school; to gain knowledge so we can make those decisions intelligently. We are not in school to see how far we can go before the teacher boots us out. Don't go through life rejecting everything which is placed before you, or your life will turn into a daily struggle to gain acceptability of individual beliefs which may not be right.

We don't need a world full of rebels. There are enough demonstrators and revolutionists who are trying to bring their point of view into the focus of the world while millions of us sit back and watch people getting killed and maimed everyday because of it.

At this point in our lives the effects rarely are that extreme, but yet the dissension brought about by troublemakers is felt daily. In class a teacher tries to educate while ignoring the harassments he is receiving, and in athletics a coach works to avoid the disruption caused by one discontented bench warmer.

Unity is important; in sports, school, and life. If we want to get something done right, everyone has to give his part and be able to conform to reasonable demands. Otherwise, life may be a giant confrontation with a population which is not willing to listen. If that's your thing, I suppose there is little to do this late in life, but be prepared to pay the consequences.

by Roxana Peterson

The first report cards of the year have been sent out amid groans, tears, indifference, and a varying range of emotions. All this fuss was about grades? But what exactly are grades? What do they mean?

Over the years, grades have become a kind of symbol of intelligence, hard work, etc. But are grades really intended to show these characteristics?

Grades are usually based on test scores, papers and other requirements specified by the teacher. Other qualities, such as the student's attitude, use of time, contributions to discussion, and willingness to work also go into the teacher's consideration.

But every teacher grades differently, so consequently every grade has its own particular meaning. Often it is up to the student to discover why he received a particular grade, and exactly what it means in regard to his performance in a specific class.

Many people feel that grades do not show many important qualities; for instance, the capacity to work and to try hard, the ability to function successfully in other situations besides the classroom, and the ability to comprehend and to follow instructions.

Other people feel that the grading system isn't fair to many students because

students are compared to each other and each other's developments, and scant attention is paid to the individual's own development. Is it fair that a student who is working to his full capacity and yet is only getting a C should be compared to a student who doesn't need to put forth much effort but yet receives a better grade?

But what can be done to improve the present grading system? Several experiments have been tried. One of the best known alternatives is the situation in which children work at their own speed and ability and little emphasis is placed on academic competition and grades. Schools that tried this type of evaluation were quite popular a few years ago, but are having trouble and second thoughts today.

Other schools tried the pass-fail system, which again was not widely successful. Many elementary schools have dropped the ABC grades in favor of a more specialized system which shows where improvement is needed. But most high schools remain with the system we are most familiar with because it seems to be the best so far. The basis for our grades contain quite a wide sampling of our abilities and skills, and may be as fair an evaluation as is possible.

Actually our grades mean what we make them mean. It really depends on how seriously we take them. They aren't a symbol of our intelligence or lack of it but are a qualified teacher's opinion of us and our abilities and therefore should not be taken lightly.

## A woman is a woman



by Julie Hulsey

Last year I wrote an article on sex discrimination in our school which, because of several factual errors, lost its point and effectiveness. Being older and wiser, I shall once again attempt to discuss the subject but this time on a more personal basis and hopefully in a more accurate manner.

Lately I've noticed an upsurge in the use of cliches depicting the females of our school. The terms "chick," "fox," and "broad" seem to be a fluent part of the male dialect of our student body. The question is are these terms derogatory or is this a male's feeble effort at verbal affection?

Perhaps the male actually believes it is a compliment to address a woman by saying, "Hey there, you foxy broad!" Personally, I don't find this a very complimentary way of address. Maybe you're thinking hey, Hulsey, this is the age of woman's equality! Just what do women want? All I can say is that a woman is still a woman, equal to man in many respects, but she deserves credit for what she can do without being treated like barn-yard scraps.

Words are one thing, and actions are another. Over the years it has been taught that men open doors for women, and the woman gracefully accepts the male's act of chivalry. Many may think it was an act of proving women were weaker and couldn't open doors themselves. But I think it was an act showing a woman respect and affection. Life seemed much easier before women began snubbing the courtesies men offered them, believing them to be acts of superiority and male-chauvinist pigism. It's humiliating for a man to be publicly degraded by a woman who refuses to enter an offered open door on the grounds of being called unequal.

I don't believe there is a woman alive who doesn't like to be treated like a lady. And by "treated like a lady" I don't mean the stereotype of "A woman's place is in the kitchen pregnant and barefoot." I mean being respected as an equal, but an equal from the feminine side of life. I believe my point can be summed up in this poem:

Woman was created  
from the rib of man.  
Not from his head;  
to be above him,  
Not from his feet;  
to be trampled on.

She was made from his side;  
Near his arms;  
to be equal to him,  
and near his heart;  
to be loved by him.

## graphos

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## What exactly is a friend?

by Barb Gitter

Whenever you have a problem or need someone to talk to, no one quite understands as a friend does. But what exactly is a friend?

A friend is someone whom you can smile at and know he'll smile back. He'll laugh with you when times are happy and cry with you when times are sad. A friend will not weigh your thoughts or measure your words. He's someone who will respect you for what you are and for what you believe.

When you are down and troubled, a friend will come running to give you a helping hand. A friend will come as soon as you call, no matter what time of day. If you are sad, a friend is sad. Your happiness is his happiness.

A friend is someone whom you could sit and talk to for hours, sharing your thoughts of joy and sorrow. You can tell a friend your highest dream and not worry about being ridiculed.

A friend is someone who can give you an honest opinion about something, even if it might hurt your feelings or conflict with your position.

There is nothing a friend wouldn't do to help someone in need. He'll gladly take the time to care and understand.

A friend will listen to you when no one else seems to want to. He sees the anger rise in you but just smiles assuringly and calms you down again. A friend sets things right when this whole world seems upside down by lending you his helping hand to the journey's end.

A friend has loving arms to hold you when you ache inside. When you are sick, a friend will come to your bedside and humor you with a joke or a funny story.

No matter if a friend lives a block away or many miles down the road, a friend's thoughts are always near, wishing you peace and happiness.

A friend is someone special. It's kind of hard to really explain what a friend is, but we all know we need friends. This world would be very lonely if we would have no one to call "my friend."

Perhaps the best definition of a friend is the last verse of a poem written by Anne Cambell.

What does it mean to be a friend?  
A life to keep, and a heart to mend —  
The sort of friend I want to be —  
The kind of friend you are to me.

# Stead updates second semester scheduling

by Mr. Dave Stead, Assistant Principal

Scheduling for second semester courses will be held on December 17, 1975. By now you have all been involved in a homeroom meeting and have received your scheduling information. If you have had problems with your schedules, you should have seen a counselor to make the necessary changes, and you should be prepared to schedule for the second semester of the 1975-76 school year.

The procedures for scheduling will be the same for this semester as they were last spring when you pulled cards for the first semester. You will follow the steps outlined below:

1. Enter the gym foyer at your scheduled time.
2. Move to the gym area through the lower hallway near the Lecture Theater to pick up your exchange cards.
3. Go to the cafeteria to check for classes that may be closed.
4. Once you have checked the closed classes and feel that you have a workable schedule, enter the gym.
5. To help make your scheduling easier, you should

- a. Pull single section cards first
- b. Pull second semester cards
- c. Pull quarter cards
- d. Pull year long cards
- e. Pull study hall or study time cards.

6. Arrange cards in the order of the quarter and period you have the classes.
7. Record your second semester schedule on the back of the goldenrod sheet next to your first semester schedule.
8. Go to the pre-check out area in the center of the gym and have one of the teachers there check your cards.
9. Once you have had your schedule checked at the pre-check area, go to the final check out table at the west end of the gym.
10. Exit through the door at the southwest corner of the gym and exit the building through the gym foyer.

Two special areas need to be mentioned. These will be essential for you to know if you are to be successful in scheduling. Before you will be admitted to the gym for scheduling, you must have the following items:

1. Your white Student Self-Scheduling Sheet. If you do not have this sheet, you will not be permitted to schedule for the

second semester unless you receive permission from Mr. Wilson or Mr. Stead.

2. You must have your goldenrod sheet with your first semester schedule written on the back.
3. You must have any other information that was passed out to you in the homeroom meeting on December 3.

When you pull cards this semester, it will be necessary for you to:

1. Present your Student Self-Scheduling Sheet to the teacher and show him the course that you wish to take. That course **MUST** be printed on the Self-Scheduling Sheet, or you must have had one of the counselors indicate that you are permitted to register for that course.
2. **YOU WILL NOT BE ABLE TO PULL CARDS UNLESS YOU HAVE THE NECESSARY INFORMATION ON YOUR WHITE SELF-SCHEDULING WORKSHEET.**

We hope that your day will be a successful one. If you are prepared, you should have little difficulty. If you do run into problems, make sure to check with one of the counselors or teachers in the gym. They are there to help you register.

# School doing "good" job

by Thor Mickelson

What do people expect from school? How is school measuring up to those expectations?

To answer these questions a committee was established in September at NUHS to evaluate the responsibilities and performance of the school.

Mr. Tom Wilson, principal at NUHS, points out five reasons why the recent questionnaire on school responsibilities was established.

1. Determine needed programs
2. Determine content for needed programs.
3. Determine the role of the school
4. Allow input by the entire community.
5. Allow for communication between all school groups.

The committee was composed of concerned parents, department heads and administrators.

The committee developed a list of 23 goals and developed two questions on each goal. Goals ranged from understanding scientific ideas to dealing with understanding family responsibility.

The first question on each item asked if a specific goal was a school or a family responsibility. The second question asked the respondent to note how well the school is performing its role.

Answering the questionnaire were 507 parents, 578 students, 59 teachers, 8 administrators, and five school-board members.

There was strong agreement between groups regarding the responsibilities of the school for each of these goals. Two things were spelled out by the results on responsibilities: (1) "The school is assigned responsibilities which tend to be academic in nature, while the home is assigned responsibilities which tend to be more personal," observed Wilson. High in

the school's responsibilities include mastering math and reasoning skills and understanding scientific ideas. Examples of family responsibilities included dealing with emotional stress, love, etc. (2) People, according to Wilson, "are coming to expect more and more from the school in a non-academic nature." A majority of goals had ratings that illustrated the groups relied on the school at least partially to assist the family in the responsibility for the goals.

All groups except students felt that the school was doing a "good" job or better. Students averaged a "fair" to "good." Wilson found students more critical of the

school than any other age group. Administrators were high with a "good" to "very good." He feels that administrators need to have a positive attitude to give inspiration and leadership to the school community.

Teachers and parents were similar with "good" while school board members registered a slightly higher rating.

No group rated the school as "very good" or "outstanding."

The big question now is what to do with the results. The committee will meet again and draw conclusions from the questionnaire's data.

The administration, however, uses

several other methods of assessing the school's role. It surveys NUHS alumni now graduating from college to find out how beneficial their high school education was. The administration also lists test results taken by NUHS students and compares those with national scores.

Third, every seven years an independent team of educators visits the school and assesses the school and its curriculum.

The questionnaire was an additional step in evaluating the school and its role in the community. The school is the one who usually grades the students. Ironically, this time the students were given an opportunity to evaluate the school.

# Political wheels rolling

by Dave Mildenberg

Although the 1976 presidential election is still eleven months away, the political process has started in full force. Candidates are campaigning in the key primary states, soliciting money and trying to build the "image" one must have to become President.

On the Democratic side, ten candidates have already joined the race with only two of these, George Wallace and Henry Jackson, known to many Americans. The other eight are men who have won popularity in their home states or regions but as of yet have not gained great popularity throughout the country. In fact, if an election were to take place today, none of these candidates would be victorious according to recent Gallup polls. The winner would be Minnesota Senator Hubert Humphrey or Senator Edward Kennedy. Yet Kennedy has said he would not accept the nomination, and Humphrey has said he will only accept a nomination if the convention is deadlocked and unable to nominate a candidate. It is also a virtual

certainty that more Democrats will enter the race and will make the primaries competitive if not decisive.

On the Republican side, the matchup is more certain. The nomination will go to Gerald Ford or Ronald Reagan, provided neither drops out of the race. Normally running against an incumbent President for a party nomination would be like Mr. Weber making a mistake: impossible. However, President Ford's shaky presidency has changed matters completely. His lack of direction (e.g. cabinet shakeups, no economy-boosting programs, etc.) has decreased his popularity to a point where Reagan believes he can defeat Ford. Yet Reagan has always seemed too conservative to many Republicans and many remember what happened to the GOP in 1964 when the party chose an arch-conservative as its candidate.

The former California governor also has his problems however. Reagan advocates the cutting of many federal aid programs such as Food Stamps in order to give more power to the states and balance the federal budget. How he will do this cutting he has

not yet explained. Ford's performance in the next few months will most likely determine the outcome of this Reagan challenge.

As I looked at the five candidates most likely to become our President in 1976, one thing startled me — the age of these men. Ford is 62, Reagan 64, Humphrey 64, Wallace 56, and Jackson 63. Does their age show that one has to be old to be president or does it show that there is a lack of new leadership coming up in both political parties. The very fact that Reagan, Humphrey, Wallace and Jackson have been candidates before seems to indicate the second supposition to be true. These men have been defeated before, yet no new leaders have come to take their place.

I am not saying one should vote solely on the basis of age, but I am saying our president in 1976-1980 probably will not be a person who has new ideas not heard before by the American public. And this lack of new leadership is happening in a period when some of the most serious decisions in our country's history will have to be made.

# An overview of debate

by Johanna Johnson

"As a result of this analysis, I urge the judge to opt affirmative. I am now open for cross-examination."

This is an almost standard ending for any affirmative speaker in a debate. But that is about the only thing, besides the plan itself, that remains the same during the debate season. Each round of debate is as different as the people who participate.

That's one of the fun things about debate, the variety. You are never going to do exactly the same thing. This variety is especially true of the negative team. They don't know what they'll be debating until the round starts. It requires quick thinking and organization, but it all adds to the fun of things.

Like any other sport, debate requires hard work. The team practices and researches every day after school, and lately, they've been devoting Thursday and Friday nights to it as well. But, the practices aren't always all work and no play. Occasionally the team has brawls over Turkish Taffy and Corn-Nuts and other such vital possessions.

Also on occasion, the talk turns from the instructive subject of debate, to these equally instructive subjects: (1) What's the best way of picking up a chick; (2) Whether or not cherry bombs should be installed in a car; and (3) Who wore what, where, and why?!

Well, that's enough about practices. What about actual tournaments? What follows is an example of an average tournament schedule.

The team assembles at the high school at about 6:30 a.m. (One of the less favorable aspects of debate.) Everyone gets into the van and they drive for about two hours, depending, of course, on where the tournament is being held.

When they arrive at the school, they register and prepare for the first round of debate. Each round takes about one hour. There is generally about fifteen minutes between rounds, so the teams can get to their next room, and get ready for the next round.

After the second round, it's time for lunch. Usually, there is about one to one-and-a-half hours for lunch. This is either eaten at the school, or at a place near the school. (Country Kitchen, Hardees, MacDonalds)

After lunch the third and final round is held. When this event is over, everybody putters around while the results are being tallied. There is a general meeting, and trophies are then awarded to the winning teams.

Back to the van for the ride home. During that ride, the team looks over the results and either cusses or gloats, whichever is more appropriate to the situation. If the results are bad, there's usually a pep-talk from the coach, followed by a week of extra hard work.

If the results are good, congratulations are in order and there is some extra enthusiasm noticed at Monday's meeting. If it's really good news, like a trophy, the team just might get a scrumdillyishus Dairy Queen treat, courtesy of the coach.

That account was a summary of a typical tournament. However, there are lots of exceptions. For example, sometimes four rounds are debated instead of three. Not very many debaters like this kind of a tournament because it is very grueling. You feel completely drained of energy by the time it is over.

Then there is the tournament in which everything is behind schedule so you get home late, or the one in which you have to bring your own lunch in a paper bag. None of these non-typical tournaments is very well liked by the debaters. However, there is an important exception — overnight tournaments.

Overnight tournaments occur when the tournament is so large that it takes two days to complete the debating rounds. It wouldn't be practical or logical to make the long trip twice as often as is necessary, so the team stays overnight at a hotel.

As most of the debate teams from all the schools at the tournament stay at the same hotel, an excellent opportunity for meeting people exists. From then on, I'll let your imagination take over.

So, you can see that although debate may be hard work, it's worth it. It's rewarding in that you meet different people and learn how to act in different situations. It's sensible because it teaches you how to research carefully, speak more effectively and discipline your emotions in times of strain. Debate instills logic and quick thinking, but above all, it's fun.

## Note to seniors

Remember if you're considering financial aid in Minnesota you must file the FFS and Minnesota Grant-in-Aid forms by February 1st. Copies of these forms are available in the counseling office. If you need help in filling them out, we will be glad to assist you and your parents.

The Basic Educational Opportunity Grant (BEOG) forms are not yet here, but they should be available around mid-January for those of you looking for financial assistance.

February 14th will be the last time the ACT will be given in New Ulm this year. The registration period for this test is December 15 through January 19.

The SAT will be given in Mankato for the last time on April 3rd. Registration for this test closes February 27.

There will be a Financial Aids Night scheduled for early in January to assist you and your parents in filling out the FFS and in general learning more about financial aid opportunities.

## The Guidepost

by Ms. Marty Webb, Counselor

"When we are really honest with ourselves we must admit that our lives are all that really belong to us. So it is how we use our lives that determines what kind of men we are. It is my deepest belief that only by giving our lives do we find life."

Cesar Chavez

This quote by Cesar Chavez is timely for the upcoming holiday season. There is time to reflect on the past year of our lives and to reach out to a new tomorrow.

We can all play the New Year's game of resolutions, maybe some of us even win, but too many of us let our life go by without taking control of it. As Cesar said, "Our lives are all that really belong to us," and as such we do have the power to use our lives as we want.

With the start of a new year, we can re-examine where we stand and whether we like that position. The choice is up to us. We do have alternatives available to us. Our society has given us this perfect time - the time of rebirth - to make choices as to the direction our life will take. We can make a change if we want to.

But, life is a risky business. When we own our actions, our life, we are being

responsible for our choices. Too often we go through the motions of living, we put up a haphazard show of interest, but we don't really give our lives. To put this philosophy on a down-to-earth basis you might try asking a few questions, such as, when was the last time you walked into the school building ready to put your life into the school day, or attacked extra-curricular activities with your full energy, or even played as hard as you could play?

In our hurried society it is easy to become lost in the rush of things to do. Perhaps your typical day contains meetings before school, a full school day, then extra-curricular activities after school, or a job. You make it home in time to do a little booking or simply collapse after another day gone.

The Christmas vacation will probably not give you much more of a rest. There's always much rushing around preparing for upcoming festivities. But Mr. Zetah and I hope that you will have time to take a few moments to reflect on where you're at and where you want to go. Our holiday wish for you is that you may live your life to the fullest and when you give may you give totally.

## Vocal department presents "Music of Christmas"

The New Ulm Senior High School Vocal Music Department will present their annual "Music of Christmas" concert on Sunday, December 14, 8:00 p.m., at the Junior High School Auditorium. There is no admission charge.

Under the direction of B.W. Becker, the sacred and seasonal program will feature the Concert and Sophomore Choirs, plus the newly formed Bel Canto women's chorus, the all-male Mannerchor, plus the increasingly popular Payne Street Singers making their debut appearance in a concert performance.

Among works to be performed will be

"Hodie, Christus Natus Est" - Bender; "In Dulci Jubilo" - Praetorius; the "Benedictus" of Victoria; and the "magnificate" of Couperin. Other popular Christmas favorites with music for everyone's tastes, including the all-time audience pleaser "Beautiful Savior" of F. Melius Christiansen, will highlight the performance.

In addition to the vocal groups, a special Brass Choir under the direction of Curtis Iverson will provide prelude music and will also accompany the Concert Choir on several pieces.

The concert is free and open to the public.

# Building for the future



Steve Dittrich handles one of the many power tools encountered in Building Trades. Photo by Mr. Lloyd Marti.

by Steve Odegard

The vocational center concept is based on several schools in an area cooperating, planning and providing vocational education in several occupations for all students of its member schools. The Hanska Viking Vocational Center is providing opportunities for students from New Ulm, Cathedral, Madelia, St. James and Lake Crystal.

This year, a total of 300 students from these schools will continue to take their basic education subjects in their home schools and attend two-hour blocks at the Viking Center. Block 1 runs from 9:00-10:45, block 2 from 10:50 to 12:35, and block 3 from 1:15 to 3:00. The Center helps each school expand its present vocational offerings because no individual school could

support the present facility operating in Hanska.

The vocational curriculum at Hanska includes Auto Mechanics, which is designed for students who want to learn basic entry skills for a career in the automotive industry. When asked why Vocational Auto Mechanics is such a popular course, instructor Howard Olson, commented, "Most high school boys are interested in cars and related areas. Some students take the course because they want to explore auto mechanics as a career while others may take it because they enjoy working on cars as a hobby. There are also opportunities in the class to explore other areas of the auto industry such as parts man, service manager and wheel alignment specialist."

Olson added, "Some of our follow up studies of graduates have shown that as high as 40 per cent have stayed in some related phase of auto mechanics." Seventy-two students are enrolled in the mechanics course.

The Building Trades course is offered for students who want to explore and learn the basic skills necessary for a career in the building trades or construction industries. There are sixty students in this class.

Food Service Occupations takes place in the school's new modern foods laboratory where students are provided the knowledge for the beginning levels of work in restaurants, supper clubs, etc. Twenty-three students are presently attending this class.

Health Occupations and Personal Services course is exploratory in nature because it deals with a wide variety of occupations in the health and personal services fields. Forty-two students make up the roll.

Model Office is in a true-to-life office setting where students learn office skills by actually running the business office of a large corporation, American Paper Exporters (APEX). Students cope with problems and interactions exactly as they would in an office situation. Model Office has 22 students enrolled.

Three new courses not offered before at the independent schools but now available



Working in the Model Office, Kathy Neumann looks over one of the several duties faced daily in a real office situation. Photo by Mr. Lloyd Marti.

at Hanska are Child Care, which teaches skills for a career in the group care of children; Graphic Communications, which places emphasis upon preparation, production, and dispensing of printed material; and Recreational and Utility Vehicles, which attempts to develop skills directly relating to the maintenance, service, repair and sales of various types of recreational and home equipment.

Howard Olson said, "The new Viking Cooperative Center is well equipped and offers a lot of opportunities for students. We have found it interesting that many new friendships have developed among the students attending from the five different schools. They have discovered how to work and learn together at the Center."

The Vocational Center provides senior high students with an opportunity to develop saleable job entry-level skills and gives them educational training opportunities that their home school does not provide. Students now have the chance to explore the job opportunities and competencies required in these various occupations and careers.

## A Taste of the country



St. George's skyline and business district are clearly visible in this late afternoon scene.

by Jane Franta

You've probably heard the words "St. George" before, but you're not sure what it is? Just to fill you in, it's a small town about eight miles northwest of New Ulm often called the "Holy Land." If you were to ask someone from St. George what's so

great about it, you might be sorry you did. With pride he'll fill you in on his idea of the best country living next to John Denver's Rocky Mountains. Here is just a taste of it.

As you come cruising down main street, commonly called "The Old Fort Road,"

you can't miss the big attraction of Elmer's Grocery Store, featuring pretzels and Schells beer. For the youngsters Elmer has the last of the penny candy, but since inflation hit, it is now two cents.

If you're ever in trouble and need a hand, just call for Champ. You'll find him hanging out in Elmer's. He's known to be the nicest man around. He's proud to say he has taken that big step from bus driver to LP gas man.

St. George is a friendly community with real down to earth country living. Many people are remembered and given names for their outstanding characters. Names like Pebbles, Duma, Mesh, Hubby, Weiner, Zeb, Spark, Peanuts, Snake, Newt, Ears, Mux and Blue are just a few.

For the real active and sports minded person, St. George has its own basketball team; in fact, last year we lost only one game. We play other small towns like Klossner, Searles, Hanska and New Ulm Bus lines every Monday night after the pigs are slopped and the cows are milked. It's the only league that plays bare-footed and topless.

The St. George generation has a bike hike at least four times a summer. Over thirty bikers hike from St. George to Clear Lake, where we play volleyball in the water. It's the only place where you can swim without a suit. Shorts and T-shirts are all you need.

For those who don't care for the exercise, there's the St. George Hell Riders, a motor cycle gang identified by their jean jackets and farmer boots. Most of the bikes run without mufflers.

In the winter we are busy every Sunday afternoon on the St. George ski slopes, owned by our former pastor and good friend Father Rod. Skiing and snowmobiling are the two most popular sports which give everyone a chance to enjoy these Minnesota winters.

St. George is also active in FFA. Four of the last five New Ulm FFA Chapter Presidents have come from St. George.

There are also two popular polka bands from St. George: Peter and Paul Wendinger as the Wendinger brothers and Brenda, Jeff and Brad as the Franta Family.

The St. George church and school are still going strong. The school is once again independent. Those were the days when you said your prayers before and after recess, before and after lunch and before and after school. The kids are still saying their prayers and taking recess and bathroom-milk breaks. I wonder where we found the time for education.

Like I said, this is only a taste of the small town country living that's finger-lickin good.

# arts

## Perfect Night

When snow flakes are floating down  
from above  
And you're near a fire with the one  
you love,

It's the best situation you'll ever  
find.  
Contentment just comes and fills up  
your mind,

Watching the flames and sharing a  
kiss-  
No spoken words, just silent bliss.

SJF

## Love those Labs

by Denise Simonson

It's not hard to find my stool in the physics room, all you have to do is follow the whimpering. I knew I was in trouble when my first problem was to figure out the mechanical advantage of an inclined plane. After working with the data, I found that my conclusion was not "on the level." From here on everything would be "down hill." Even the instructor had a "slanted" opinion. Maybe somehow I would "slide" through the course.

We were going to study the wedge next, but the class is still "divided" on the subject.

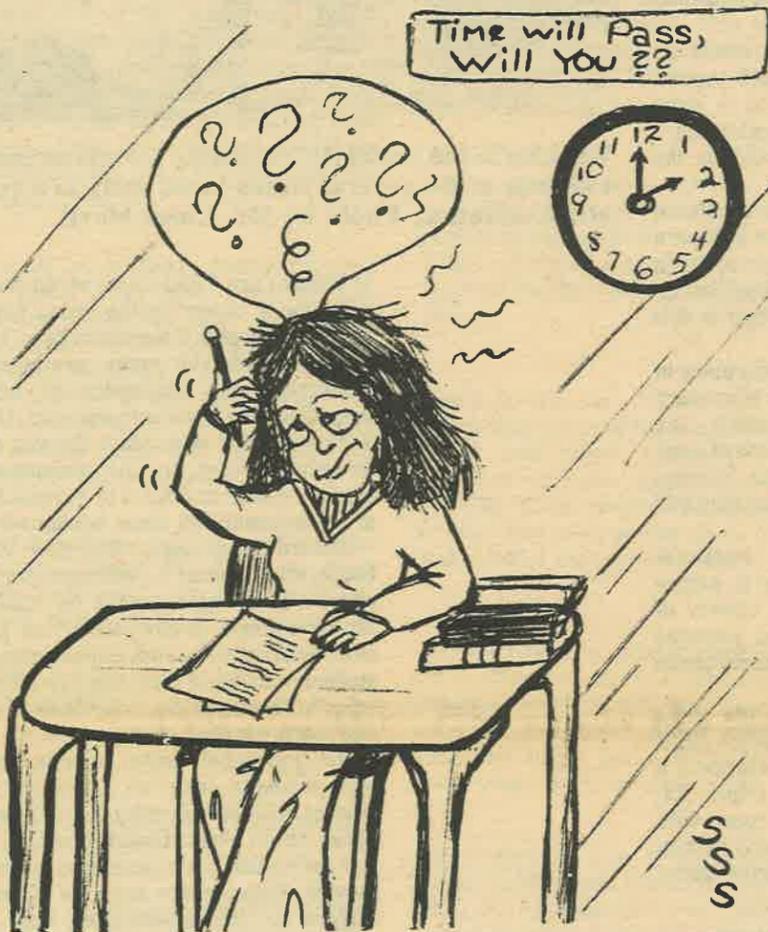
Things were really rolling along when we hit the wheel and axel.

Each of us "spoke" up on the subject but were soon quieted down by our teacher, the "hub" of the class. He assured us we would never "tire" of this subject matter which brought us to the "rim" of a new understanding. So we were forced to "tread" through this new section.

Soon it was time to put on the brakes and start with the lever. As we were "teetering" with this idea, the class ended.

I don't know about you but as for me, when it comes to physics, I could "tak 'er or leaver."

From planes we progressed to pulleys. I knew that I would have to "pull a lot of ropes" to get through this experiment. Each day had its "ups and downs." I could tell that my ego definitely needed a "lift."



## Storybook Princess

I was a storybook princess  
As we danced across the floor,  
And when you kissed my lips  
The earth and sky both shook.  
A stairway to the stars was  
Hidden in your eyes,  
And I would give my life  
To travel there once more.

Yes, I've had a taste of heaven  
For I have shared your kiss,  
And I have touched an angel  
For I have touched your face.  
I felt your arms around me,  
And in those arms I found  
A fleeting sparkling moment  
Of complete and total bliss.

The enchantment of that night  
Lives on within my mind,  
And I have often prayed  
That someday I will find  
That the story's just beginning,  
And the princess isn't dead,  
That you always really loved me,  
And it just slipped by unsaid.

SJF





Plants, such as this popular schefflera, are frequently used as part of a room's decor in many of today's homes. Photo by Mr. Mike Wieseler.

## Plant Mania

by Kirsten Mickelson

It was a hard day. I had taken three tests in school, and I more than likely flunked all of them. My head was pounding and I also had a lot of homework. When I got home, I ran into my room, threw my books on the bed, and started talking to my hanging ivy. I told her my most intimate problems, letting it all hang out. She didn't laugh or insult me, she just listened. What a comfort.

My little ivy is one of my best friends. She is beautiful, living and sweet. I can never remember a time she got mad or jealous or cruel. She has never talked behind my back. She never yells at me when I forget to water her. Maybe that is why I like her so much. I can do anything to her, and yet she never hurts me.

Apparently, many other people agree with me because plants are becoming a very "in" thing these days. Almost any home has at least one, if not several more.

After talking to several plant owners, I find that there are many reasons plants are so popular. One is, as I mentioned earlier, they provide friendly comfort. Secondly, plants are colorful and add a touch of specialty to the home.

Some people like to have something to care for, so a plant or two is the ideal "pet" without having to spend a lot of money for

food. For others, a plant is the "instrument of revenge." The plant surely knows when his owner has had a bad day. Still worse are the people who grow plants just to see how long it takes the plant to wither without water. For you remissful souls, I suggest a cactus.

Then there are those who raise plants because everybody else is, and they definitely don't want to be different! Actually, deep down in their heart, they hate the stupid thing, and wish the popularity of plants would leave! Oh, and who can forget the dear ding-dongs who believe that plants can grow by love alone! They caress their "lovely little darling" day after day, wondering why all the leaves are falling off. Do you think they will ever understand that "baby may want a sippy-poo" of water?

Well, all in all, plant mania is surely upon us! You can buy all kinds of plants ranging from huge philodendrons, to zebras, to small cactuses. Just beware of two little warnings however: first, if you wish to caress and give TLC to your new plant, I advise you not to buy a three leafed, glossy plant, commonly known as poison ivy; secondly, if you plan on getting a hanging plant, beware of your head.

## The Pattern

A new day has dawned;

A continuation of yester day,

A forerunner of tomorrow.

Filled with new trials and new hopes,

A new day;

Treasured memories and far-searching dreams.

A new day-

Another addition to the colorful pattern

Called Life.

SJF



by Renee Buck

K. G. — A life size poster of D. W. and Mr. Rich Meyer under my tree.

M. R. — Farre F'S i Kemi. (C. P. would like that too).

L. P. — Ping pong paddles and unbreakable balls.

S. V. — A Mr. Becker doll in my stocking.

J. H. & S. M. — A pair of earplugs for Miss McLaughlin.

B. R. — A nice small room, a big fire, lots of pillows, and . . .

S. M. — I want lots of things!

S. R. — I want nothing.

C. P. — Four Money & Banking Reports (with at least one okayed).

M. B. — A bed in the Chem lab. (FOR SLEEPING)

## Ignatius Brown

As I was walking home one day,  
An ancient man came on my way.  
His back was bent, his knees were weak,  
The air was still, he started to speak.

"I'm Ignatius Brown," he said.  
As he scratched his old gray head.  
Amidst his frothy beard words came. My life was to ne'er be the same.  
"When I was young, some time ago I made up my mind, to sea I'd go.

And when a harbor I came upon,  
I saw a bloody raid rage on.  
I was snatched aboard and then I knew,  
That I was with a pirate crew.

For fifty years I killed many.  
I had no mercy nor showed any.  
Then one night, there was a wind,  
Which made me pay for all my sins.

I was blown into the sea,  
But behold, near land did I see!  
I swam ashore, against the waves,  
Thankful that my life was saved.

I woke up to hear some singing,  
A host of angels, their voices ringing,  
"PEACE ON EARTH, GOOD WILL TO MEN"  
My heart began to quake again.

I knelt down and then I wept,  
The anger from my heart was swept.  
For that day was Christmas day,  
And that, my friend, is all I'll say."

Ignatius smiled, his story told,  
Was much too much to behold.  
I thanked him and towards home I ran,  
I stopped once more to wave again,

Joy was in me, I turned around,  
But he was nowhere to be found.

nji

# people

## Tom Macho: Hockey is his life

by Scott Simkins



Mr. Tom Macho

Anytime you talk with Mr. Tom Macho, the talk always gets around to hockey, but it's no fluke because Mr. Macho is the coach of the new high school hockey team at New Ulm, and to him hockey is almost his life. "The sport has been in New Ulm for many years, even before World War II," says Mr. Macho, "but it was not until about 12 years ago that it really got organized." Before that, discarded catalogs protected legs from flying pucks, and the game was played anywhere ice could be found.

But hockey in the past few years has come a long way in New Ulm, and Mr. Macho has been the key factor in its growing importance and recognition. He organized a bunch of nontalented youths into a competitive, skillful blend of hockey players. Numerous winning seasons helped to promote hockey, but still Mr. Macho wasn't satisfied. Mr. Macho's dream was to have high school hockey here so younger players would have something to shoot for later. "About 8 years ago we had a big squirt league, and now those kids are the ones playing on the high school team. The kids just stuck it out and now they finally have something to play for."

Mr. Macho has also "hung in there" all those years while the youngsters progressed and blended into winning hockey teams. It was not unusual to find Mr. Macho at the Westside hockey rink, either conducting practices for the city teams or just "talking shop" with some of his players. It was Mr. Macho's dedication to hockey which set an example for the kids and helped build a great coach-player relationship.

It is this relationship with the coach and the other players that has kept the team together. Mr. Macho is respected by all his players. When an order is given, it usually is obeyed. "I can remember once," Mr. Macho recalls, "the kids were goofing off at a practice when I wasn't there and I caught wind of it. The next day the kids had 500 laps to do. Some of the kids were out there skating after school already."

His relationship with the kids is deeper than a coach's though. Coach Macho shares his ideas freely, and in return, ideas are exchanged with team members.

Mr. Macho's reputation influenced the school board's decision last spring to add high school hockey to the growing list of sports at NUHS. He was a big promoter of hockey at the high school level, and it was Mr. Macho and his winning teams that helped to ice the final decision.

Finally, Mr. Macho's dream has come true this year after a long struggle. But the battle still goes on. "We have high school hockey now but we have to fight to keep it. A lot of people would like to see the program fall flat on its face." This kind of challenge excites Mr. Macho, and it gives the team added incentive to win.

Everyone on the team knows that they must prove themselves this year; prove that they can compete in the big leagues and prove that the school board did not waste their money on hockey. The team is reminded daily of their need to "show everyone we can do it." It is a driving force in every one of the players. "We can't let all our work go down the tube," exclaims Macho. It was hard work and true dedication by Mr. Macho and others which added hockey to the high school program. Mr. Macho has tutored all of his current players for a number of years; they have progressed from a "rink team" to a place in the top 20 teams in the state last year.

Mr. Macho has led the charge to show everyone that New Ulm can compete with other high schools and to prove that hockey is a great sport to be enjoyed by players and fans alike.

"Not too many of our teams can beat Hutchinson or some of the other towns we play," he confidently asserts. He's got a point there, sports fans.

## NUHS All-Conference



New Ulm's contributions to the South Central All Conference Football Team find something amusing about the activities schedule posted in the Annex. The players selected by the conference coaches are left to right Jim Wieland, Steve Dittrich, Kevin Wilner and Dohn Pagel. Photo by Mike Wieseler.

# sports



Mike Gentz is extending a front giant swing on the low horizontal bar as coach Jim Schmidt prepares his team for tonight's first meet. Photo by Mr. Mike Wieseler.



Bruce Lokensgard left attempts a reverse on teammate Rocky Bernard right following a starting referee's position. Photo by Mr. Mike Wieseler.



Mr. Tom Macho, Eagle hockey coach, addresses the student body before New Ulm's first interscholastic hockey game against Hutchinson. Photo by Mr. Lloyd Marti.

## Hockey Eagles optimistic

by Brian Shay

This winter when head coach Tom Macho brings the first-ever New Ulm High School Hockey Team onto the ice, he will bring with him a group of players with several years of experience playing together and a team bubbling with optimism. However, none of the players have ever played interscholastic high school hockey, and they will have to convince some people of their capabilities against rugged competition before the game of hockey becomes a major sport at N.U.H.S.

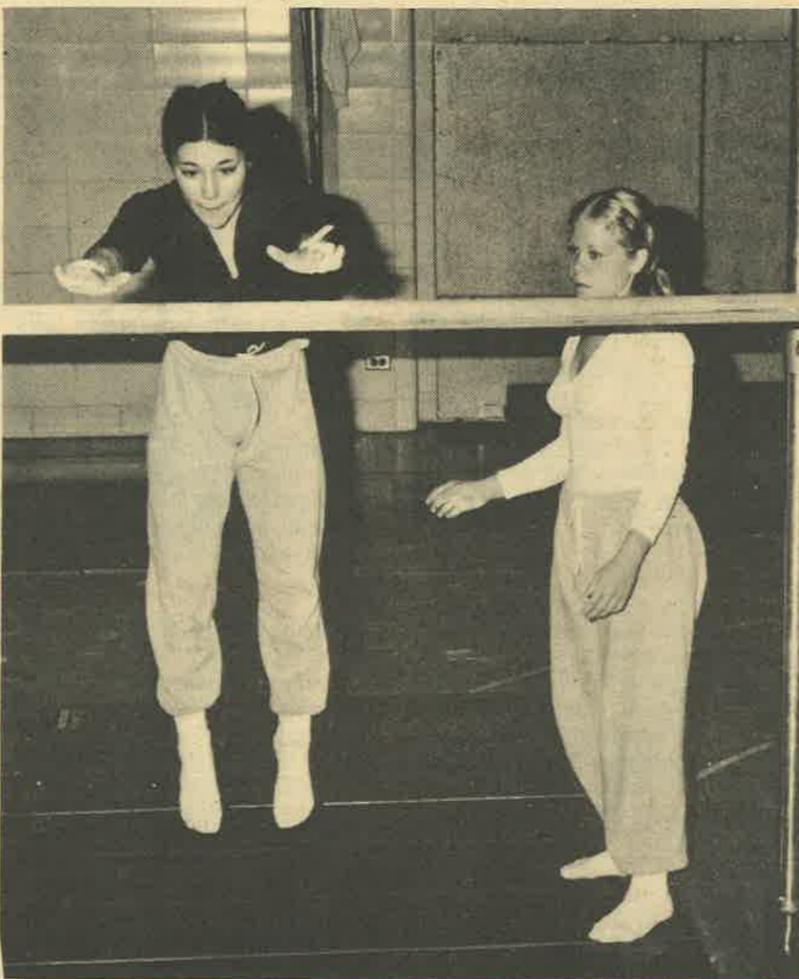
The team will have 18 games in which to prove itself. In preparation for this tough schedule, the players have been practicing three nights per week at Gustavus' indoor arena in St. Peter at a cost of \$30 per hour while running through vigorous drills on the other two nights here in New Ulm.

Even though the practice hours are long and hard, the turnout of players has been reasonably good. Eighteen players will suit up for the games enabling Coach Macho to organize three "lines" consisting of 5 skaters and a goalie. These three lines will alternate periodically to give everyone considerable playing time and adequate rest.

Senior captains, Doug Gulden, Dohn Pagel, and Tom Hengel, will provide the nucleus of the team which is overall very

young but experienced. New Ulm's first line will consist of Gulden, Hengel, and junior Tim Steinbach on offense with Pagel and Sophomore Scott Fischer on defense and sophomore Bryon Dahl in the nets. Also playing important roles in New Ulm's success will be Ron Niedecker, Scott Simkins, Tom Steinbach and Bob Ring.

This new interscholastic program was questioned by some people in the school system but finally won support due to the enthusiasm of the many "hockey nuts" who have craved a hockey team for N.U.H.S. for several years. Most people now feel that hockey will catch on very fast in New Ulm because the game combines the finer points of several sports into one exciting, fast-moving game. Hockey requires more natural athletic ability than any other sport. A good hockey player has speed, strength, balance, and never-ending desire. Combine these talents with a pair of skates, a stick, a slick ice rink and equal competition and you have a hotly contested battle which will excite everyone. So if you've never had a chance to enjoy a hockey game, now is the time to get out and support a hard-working and talented group of New Ulm High School hockey players.



Robin Berg demonstrates a drop glide kip on the uneven parallel bars while Karee Rasmussen, white top, spots her routine. Photo by Mr. Mike Wieseler.



Paul Wyczawski goes to his left hand in a determined drive toward the basket during the Tracy game. Photo by Mr. Lloyd Marti.

## Can the Eagles repeat?

by Kevin Wilner

The New Ulm High School Basketball Team opens the 1975-1976 season with a tough act to follow. The previous year's team won both the district and regional tournaments and qualified for New Ulm's first state tournament trip in over 30 years.

This year's squad is hoping for a repeat performance, but it will be difficult considering that all five starters and the number one reserve from the state tournament team have graduated. Making the task even more difficult will be the fact that New Ulm has moved from class A to class AA. The Eagles will be competing this year against Mankato East and West, Worthington, Marshall and other big schools in the sub-regional and regional tournaments.

Probably the biggest loss New Ulm will notice is on the front line. Ken Hagg, Tom Schrader, and Steve Altmann provided the Eagles with excellent scoring and rebounding last year. In fact, Hagg made the South Central all-conference team and was selected to the all-state tournament team. These three averaged almost 6 feet 5 inches with Hagg being the tallest at 6 foot 7.

This year's candidates for the forward and center positions are much smaller; Paul Thiede is the tallest at 6 foot 5 and nobody else is over 6 foot 3. Among those trying out for the forward and center positions, or post positions as they are called in New Ulm's offense, are Dave Miller, Paul Thiede, Jim Henning, Kevin Wilner, Monte Mecklenburg, Brian Shay, Kurt Larson, and Jeff Isberner.

The guard positions have almost as many candidates as the front line. Paul Wyczawski and Guy Tostenrud appear to be the best bets to emerge as starters with their main competition coming from Randy Ulrich, Kirk Gregg, and Monte Mildenburg.

New Ulm will run primarily the same offense and that they have in the past few years, which is a stack rotation on offense and a 1-2-2 zone defense.

New Ulm is somewhat well-known throughout the area for its defense and the 1-2-2 has become fairly popular with a few coaches who have employed it after seeing the Eagles.

While most New Ulm fans are not expecting the Eagles to return to the state tournament, they should remember that last year's team was not picked to come anywhere near it either.



Guy Tostenrud 23 makes one of his several layups he had in New Ulm's impressive home opener against Tracy last week. Photo by Mr. Lloyd Marti.

## Present team better already

by Kathy Rathmann

With a year of valuable interscholastic experience behind, the New Ulm High School Girls' Basketball Team looks forward to a much improved season. Coach Ev Beug has high hopes for this year's team, but said success depends on how hard the girls work. She believes that the present team is better now than last year's team ever was.

The team began practice with about 38 girls, but this number will be cut to 25. Last year no members of the team were cut because the program was new and the girls were more equal in ability. Coach Beug feels that this year individual talent has improved to such an extent that reducing the size of the team was necessary.

Miss Beug handles the A-squad while Miss Denice Lang from Washington Elementary School coaches the B-Squad. At the time of this writing the team included 8 seniors, 12 juniors, and 7 sophomores. Four of the seniors — Diane

Tauer, Julie Alwin, Robin Steinke, and Ann Fischer — are letterwinners.

The team will play 11 regular season games this year with tougher competition on the schedule than last year. New Ulm will play the South Central Conference schools instead of just the small area schools. There will be a sub-regional tournament in the first week of February between New Ulm, Fairmont, Marshall, and Worthington. The winner will go to the regional tournament and the regional winner will go to the State Tournament.

Because of the expanded program at the junior high school, New Ulm should improve in girls' basketball in the future. The junior high has a separate girls' team for every grade. Each team will play a few games with other schools. So when the girls come to senior high, they'll have as much experience behind them as the boys now do.

When asked how she felt about this year's team Miss Beug replied, "I've been very satisfied with the progress the girls are making during practice. I hope they keep up the good work. I couldn't have a nicer bunch of kids."



Diane Tauer 31 gets off a short jump shot during New Ulm's game with rival Redwood Falls. Photo by Mr. Lloyd Marti.

# Girls aim for state meet return

by Lisa Knutson

Twist, bend, stretch, flex, reaching for apples, grace, poise, work, frustration, beauty, success, pride...nonsense? No! Girls' Gymnastics!

The girls' gymnastics team is well into another season of hard work that they hope will end successfully. The team practices daily in the Jefferson Elementary School gym. Since practice times are divided into shifts this year, the girls have only the first practice shift (3:30-5:10). This arrangement gives them less time to work out than they have had in the past. Because of the change in the length of practice, the coach of the team, Mrs. Sandy Fritz, and assistant coach, Mrs. Cindy Theophilus, have set up a rotating schedule so that the girls work on two of the four areas of competition (bars, beam, vaulting, and floor exercise) every day.

The varsity squad is much the same as last year, only one member of last year's regional championship team did not return this season. This year's varsity and B squads are made up of the following fifteen girls: seniors, Susie Voves and Lois Benson; juniors, Robin Berg (team captain), Nancy Zimmermann, Karee Rasmussen, Jean and Jane Spelbrink; sophomores, Nancy Backer, Sue Deming, Karen Crowl, Sandy Gieseke, and Jeannie LeGare; 9th graders, Beth Rasmussen and Karen Kamm; and one eighth grader, Patty Wieland.

When asked about her hopes for the coming season, Coach Fritz replied, "All I want is to go back to the state meet and do better than our fourth-place finish last year."

The team's first meet is home December 15 against Farimont, one of their arch rivals from last year.



Nancy Zimmerman left completes a back summersault on floor exercise while assistant coach Cindy Theophilus right spots. Photo by Mr. Mike Wieseler.



Jean Spelbrink begins a workout on the balance beam in preparation for New Ulm's first meet on Monday. Photo by Mr. Mike Wieseler.

# Paul's Sports Parade



by Paul Wyczawski

Basketball season at NUHS is underway again, and unlike last year, it could be a long one (or do I mean short one?). All five starters of last year's squad are gone and inexperienced players will be moving in. Kevin Wilner and Dave Miller are expected to make the power offense go with outside shooting provided by Guy Tostenrud and Brian Shay. Outlook is for a 50-50 season, but look for an improved team as the year goes on. One thing for sure, the boisterous crowd enthusiasm is

bound to prevail throughout the season.

New Ulm High School's newest sport, Hockey, got off to a good start by successfully beating Hutchinson 5-4 a few weeks ago. This was a big victory for the Eagle pucksters and an optimistic future is in store. Look for the fast skating, hard hitting, quick shooting line of Tom Hengel, Doug Gulden and Tim Steinbach to lead the way for the Eagles this year.

### FINAL FOOTBALL NOTES:

Four Eagle gridgers were named to the South Central All Conference team for 1975. They were linebacker Steve "Kirky" Dittrich, offensive end Kevin "Hoover" Wilner, center Jim "Bar" Wieland and fullback Dohn "Fabler" Pagel. St. Peter, who finished second in the State Class A football playoff to Champion St. Thomas Academy, placed eight on the team with offensive stars Brad Baker, Ron Stratka and unpredictable Ric Lager among those selected.

Wilner led the team in scoring with 26 points and caught 27 passes on the year to lead the way in receiving. At 6'3" Kevin was able to outleap many defenders. Final

rushing statistics gave Paul Wyczawski the most yardage with 521 net yards on 94 carries for a 5.5 yards per carry average...Larry Guggisberg closed out his career with 48 completions out of 130 attempts and sixteen interceptions. Larry also threw 5 touchdown passes during the season...Longest rush of the year was Dan Walden's 45 yarder at Wells while the longest pass play went to Guy Tostenrud

covering 32 yards in the Mankato East game.

On defense, New Ulm's 44 stack formation gave up an average of 18 points a game compared to last season's fine 13 point per game average. The offense again sputtered while only averaging 11.2 points per game to last year's 12. Perhaps next year the defense will rate the same and the offense will be able to get it going.

**RUSHING**  
PAUL WYCZAWSKI  
Dan Walden  
Dohn Pagel

BC	NET	AVE.
94	521	5.54
83	317	3.81
86	297	3.45

**PASSING**  
LARRY GUGGISBERG  
Randy Ulrich

PA	COMP	YARDS
130	48	605
6	4	47

**PASS RECEIVING**  
KEVIN WILNER  
Paul Wyczawski  
Guy Tostenrud

P Caught	YARDS	AVE.
27	403	14.92
14	137	9.78
7	101	14.42

**PLAYER**  
PAUL WYCZAWSKI  
Larry Guggisberg  
Dan Walden  
Kevin Wilner

Plays	Yards	Average Per Play	Average Per Game
130	1069	8.22	118.77
204	524	2.56	58.24
97	473	4.87	55.22
27	403	14.92	44.77



Paul Rolloff is in the front part of a circle on the pommel horse routine. New Ulm's first competitive action is here tonight against Mankato East. Photo by Mr. Mike Wieseler.

## Gymnasts hope to better '75 season

by Darvin Turbes

Gymnastics is a combination of strength and flexibility on each event or apparatus, and head coach Jim Schmidt and assistant Earl Neist stress both of these characteristics in their practice sessions.

The next hour to hour and a half is spent on the event or events in which the gymnast participates. Floor exercise, pommel horse, horizontal bar, parallel bars, trampoline and still rings are the competitive gymnastic events.

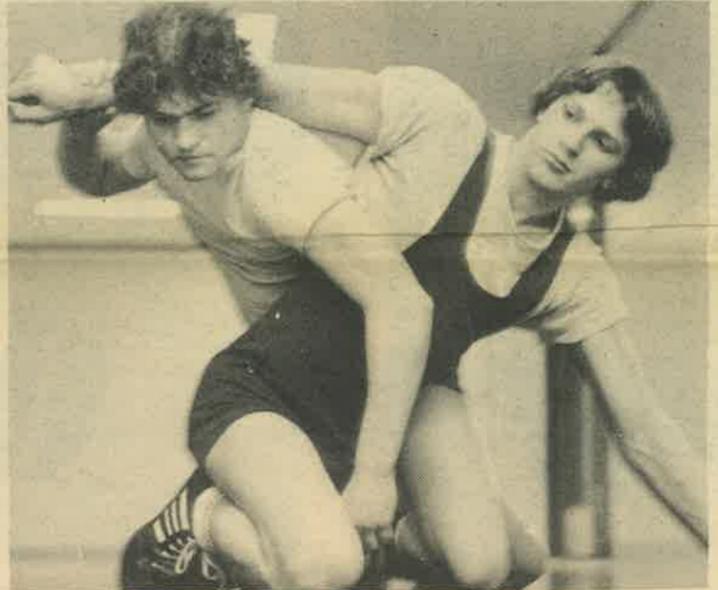
A gymnast puts in many hard days of practice to develop the ability it takes to be a good gymnast. A gymnastics practice starts with a gymnast exercising all the muscles in his body by doing such activities as push-ups, sit-ups, running, and V-ups. Then ten to fifteen minutes are spent on stretching out all muscles of the body, wrist, shoulders, hips and ankles. All the stretching and strength will help a gymnast improve his ability to perform.

A gymnast is scored on the amount of flexibility, strength, and combinations of moves which he can put in a routine. At practice he works on moves and combinations of moves for each apparatus in which he competes.

Three of last year's juniors and three sophomore lettermen did not return from last year's team of thirteen. The seven returning lettermen are Brian Benson, Jeff Hildebrant, Mike Gentz, Chip Lohman, Paul Rollof, Darvin Turbes and Jeff Wesselmann.

This year's team is looking forward to bettering last year's record of 3 wins, 4 losses, and a 6th place finish in the region. To improve on this record leadership must come from the returning lettermen.

The team feels that Fairmont is the power in this year's region, but New Ulm has the talent, ability and coaching, to make this year's team competitive. Their first meet is at home against Mankato East on December 12. Coach Schmidt says, "We are looking forward to a very interesting year."



Jeff Kitzberger left starts a pinning hold on Terry Kral right during a recent practice session. Photo by Mr. Mike Wieseler.

## Experience leads grappler season

by Jim Henning

New Ulm High School opened the 1975-76 wrestling season by winning its own invitational tournament. New Ulm compiled 229 points, edging out last year's winner Wabasso by two points. Mankato Loyola was third with 154.5 points followed by Windom with 138. Each school had two individual wrestlers in each weight class, so it was like an eight team tournament.

New Ulm won the initial tournament in 1972 while Wabasso has won the last two years.

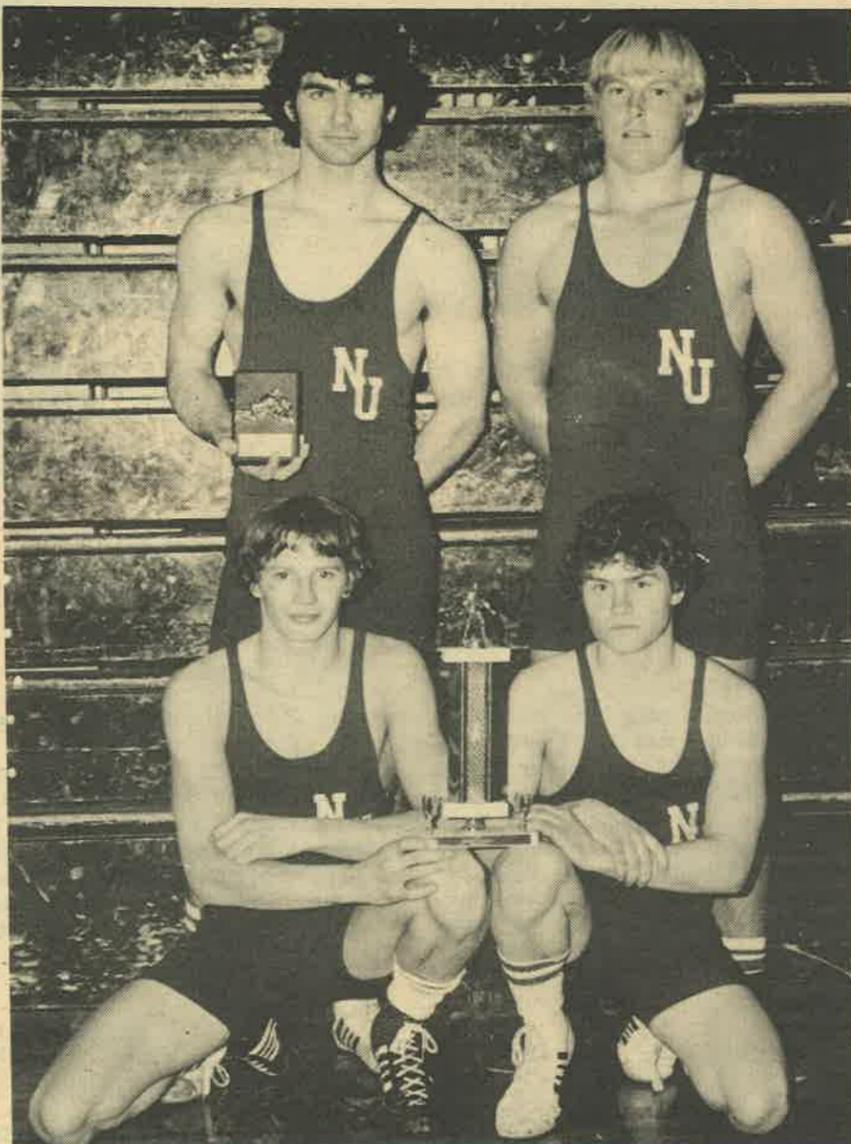
The Eagles had four individual champions. Jeff Kitzberger at 132, Terry Kral at 145, Rocky Bernard at 180 and Bruce Lokensgard at heavyweight.

New Ulm coach, Rich Peterson, worried about losing an early lead, but Lokensgard's big finish ended that. Lokensgard needed a pin or a superior decision for New Ulm to win the tournament. He got the pin and New Ulm got the trophy.

"We should fare well in dual matches, because we have good experience in all weight classes," Peterson said. "We were young last year and had a winning record. And this year we return 13 lettermen so we hope for a strong season," he added. The grapplers had a 7-4 record last year while the B and C squads were 7-4 and 5-2-1 respectively. A lot of the lighter weight classes are expected to be filled by junior high boys.

Leading the team are seniors Rocky Bernard and Jim Galvin. Bernard at 180 last year was a regional tournament participant. He led the team with a 12-2 record and 57 points. Galvin had an 8-3 record with 28 points in the 105 pound division.

The Eagles could suffer, however, from the temporary loss of a senior wrestler who qualified for the state meet last year at 167 because of a training violation.



These four Eagle wrestlers were champions of their respective divisions in the NU Invitational. Posing with their team trophy and individual awards are standing left Rocky Bernard and right Bruce Lokensgard, kneeling left Terry Kral and right Jeff Kitzberger. Photo by Mr. Mike Wieseler.